

your personal pathway

This is your personal pathway to help you find support with your Type 2 diabetes.



ydyw.co.uk

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Diagnosed with Type 2 Diabetes?

Get your personalised free support today.

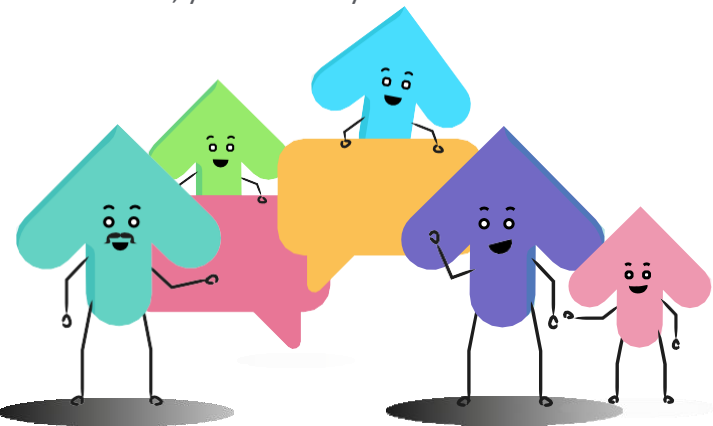
don't worry →

We know it can be a shock to be diagnosed with Type 2 diabetes. But with the right care and treatment it can be straightforward to manage, and in many cases, can even be put into remission.

There are lots of excellent and free resources to help you. The first decision you need to make is how you'd like to learn about the condition.

Do you prefer to meet and learn with other people like you? Or would you rather learn on your own using websites and apps?

Of course, you can always do both!



learn with others →

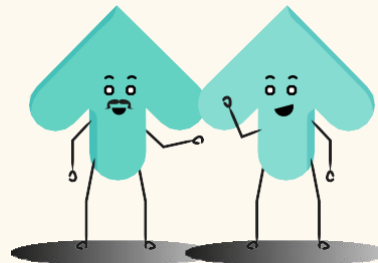
You can learn with other people like you by joining a Group Learning Session:

- Fun, interactive sessions in local venues with diabetes experts.
- Meet other local people with Type 2 diabetes and learn about your condition and how to manage it.
- Get detailed advice on diet, exercise and the health impacts of Type 2 diabetes.

find a session near you

Sign up by visiting ydyw.co.uk/groups and follow the instructions.

Or ask your GP or Practice Nurse to refer you.



learn on your own →

You can learn at your own pace online:

- An interactive website that explains how diabetes can affect your life.
- Get guidance on diet, exercise, blood sugars and medication.
- You can also access a comprehensive online resource of the latest diabetes information in a range of languages.

sign up today

Just visit ydyw.co.uk/online and follow the instructions.

Remember, you're encouraged to sign up for both Group Learning Sessions and the interactive website.

Any questions about Group Learning or online resources, please ask your GP or Practice Nurse for help.

