

# Healthy Living Programme

for type 2 diabetes following a referral from your GP surgery



Providing information to help  
support self management in diabetes

 0300 456 1006



Being diagnosed with type 2 diabetes means that looking after your health has become even more important. The healthy living programme involves either group sessions, an app based programme or a national programme for people with type 2 diabetes, developed to provide information and advice, to help you self manage your diabetes.

## What can you expect

- Information on a range of topics including treatment and care for type 2 diabetes, healthy eating and improving activity levels
- Help to understand the potential consequences of living with diabetes
- Building your confidence to make healthy lifestyle changes
- Preparing you for any health checks you might need
- Time to discuss questions or concerns with health professionals
- In a group session you will meet others who have been diagnosed with type 2 diabetes (please feel free to bring a partner/spouse/ friend with you)

It is essential for you to attend the programme as it is a key part of your diabetes care. Attending the healthy living programme will ensure you receive the best possible advice to help manage your diabetes and prevent long term complications.

# Getting Started

After being referred to the programme you will receive an email with a link to the CONNECTPlus® app which contains some questions to help you choose what course is best for you and if there is additional support that can help you in getting the most from the course. Please check your junk mail if you are waiting to hear from us. You will then be directed to your course of choice. If we do not have an email address for you we will call you to discuss the programme and your course options. We will attempt to speak to you 3 times, over email, phone call and a letter, if we are not able to make contact and you have not called/emailed us back we will close your referral and feedback to your GP surgery that we have been unable to contact you.

## Course Options

### Face to Face Course

- 2 x three hour sessions
- Torbay or South Devon locations
- Morning or afternoon sessions

### Virtual Course

- 4 Microsoft Teams sessions lasting 1 hour
- Evening sessions available

### CONNECTPlus®

- Course content available over an app that people can work through at their own pace with information regarding local support services

### Healthy Living with Type 2 Diabetes National Course

- National online course that people can work through at their own pace available through a web browser



## Healthy Living with Type 2 Diabetes Face to Face Course

The face to face course involves 2 sessions spread over 2 weeks lasting 3 hours a session. The sessions are a group setting in a selection of venues around South Devon.

### **Week 1 – Topics covered:**

- What is diabetes
- How does it affect you
- Complications of diabetes
- How to get the most out of your diabetes checks
- Looking after your feet
- Physical activity and diabetes

*(Delivered by Behaviour Change Facilitator and Practice Nurse)*

## Week 2 – Topics covered:

- Eating well for diabetes
- Managing your weight
- Sensible drinking
- Food labels
- How you feel and how this affects your diabetes
- Moving forward
- Making positive changes

*(Delivered by Behaviour Change Facilitator and Community Dietician)*



## Face to Face Course Testimonials

*Very informative, very helpful. So pleased I could take part at early diagnosis so I was set on the right path straight away.  
All the myths put right.*

*Well presented course, easy to understand, queries were well answered and group discussion welcomed.*





## Healthy Living with Type 2 Diabetes Virtual Course

The 4 week virtual course includes a one-hour weekly Microsoft Teams meeting. Each meeting will be led by a health professional and will include other participants who are newly diagnosed with type 2 diabetes. Before each meeting you will be asked to watch a few short videos around the topic of that week's meeting and complete some pages in a workbook. The workbook allows you to get the most out of the video and gives you an opportunity to write down questions for the Microsoft Teams meeting. The Teams sessions are an opportunity to ask questions about the videos and workbook activities. It is important to have completed these prior to each session.

### For this course you will need:

- Internet connection
- Microphone
- Camera

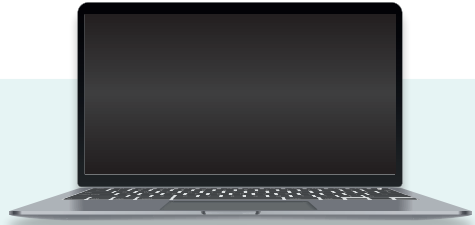
Session 1 is designed to support you in getting used to the technology and additional support is available if needed.

# Course Resources

## Padlet

**You will be emailed a link**

This is a website where all videos, documents and useful links are stored.

