

**The Healthier You: NHS Diabetes Prevention Programme is provided by Living Well Taking Control in Nottingham & Nottinghamshire.**

To keep you safe during the Coronavirus pandemic, we will be inviting you to take part in free sessions from the comfort of your own home. You will be able to join sessions using the Internet or by using a landline or mobile telephone. Your Coach will support you to make sure you can access the sessions.

**Places on the programme are limited and we encourage you to accept your invitation as soon as your Coach contacts you.**

**About the programme**

This programme aims to help you reduce your risk of progressing to Type 2 Diabetes and complications associated with Type 2 Diabetes; it will improve your knowledge, ability and confidence to make better lifestyle choices, helping you towards:

- A healthier diet
- Better exercise
- Emotional wellbeing and ways to manage stress
- Weight management

**Support**

We will provide you with interactive and enjoyable materials to support you in making lifestyle changes to avoid diabetes.

You won't be alone, joining a small group of people in your local community who are also at risk of developing diabetes. This will be a great opportunity to socialise with others and support one another.

**Alternatives**

Alternatively, you will have the opportunity to participate in face-to-face sessions set in your local community once it is safe to do so.

An alternative digital service is also available to those wishing to participate in the programme on a one-to-one basis.

For more information about Healthier You, please visit our website [www.lwtcsupport.co.uk](http://www.lwtcsupport.co.uk)

For more information about how to reduce your risk of developing type 2 diabetes, please visit [www.diabetes.org.uk/preventing-type-2-diabetes](http://www.diabetes.org.uk/preventing-type-2-diabetes)

Service provided by

