



# DIABETES SUPPORT, SERVICES AND EDUCATION FOR PEOPLE LIVING IN GREATER MANCHESTER

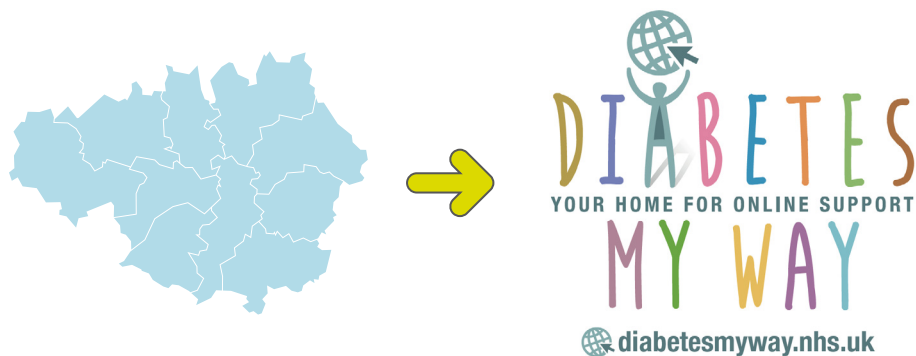
Diabetes can be a worrying condition, especially if you have only recently been diagnosed – but help is here to support you.

As well as the routine care you receive, there are a number of free services available to people of all ages across Greater Manchester, many of them accessible at home via your smart phone, tablet or computer.

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# GENERAL INFORMATION

for people of all ages with different types of diabetes



## Diabetes My Way

### What is it?

Free online support for people living with diabetes in Greater Manchester, or those at risk of developing the condition, their families and carers.

It offers a wide range of services, including secure personal access to your own data, such as test results such as HbA1c and cholesterol, and diabetes education, information and resources, to help you look after yourself. There is also an option to set goals with support from healthcare teams.



### How do I get it?

It is free and you can get it on your laptop, computer, smartphone or tablet. For more information go to <https://diabetesmyway.nhs.uk/>



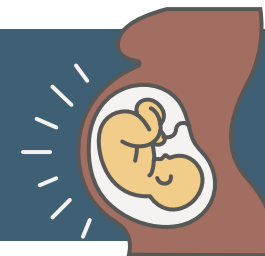
**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

## Diabetes UK

Diabetes UK is the national charity leading the fight against diabetes, dedicated to sharing knowledge, taking on diabetes and supporting people living with diabetes.

It has lots of information on its website – [Diabetes and Me | Diabetes UK](#)  
– along with a wide range of nationally available resources.

# PREGNANT WOMEN



## Gestational diabetes

## Type 1 diabetes



### MY GESTATIONAL DIABETES

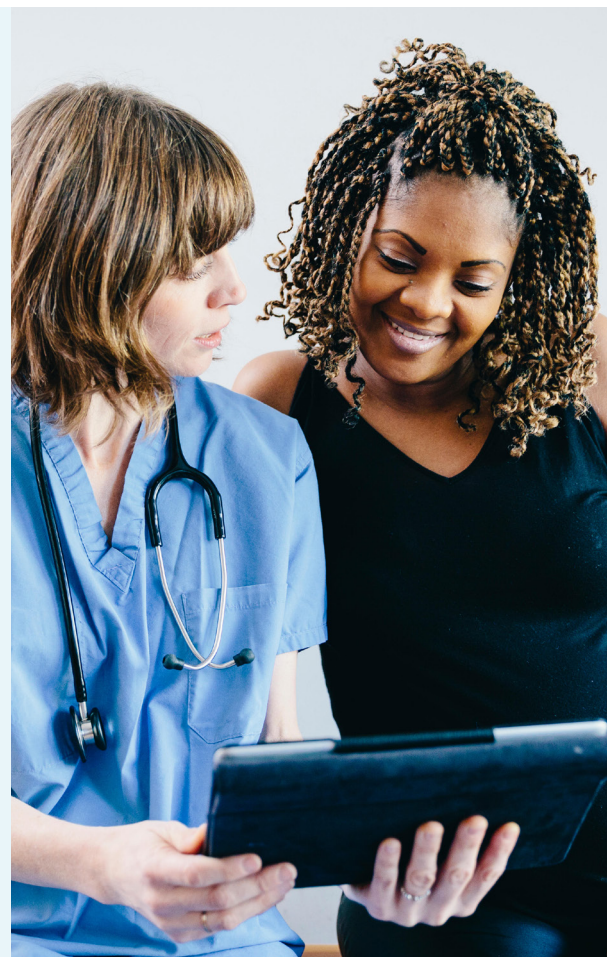
#### What is it?

