



## The Healthier You: NHS Diabetes Prevention Programme is provided by Living Well Taking Control in North Central London

We are very pleased to announce that our group-based face-to-face programme will be delivered in your area from 1st August 2022. These sessions will take place in your local community, local to your home address or GP surgery.



### Services available

- Face-to-Face – A group-based, face-to-face programme, hosted at a local community venue near to your home or general practice address. A dedicated person ('Locality Coach') will support you throughout the entire course.
- Digital – One-to-one health coaching provided through a free app on a smart phone or tablet.

All service offers are interactive and enjoyable, helping participants reduce the likelihood of developing Type 2 Diabetes.

You won't be alone. Joining a programme to support people who are also at risk of developing diabetes is a great opportunity to gain support from others who are in a similar position.

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



## COVID-19 Measures

We strongly advise that you continue to wear a face mask when attending group sessions to ensure that COVID-19 is minimised at all stages of service delivery.

Should you feel unwell or have COVID-19 symptoms, you should contact your Locality Coach, but not attend a face-to-face session.

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)