Type 2 diabetes: **My Type 2 journey**

There's plenty of useful information available to you on how to manage your Type 2 diabetes.

1 Orange Booklet

Designed to give you some initial advice until you are able to attend a 3 hour group session or six week course. It will help you start to manage your diabetes, whilst continuing to live a full and active life.

2 Pocket Medic Films

Watch these short film clips that help you to balance the demands of Diabetes care.

3 Information Prescriptions

Working with your doctor or nurse you can use the information prescription to identify the steps you can take towards a better future with diabetes.

4 Type 2 Diabetes and Me

This fun and easy online guide is designed to help you understand and start managing your diabetes.
www.diabetes.org.uk/learningzone

5 Courses Available

Whether you are newly diagnosed or have had diabetes for a while, these group sessions give the support and information you need to manage your diabetes.

6 Local Support Groups

Are run by volunteers and offer people with diabetes a chance to share experiences with other people in similar situations.

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For further information on accessing any of the above please contact your local GP or Nurse.

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