

## 4 Other support programmes

**There are a number of other programmes which are available to help you learn the skills to manage your diabetes.**

**'Living with Diabetes' is a free programme to help you:**

- Be more confident in managing your diabetes
- Recognise and manage any setbacks
- Set goals and plans with your healthcare team
- Meet others with diabetes and share experiences

You will need to attend a three hour workshop every week for 5 weeks. Anyone who has Type 2 diabetes can take part.

*"Having attended the DESMOND course I thought there would be little more for me to gain. I was wrong; there was a lot to learn."*

If you have recently been diagnosed with diabetes, it is recommended that you attend DESMOND before attending this programme.

**For more information and to book a place on this course, please call 020 7188 8472 and speak to Wenda Aitchison or email [wenda.aitchison@gstt.nhs.uk](mailto:wenda.aitchison@gstt.nhs.uk)**

**HELP YOURSELF**

**'The Expert Patient Programme'** is a free 6 week course for anyone living in Lambeth with a long term condition or disability.

The course will support you to learn new skills to manage your condition, and by taking part you will feel more in control of your life and get to meet others and share experiences.

Topics include dealing with pain, coping with depression and healthy eating.

The course is led by trained tutors who also live with a long term condition.

**For more information on this course and others, please call: 020 3049 5245** or email [EPPSC@lambethpct.nhs.uk](mailto:EPPSC@lambethpct.nhs.uk)

**There are also a number of Healthy Lifestyles Programmes, including organised walks and activities for you to take part in.**

For information on what is available near you please call **020 7926 0761** or go to <http://www.getactivelondon.com>

**Please speak to your GP or healthcare professional about other programmes which may be available in your area.**