

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!



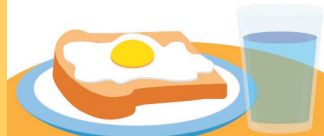
Explore new ways of living with diabetes in a relaxed environment



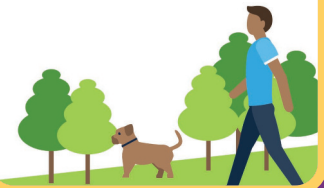
Identify how you can manage your diabetes more effectively



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: