

Living Well Taking Control

Patient Leaflet

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Living Well Taking Control is your local Healthier You service. Across the country thousands of people like you have now attended a local Healthier You service and successfully reduced their risk of Type 2 diabetes.

Why have I been invited to join a Living Well Taking Control programme?

Your doctor or nurse has recommended that you attend this free, non-medical, self-management programme because you are at high risk of developing Type 2 Diabetes. They have asked Living Well Taking Control to provide you with some support to help you manage your health. You may also benefit if you have another long-term condition.

The talk of Type 2 Diabetes can be an alarming experience however, there is strong evidence to show that by taking action, the onset of diabetes can be delayed and the management controlled. Your lifestyle and the choices you make in your daily life are the key things that can affect your health.

The aim of the Living Well Taking Control programme is to help you improve your knowledge, ability and confidence whilst offering you the support you need to make good lifestyle choices.

What happens on the Living Well Taking Control programme?

You will be invited to join a small group of people who have also been identified at being at risk of Type 2 Diabetes. This group will meet at a local venue for 90 minutes each week for 7 weeks. The group will be led by a trained facilitator. Don't worry – it won't be like being at school; it will be informal, with the facilitators being friendly, local individuals. Following these meetings you will receive further support with your progress on a regular basis for up to one year and you will be given information about a range of relevant local activities.

What will we cover on the programme?

- Information on diet
- Information of physical activity
- Managing stress and your emotional wellbeing
- The importance of monitoring your weight

What's in it for me?

At the beginning of the programme, you will learn more about how and why to make positive changes whilst meeting with people in a similar situation along the way. You will be given lots of support over the programme to help you stay on track. There will also be information about a range of activities in your community to choose from - so you can pick the ones that most suit your interests!

How will this be of help to me?

There are many ways the programme will help you:

- Improved quality of life by having information to empower you to more effectively self-manage your lifestyle.
- Improve health behaviours
- Prevent disease progression

I have a disability/I don't speak English – will my needs be catered for?

Yes – but please let us know as soon as possible about any extra help you may need.

Can I bring someone along with me?

Yes- in fact it is encouraged! So if you would like someone to attend with you please let us know.

Will it cost me anything?

It is FREE to attend the Living Well Taking Control programme. You will need to arrange your own travel to and from the venue

What do I need to do?

Respond to the invitation to join the Living Well Taking Control programme.

Call us on **0330 2233706**. We look forward to seeing you!

For more information about our programme see our website at www.lwtcsupport.co.uk

Living Well Taking Control is an educational programme underpinned by behavioural change. It focuses on peer support and discussion to help people who are at risk of developing Type 2 Diabetes to change their lifestyle. The programme has been developed by Health Exchange and Westbank Community Health and Care.

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