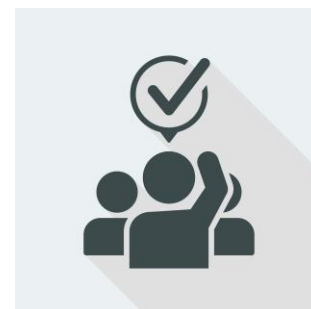


New To Type 2 Diabetes Information Sessions

Weymouth & Portland Self-Referral Information

- **What is it?**

So, you have been told you have Type 2 diabetes. How do you feel about that: unsure, disbelieving, in denial, or just anxious about your life from now on? **New to Type 2** can help you come to terms with your diagnosis, clear away any worries; and most importantly, point the way to a healthy future that includes the foods you love and the things you like to do.



- **Why should I go?**

New To Type 2 gets brilliant feedback. In fact, people who go are more likely to avoid the problems that diabetes can cause for your sight, your feet, your kidneys and your chance of heart attack or stroke.

Very informative, cleared up a lot of questions. Very engaging.
Very good explanation re nutrition. The talks helped me a lot.
Listened to individual concerns and addressed them. Lowered [my] anxious symptoms.



Here is what people said, who have been to **New To Type 2**

New To Type 2 is part of the diabetes care you should get from your GP. It is for people who have been told they have Type 2 diabetes within the last year so you will get to meet other people who have also just been diagnosed.

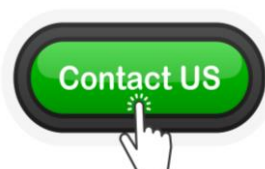


- **I'm not sure **New To Type 2** is right for me?**

Type 2 diabetes can seriously affect your health and quality of life if it isn't looked after. If you don't think **New To Type 2** is for you, please call or email us so we can see how else we could support you.

- **Who runs **New to Type 2**?**

New to Type 2 is run by Weymouth & Portland NHS Diabetes Team. The sessions will be led by a Nurse and a Dietitian who are specialists in diabetes and understand the sort of questions and concerns that you may have.



New To Type 2 Diabetes Information Sessions

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- **Where do I have to go?**

You can:

- Go to a **New To Type 2** session in Weymouth
- Or you can do **virtual New To Type 2** live, on-line.

- **Can I bring someone with me?**

Yes. It is a good idea to bring someone with you, especially if they are involved with your food and daily life.

- **What do I have to do before the session?**

You don't need to do anything. If you want to start looking at information, the Diabetes UK website is good (www.diabetes.org.uk) or you may be given a booklet by your GP Surgery



- **When is it?**

Sessions run throughout the year. You can choose a morning or an afternoon and the day of the week.

- **How do I book?**

Please phone or email the Diabetes Team to book your place.

Please call or email Two Harbours Healthcare to:

- **Find a day and time that suits you**
- **Book your place**
- **Ask any questions**



01305 234090



w&p.pcn@dorsetgp.nhs.uk

Even if you say no to **New To Type 2** now, you can change your mind later. If we don't hear from you, we may contact you in future to check that you have been offered **New To Type 2**. We would love to see you at **New To Type 2** any time up to 1 year after your diagnosis (after 1 year, there will be other diabetes services for you).