



I have been diagnosed with type 2 diabetes - what should I do next and where can I find information to help me?

Diabetes UK

Diabetes UK has lots of information to support you with your diabetes.

<https://learningzone.diabetes.org.uk/home>

You can also find information on local community support groups:

<https://www.diabetes.org.uk/support-for-you>

<https://www.diabetes.org.uk/support-for-you/diabetes-uk-in-your-area/south-west-and-south-central/diabetes-uk-groups/listing-of-local-groups>

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Buckinghamshire, Oxfordshire & Berkshire West Stay Well

Useful information and videos can be found on the Type 2 Diabetes Stay Well website: <https://staywell-bob.nhs.uk/type-2-diabetes/>

You will also find helpful information around type 2 diabetes and planning a pregnancy: <https://staywell-bob.nhs.uk/pregnancy-and-diabetes/>

Healthy Living with Diabetes

Healthy Living is an online programme which provides knowledge and information to help you feel confident in managing your type 2 diabetes.

www.healthyliving.nhs.uk



Diabetes Structured Education in Oxfordshire

Free local NHS diabetes education sessions both face to face and online are regularly available. These are run by an experienced team skilled in supporting and empowering people with diabetes.

These sessions will help increase your skills, knowledge and confidence to enable you to manage your diabetes well. People with diabetes who have attended these sessions have also found it helpful to meet other people with diabetes and share experiences.

Topics covered include:

- What is Type 2 diabetes?
- How is diabetes diagnosed and how are glucose levels managed?
- Reducing long term complications of your diabetes
- Diabetes remission
- How healthy eating and other lifestyle changes can help your diabetes control
- What will be checked in your annual review?
- Goal setting and targets
- What to do when you are unwell



When should I sign up for a course:

There are two courses to book on:
Diabetes2gether and Diabetes4ward.

1. Diabetes2gether is for people who have recently had a diagnosis of type 2 diabetes.
2. Diabetes4ward is a refresher course for people who have had diabetes a little longer. The community diabetes service will guide you on to best course for you.

Both courses are run in locations across Oxfordshire by an experienced team of Diabetes Specialist Nurses, and Dietitians. Each session takes just 3.5 hours to complete. You can book these either as a face to face or join via an online web meeting.

For more information and bookings:

You can speak to your GP practice to book on to a course or self-refer by calling the community diabetes service on 01865 903380 and select option 1 when prompted.

NHS Type 2 Diabetes Path to Remission

This is a free low-calorie diet to support you to lose weight, feel healthier and potentially put your diabetes into remission.

The programme consists of a 12-week meal replacement diet with support for 12 months from a personal coach who will also help to re-introduce food after the initial 12-week period.

For more information and to find out if you're eligible, please contact your GP Practice.

Let us know your feedback on this information sheet and what else you would like to be able to access, through this link [Your Feedback on: Information - Type 2 Diabetes - Fill in form](#) or QR Code

Your Feedback on: Information
Type 2 Diabetes