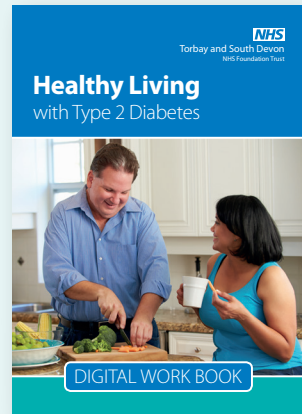


## Workbook

**You will be emailed a copy**

Pages of the workbook link to different videos.

We will discuss the activities in the workbook during the Microsoft Teams meeting. You do not have to share anything you complete in the workbook unless you wish to.



## Microsoft Teams

**You will be emailed a link and instructions**

4 Microsoft Teams meetings over a 4 week period.

Each meeting will have videos and workbook pages linked to it (listed in the workbook) and the Microsoft Teams meetings will discuss the activities and answer any questions you have.





# Session Breakdown

## Session 1

Introduction

## Session 2

- What is diabetes
- What are the complications linked to diabetes
- How to reduce your risks of complications
- Medication and other useful information

## Session 3

- Eating well for diabetes
- Weight management
- Sensible drinking
- Food labels

## Session 4

- Physical activity and diabetes
- How you feel and how this affects your diabetes
- What next?





## Virtual Course Testimonials



*I think I'm still in a bit of denial at having diabetes so it's useful that the videos are there so that I can go back to it.*

*Not done anything like it before so didn't know what to expect. It was very helpful. The best thing was other people like me were on there and it was nice to be able to see and listen to them.*

*It suited me down to the ground as I don't like groups so could turn the camera off but could still participate. Being online was more comfortable.*

*Very informative and enjoyed. Doing it at home – minimises the time and travel rather than the full morning course.*

# CONNECTPlus®

CONNECTPlus® is an easy to use app that enables patients to manage their multiple long-term conditions together, in a single place. It aims to support both newly and longer-term diagnosed users by providing regularly updated expert advice and information from the Trust's clinical teams in written, video and podcast format.

## Users can benefit from:

- Easy-to-understand videos and written information covering the information you need to know when you are diagnosed with type 2 diabetes
- A space to keep track of your appointments, diabetes readings and medications
- Contact details for the relevant local services



The illustration shows two smartphones. The top phone displays a human body diagram with blue dots indicating health points. The bottom phone shows the app's main menu with categories: Search, Diabetes & Pre-diabetes, Asthma, Heart Failure, and Podcasts. Surrounding the phones are numerous white icons on rounded squares, representing various health conditions and symptoms such as a hand, foot, heart, ear, and blood pressure.



CONNECTPlus®



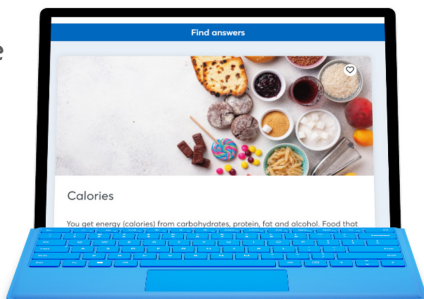
Scan here with your camera phone to access our online information

# Healthy Living with Type 2 Diabetes

## National Online Course

The web based course provides knowledge and information so that you can:

- Feel confident in managing your type 2 diabetes
- Reduce diabetes-related distress
- Improve your health and wellbeing
- Achieve and maintain a healthy weight
- Feel motivated to continue making healthy lifestyle choices



If you care for someone living with type 2 diabetes, you can sign up too.

To access the programme you log in to the page using a web browser on a desktop computer, tablet, or smartphone and find information, quizzes and more under the 'Learn' section. Starting off with the key essentials about type 2 diabetes, you will unlock more content as you progress through the articles. Aim for bite-sized sessions on a regular basis, so you can take time to put your learning into practice and form new habits.

For further information and resources visit our website:

**<https://tsdft.uk/T2DiabetesEd>**. This leaflet can be made available in other languages and formats. For more information about this, or about the programme in general, please telephone **0300 456 1006**



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