

# NHS Group Support to help you live with **Type 2 Diabetes**



**If you have had diabetes for many years or are newly diagnosed these programmes can help you!**



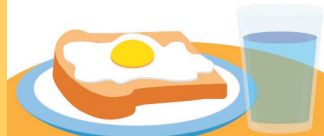
**Explore new ways of living with diabetes in a relaxed environment**



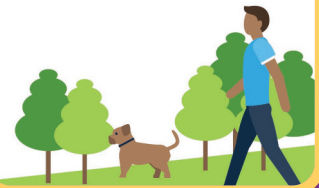
**Identify how you can manage your diabetes more effectively**



**Top tips for eating well with type 2 diabetes**



**Learn how being more active can improve your health**



## **Introduction to Diabetes (newly diagnosed)**

- 2 hour standalone session
- Delivered by Dietitians or trained educators
- Introduction to what is diabetes, how food affects blood glucose levels & to support the first steps to managing your diabetes
- Signposting to additional support such as X-PERT, DSMP, foot care, physical activity

## **X-PERT Diabetes for people living with type 2 diabetes on diet only and or medication**

- Weekly 2 ½ hour group sessions over 6 weeks
- Delivered by Dietitians, Diabetes Specialist Nurses or Diabetes Educator.
- Nutrition based programme to support diabetes management
- **Sessions include:**
  - What is diabetes,
  - Different dietary approaches,
  - Carbohydrate awareness
  - Psychology of eating,
  - Food labels
  - Preventing complications

## **X-PERT Insulin for people living with type 2 diabetes taking insulin**

- Weekly 2 ½ hour sessions over 6 weeks
- Delivered by Dietitians and/or Diabetes Specialist Nurses
- Nutrition based programme to support diabetes management and reduce insulin requirements
- **Sessions include:**
  - What is diabetes,
  - Dietary approaches
  - Know your carbohydrates
  - Monitoring, assessing trends, carb counting, activity & insulin titration

## **Diabetes Self-Management Programme (DSMP)**

**for anyone with type 2 diabetes (NOT on insulin)**

- Weekly 2 ½ hour sessions over 6 weeks
- Delivered by EPP Cymru trained people living with or who are affected by type 2 diabetes
- **Sessions include:**
  - Monitoring and managing your diabetes
  - Preventing complications
  - Dealing with difficult emotions
  - Menu planning

**If you would like more information and availability or do not have access to digital technology, please contact your local Health Board on:**

**Diabetes Dietetic department 01437773357 or Email [diabetesdietitians.hdd@wales.nhs.uk](mailto:diabetesdietitians.hdd@wales.nhs.uk)**