Free online course to help women understand and manage their gestational diabetes.

### CONTINUOUS GLUCOSE MONITORING (CGM)

#### What is it?

All pregnant women with type 1 diabetes should be offered CGM – a small device you wear just under your skin to measure glucose levels (reducing the need to use finger pricks), continuously letting you see trends in levels and receive alerts if levels are too high or low.



#### How do I get it?

Access the online course via Diabetes My Way

[eLearning | Diabetes My Way](#)  
[| Greater Manchester | Wigan |](#)  
[Tameside NHS](#)



#### How do I get it?

Request from your maternity care team diabetes specialist.

# CHILDREN <18 YEARS\*



## Type 1 diabetes



### DIGIBETE

#### What is it?

A free app and video platform to support children, young people and their families to self-manage type 1 diabetes and increase independence.

It offers a wide range of clinically-approved, age appropriate resources to help people manage their diabetes.

DigiBete also allows diabetes clinical teams to send relevant information and resources direct to young people.



#### How do I get it?

You can download the app Home - DigiBete. The local diabetes clinic at which you are registered will give you your unique clinic code.

### GROWING UP WITH TYPE 1

#### What is it?

Growing Up With Type 1 is a free online course for teenagers and young people who are concerned about how their diabetes may affect them when facing new experiences that come with becoming an adult and leaving home.



#### How do I get it?

You can access the course online via Diabetes My Way eLearning | Diabetes My Way | Greater Manchester | Wigan | Tameside NHS



\*For young adults (16-25 years of age) living with type 1 diabetes who are moving from children into adult diabetes services, your care provider will advise you on the resources available to you. You will be able to choose the ones that are most suitable to you. You can choose more than one (e.g. DigiBete and MyType 1).

# ADULT 18+ YEARS\*



## Type 1 diabetes



\*For young adults (16-25 years of age) living with type 1 diabetes who are moving from children into adult diabetes services, your care provider will advise you on the resources available to you. You will be able to choose the ones that are most suitable to you. You can choose more than one (e.g. DigiBete and MyType 1).

### MY TYPE 1 DIABETES

Courses to help support you and your personal needs, to encourage you to set goals and build your knowledge and confidence around the management of your diabetes.

### UNDERSTANDING TYPE 1 DIABETES

#### What is it?

Aimed at anyone diagnosed with type 1 diabetes, it focuses on what diabetes is, how it is treated, complications that may occur, as well as what you can do to keep yourself healthy.

### CARBOHYDRATE COUNTING

#### What is it?

A free online course which gives you everything you need to know about counting carbs – matching insulin requirements with the amount of carbohydrates that you eat or drink.

### CONSIDERING AN INSULIN PUMP?

#### What is it?

Switching from insulin injections to an insulin pump can be a daunting time for people. This course provides an

introductory guide aimed at people with type 1 diabetes considering switching from injections to an insulin pump.

### MY INSULIN PUMP

#### What is it?

Aimed at people who are starting out with an insulin pump, or as a refresher for those that are already established on insulin pump therapy.



#### How do I get it?

You can access the course online via [Diabetes My Way eLearning](#) | [Diabetes My Way](#) | [Greater Manchester](#) | [Wigan](#) | [Tameside NHS](#)

### NHS DIGITAL WEIGHT MANAGEMENT PROGRAMME

#### What is it?

The NHS Digital Weight Management Programme (DWMP) has been developed to help people manage their weight and improve their health. It offers a 12 week digital weight management service for adults living with obesity and who have a diagnosis of diabetes and/or hypertension. The DWMP has three levels (level 1 – digital only; level 2 – digital + 50 minutes of personal coaching; level 3 – digital + 100 minutes of tailored personal coaching).



