

## What further support is available to me?

### Support with your Pre-Diabetes or Type 2 Diabetes

If having attended the Control IT session you would like further support on a 1:1 basis (or where the Control IT session may not be suitable for you) we can offer:

#### Pre-Diabetes Brief Interventions:

1:1 sessions discussing personalised lifestyle goals to reduce the risk of developing diabetes

#### Type 2 Diabetes:

1:1 appointments for you to discuss any further questions you might have about your Diabetes and agreeing goals to help you manage your condition.

### Longer term support with managing your weight

We have a range of weight management programmes. If you would like to find out more about what might be most suitable for you, please let us know.

## Useful websites

### My Diabetes My Way:

[www.mydiabetesmyway.scot.nhs.uk/](http://www.mydiabetesmyway.scot.nhs.uk/)

### Diabetes UK:

<https://www.diabetes.org.uk>

### NHS 12 Week Weight Loss Plan:

<https://www.nhsinform.scot/healthy-living/12-week-weight-management-programme>

### Shetland Recreational Trust:

<https://srt.org.uk>

### Health Walks in Shetland - Walk Da Rock:

<https://www.pathsforall.org.uk/walk-project/walk-da-rock-shetland>

### Sign up here:

<https://forms.office.com/e/BMCcsA3y1v>



## Support for Pre & Type 2 Diabetes

Find out more about what support is available to help improve your health

Read through this leaflet and then contact us on:

**01595 743203 or**

**[megan.hibbert@nhs.scot](mailto:megan.hibbert@nhs.scot)**

This is a joint initiative / service between the Health Improvement Team (Healthy Shetland) and the Nutrition & Dietetics Department

Leaflet reviewed Nov 24

Next review due Nov 26

V2.2

