

Healthy Living with Type 2 Diabetes

Course Options

Everyone will complete a set of questions (on the **CONNECTPlus®** app or over the phone) to determine the best course options for them and any additional support needed.

Those who have been identified as having low confidence in managing their diabetes will be signposted to peer support, social prescribing or **TALKWORKS**.

Face to Face Course

- 2 x three hour sessions
- Torbay or South Devon locations
- Morning or afternoon sessions

Virtual Course

- 4 Microsoft Teams sessions lasting 1 hour
- Afternoon or evening sessions available

CONNECTPlus®

Course content available over an app that people can work through at their own pace with information regarding local support services

National Online Programme

National online course that people can work through at their own pace available through a web browser

All courses offer:

- Comprehensive coverage regarding; What diabetes is, complications of diabetes and ways to reduce the risk, medication, what is a healthy balanced diet, weight management, alcohol intake, food labelling, physical activity, emotional wellbeing, goal setting and support available.

Face to Face and Virtual Courses offer:

- Access to a learning resource of videos and useful links that will remain available after the course is finished.
- Opportunities to ask questions to a practice nurse and a dietitian.
- Opportunities for peer support.

Those who do not wish to attend a course or are unable to attend a course are offered the opportunity to receive an online or posted resource pack and telephone appointment