

# NHS HERE TO HELP

## PEOPLE WITH TYPE 2 DIABETES

### DIABETES & YOU

- **LOCAL F2F** information sessions at a GP surgery
- **SMALL, FRIENDLY** groups, led by trained diabetes educators / health coaches
- **THREE EVENING** sessions of 90 minutes each
- **EXPLORING** signs & symptoms, measures & medications, food & nutrition, sleep & stress, movement, mental health and much more!
- **IMPROVE** your confidence and capabilities
- **BOOST MOTIVATION** to continue making healthy lifestyle choices for long-term benefits
- **CONTACT** Helen or Rowena at your surgery

### URGENT FOOTCARE

A slow-healing foot injury, heat, swelling, pus or redness may need urgent medical attention

- **TALK TO** your GP surgery, call 111, or
- **SELF-REFER** at [www.royaldevon.nhs.uk/services/podiatry/footcare-and-diabetes/](http://www.royaldevon.nhs.uk/services/podiatry/footcare-and-diabetes/)
- **EMERGENCY PODIATRY TEAM:** 01271 341509 Monday to Friday, 9am to 4pm

### PATH TO REMISSION

- **LOSE** 10kg or more, improve HbA1c, reduce medication: over 40% achieve remission
- **LOW CALORIE** meal replacements ('soups & shakes') of 800 kcal/day for 12 weeks
- **GRADUAL** reintroduction to healthy eating
- **12 MONTHS 1:1** personalised support
- **FOR PEOPLE** age 18-65, diagnosed within six years, BMI over 27, not using insulin, willing to attend reviews and have medication adjusted

### HEALTHY LIVING

- **FREE, ONLINE NHS** programme that supports people to live well with Type 2 diabetes
- **FOR PATIENTS**, family members and carers
- **REGISTER** in two minutes then access at your own convenience
- **INCLUDES** eating well, being active, driving, work and travel, reducing diabetes distress
- **BITE-SIZE** info, videos, quizzes and interactive sections. Set goals and track your progress
- **LEARN MORE** <https://healthyliving.nhs.uk/>

### 1:1 HEALTH COACHING

- **CONSULTATIONS** at your local surgery
- **SUPPORTING** long-term health conditions
- **PERSONALISED NUTRITION & LIFESTYLE** guidance to improve glucose / cholesterol levels
- **INDIVIDUAL DIABETES EDUCATION:** live well with Type 2 and reduce the risk of complications
- **REDUCE** HbA1c, work towards remission
- **HELP TO BUILD** healthy habits for life
- **ACTIVATE** your personal care plan to improve sleep, stress, smoking, alcohol, weight, etc
- **CONTACT** Helen or Rowena at your surgery

### DIABETES SUPPORT DEVON

- **FREE 12-WEEK** programme, accessed from home with a personal health coach
- **DEDICATED APP** offers videos, podcasts, recipes and quizzes produced by specialist dietitians and psychologists
- **LIFETIME** support / annual refreshers
- **HELPS** you to manage diabetes, improve the quality of your diet and build healthy habits
- **FOR PEOPLE** age 18+, not pregnant, with a confirmed diagnosis of type 2 diabetes, registered with a GP in north Devon, who are motivated to change their lifestyle and can commit to the programme
- **LEARN MORE** at <https://oviva.com/uk/en/diabetes-support-devon/>

### EMOTIONAL ASSISTANCE

- **TALKWORKS** provides non-emergency NHS talking therapies for adults in Devon via [www.talkworks.dpt.nhs.uk/self-refer](http://www.talkworks.dpt.nhs.uk/self-refer)
- **DIABETES UK** confidential helpline. Highly trained advisors provide support and advice: 0345 123 2399 / [www.diabetes.org.uk](http://www.diabetes.org.uk)

### ANY QUESTIONS?

- **ASK** your diabetes nurse
- **OR CONTACT** Rowena, our PCN Diabetes Care Coordinator, via Bradworthy, Hatherleigh or Holsworthy surgeries



**COAST & COUNTRY**  
PRIMARY CARE NETWORK