

What if I decide it's not for me?

We think you will find Healthier You a great help in learning more about, and getting control of, your risk of Type 2 diabetes. Your GP thinks so too, which is why he or she has brought the programme to your attention.

When you first find out you are at risk of Type 2 diabetes, you need a good start in making healthy lifestyle choices. Healthier You gives you that good start.

However, if you decide not to attend, you will still receive care as usual from your GP and practice nurse.

I'm keen to start, so what happens next?

Our Birmingham team will contact you with dates, details and directions for the venue near you, where the programme is being held. So please expect a call from an 0121 number. After that, simply turn up and take part! The sessions are free of charge.



Contact us

Call 0800 321 3150 or 0121 386 6971
(8am to 8pm, Mon-Fri or 10am to 2pm, Sat)

For more information visit:
www.stopdiabetes.co.uk

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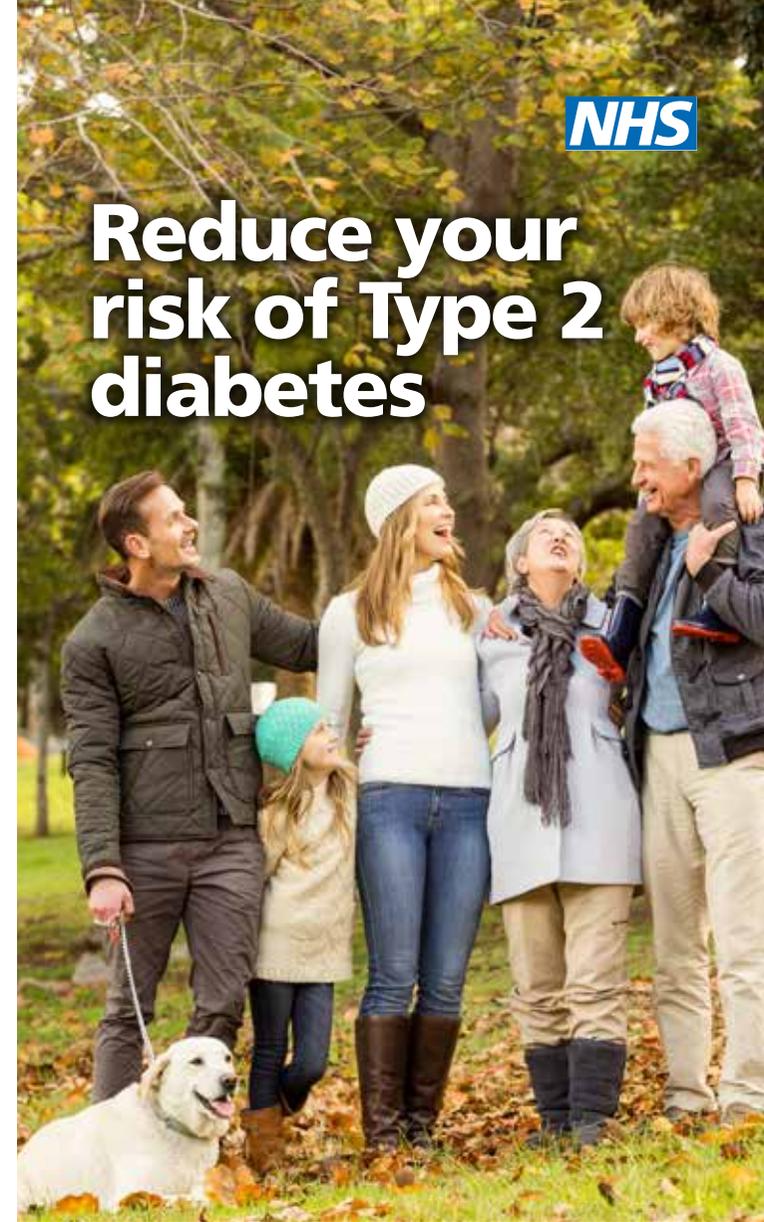
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HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

NHS

Reduce your risk of Type 2 diabetes



HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

So, what is Healthier You?

- ✔ It's a way of finding out more about how you can reduce your risk of developing Type 2 diabetes
- ✔ It's an opportunity to meet and share experiences with others

"I learned so much and didn't find it challenging at all to stick to my individual plan."

Valerie, 56, Leeds



So, what's involved?

You are being invited to join a small group of people who are at risk of Type 2 diabetes on a Healthier You lifestyle change programme. The programme will be held at a local venue. The sessions will be led by facilitators who are trained to ensure that you are provided with honest, up-to-date, evidence-based information about the causes, effects and options for managing your risk of Type 2 diabetes.

What makes Healthier You so special?

Healthier You is pretty unique. It's a group programme designed to support you, the person who is at risk of Type 2 diabetes, to become the expert. The facilitators are there to help you increase your knowledge and understanding of what being at risk of Type 2 diabetes will mean for you. But, throughout the programme, from beginning to end, you will be the person in control and making the decisions.

What will I have to do?

That's easy! You need to be prepared to attend the Healthier You programme. This is for your benefit, so that you can be sure of having all the information you need. At the programme, you will be one of a group of people at risk of Type 2 diabetes who will be taking part. The Healthier You programme is built around group activities, but there will be opportunities for individuals to speak to a facilitator on their own if they wish.

What will I get out of Healthier You?

Quite a lot! As well as getting up-to-date information about being at risk of Type 2 diabetes, you will learn practical skills which you may find helpful in managing your risk. An opportunity will be provided to discuss and explore factors relating to the risk of Type 2 diabetes, such as food choices and activity.

You will also be able to meet and talk to others in the same situation.

At the end of the sessions, everyone taking part in Healthier You will have information to take away for reference.

But I've never taken part in anything like this before!

For some people, taking an active part in a lifestyle change programme like Healthier You may seem strange. But if this conjures up images of being back in school – think again! In Healthier You, the atmosphere is informal and friendly.

The local co-ordination team running the programme are very approachable and part of their job is to make you feel welcome, and comfortable about attending.

If you find the idea of joining in at these sessions too difficult, no one will make you contribute. But you will get much more out of the sessions if you come prepared to share your experiences, thoughts and opinions. If you would like to bring your partner, a family member or a friend with you to the programme – they will be very welcome.