#### How do I get it?

Your GP practice will be able to refer you to the programme.

Further info at <https://www.england.nhs.uk/digital-weight-management/>.

# ADULT 18+ YEARS



## At risk of type 2 diabetes

### HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

#### HEALTHIER YOU

##### What is it?

Healthier You is a lifestyle support programme for people who are likely to develop diabetes. The programme will help you take control of your health, supporting you to make changes to your diet, weight and the amount of exercise you do.

Healthier You is delivered in groups or on a smart phone app in a number of languages



##### How do I get it?

Either your GP will refer you, or you can find out your risk and join the programme using the Diabetes UK Know Your Risk tool at <https://riskscore.diabetes.org.uk/start>



“My waist has reduced by 4 inches and my weight has reduced by 1st 7lbs. I feel like I have my freedom back. I would definitely recommend the programme to others, it has helped me so much”

# ADULT 18+ YEARS



## Type 2 diabetes



### NHS LOW CALORIE DIET PROGRAMME

#### What is it?

The NHS Low Calorie Diet Programme is a free 12-month programme to support adults living with type 2 diabetes to lose weight and maintain weight loss to achieve remission of their type 2 diabetes. Includes initial 12 weeks total diet replacement. For 18-65 year olds who meet the programme's criteria.

### MY TYPE 2 DIABETES:

#### What is it?

This free online course is aimed specifically at people newly diagnosed with type 2 diabetes. However, if you are either newly diagnosed or have been living with diabetes for some time, this will help you to understand your diabetes better. You can access the course online at the Diabetes My Way learning page <https://diabetesmyway.nhs.uk/elearning/>

### CARBOHYDRATE COUNTING

#### What is it?

This free online course will give you everything you need to know about counting carbs, a way of matching insulin requirements with the amount of carbohydrates you eat or drink.

#### How do I get it?

You can access the course online at the Diabetes My Way learning page [eLearning | Diabetes My Way | Greater Manchester | Wigan | Tameside NHS](#)

### NHS DIGITAL WEIGHT MANAGEMENT PROGRAMME

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The NHS Digital Weight Management Programme (DWMP) has been developed to help people manage their weight and improve their health. It offers a 12 week digital weight management service for adults living with obesity and who have a diagnosis of diabetes and/or hypertension. The DWMP has three levels (level 1 – digital only; level 2 – digital + 50 minutes of personal coaching; level 3 – digital + 100 minutes of tailored personal coaching).

#### How do I get it?

Your GP practice will be able to refer you to the programme. Further info at [NHS England » The NHS Digital Weight Management Programme.](#)



#### How do I get it?

Check for more detailed information <https://xylahealthandwellbeing.com/our-services/diabetes-remission/nhs-low-calorie-diet/greater-manchester-patient-info/>



#### How do I get it?

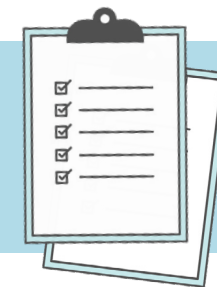
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#### How do I get it?

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# SUPPORTING DIABETES RESEARCH



## Help BEAT Diabetes

### What is it?

It is part of the Research for the Future programme, an NHS-supported initiative encouraging people in Greater Manchester to get involved in health and care research. If you join, you will receive information about research taking place in your area, along with details of how to take part. There are lots of opportunities available, from completing questionnaires to taking part in discussion groups and trials of new treatments.

### Who is it for?

Anyone aged 18+ with diabetes (all types) or at risk of developing it.

### Why should I take part?

People who get involved in research tend to have better health outcomes, as they become better at managing their own condition and this is particularly true for those living with diabetes. Joining the research community means you're also actively helping to improve care and treatments for you and for other people.

### How do I get involved?

Find out more and register using one of the following options:

**VISIT** [www.researchforthefuture.org](http://www.researchforthefuture.org)

**CALL** the office on 0161 206 3636

**TEXT RESEARCH** and **YOUR NAME** to 81400



## FURTHER INFORMATION



We hope you have found this document useful.

If you have any questions regarding the information, please contact [england.diabetesmyway@nhs.net](mailto:england.diabetesmyway@nhs.net)

