**Useful resources for further support and information**

**Diabetes Smart -** Diabetes and Pre-diabetes group learning sessions:

* Web site: [www.wirralct.nhs.uk/smart](http://www.wirralct.nhs.uk/smart)
* Telephone**:** 0151 604 7271
* Self-referral for group learning sessions including:
* A core session covering key aspects of managing diabetes and pre-diabetes, followed by a number of optional sessions around: healthy lifestyle (food choices and weight management), carbohydrate awareness, physical activity, reading and understanding food labelling, keeping well with diabetes, Insulin (for people treating diabetes with insulin)
* Course timetable available on line
* Course resources available on line
* Recordings of the sessions (the password to access the recording of the Core session is: **diabetes smart** (no capitals, just one space between the word)).
* Self-referral via web site or by calling 0151 604 7271 (Mon - Fri, 08.30am - 4.30pm)
* **Review group sessions:** Once you have attended the Diabetes Smart group sessions you can attend review sessions for further support and information. Just contact the Dietetic department on 0151 604 7271 (Monday – Friday, 08:30am – 4:30pm) to book your place.

**Diabetes UK -** [**www.diabetes.org.uk**](http://www.diabetes.org.uk)

A wide range of information on all aspects of living with diabetes and also prevention of type 2 diabetes

* **Helpline** - confidential care line open Monday-Friday, between 9am and 6pm, staffed by professional counselors who have extensive knowledge of diabetes
	+ Telephone: 0345 123 2399
	+ Email: helpline@diabetes.org.uk
* **Support forum** -online community where you can exchange knowledge and experiences with other people with diabetes, family and carers. The site is free, and simple to use.

https://forum.diabetes.org.uk/boards/

* **Diabetes UK learning zone -** Interactive, on line learning zone, tailored to you

https://learningzone.diabetes.org.uk/

* **Diabetes UK Advocacy Service**

<https://www.diabetes.org.uk/how_we_help/helpline/your-rights>

(includes on line form to get in touch)

* Telephone: 0345 123 2399
* Address: Wells Lawrence House,126 Back Church Lane, London E1 1FH

**Diabetes UK membership**

Supporting membership (£3/month or £36/year)

Membership gives you expert, up-to-date information on diabetes and includes *Balance* magazine (4/year), Members' monthly email, research updates by email, discounts from Diabetes UK [online shop](https://shop.diabetes.org.uk/). Membership helps fund research to improve the lives of people living with diabetes today and in the future.

Join on line at <https://www.diabetes.org.uk/how_we_help/membership> or ring 0345 123 2399

**Diabetes UK 15 Health Care Essentials**

15 essential health care checks and services you should receive.

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/15-healthcare-essentials/what-are-the-15-healthcare-essentials>

Can be down loaded or you can order free from Diabetes UK Online shop <https://shop.diabetes.org.uk/collections/information-for-you> or by ringing 0800 585 088

**Diabetes UK – Healthy eating**

https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/healthy-eating

*Enjoy Food* booklet can be ordered for free from Online shop <https://shop.diabetes.org.uk/collections/information-for-you> or by ringing 0800 585 088

**Diabetes UK meal plans**

Thirteen nutritionally balanced, calorie and carb counted meal plans. Includes calories counted, low carb and Mediterranean options. Vegetarian, vegan, meals for one and family meals plans available.

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/meal-plans->

**Diabetes UK recipes**

Search by ingredient, meal type or special dietary requirement, such as low sugar, gluten free or low fat. These recipes are also good for people without diabetes.

<https://www.diabetes.org.uk/Guide-to-diabetes/Recipes>

**Diabetes UK videos on carb counting -** [www.diabetes.org.uk/bal-carbs](http://www.diabetes.org.uk/bal-carbs)

**Diabetes UK Carb counting resources:**

Carbs Count ebook free download from Diabetes UK [https://cdn.shopify.com/s/files/1/1922/6045/files/A\_Carbs-Count-2012-reducedsize\_e0d41266-5921-48ba-9945-2f4053e89398.pdf](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcdn.shopify.com%2Fs%2Ffiles%2F1%2F1922%2F6045%2Ffiles%2FA_Carbs-Count-2012-reducedsize_e0d41266-5921-48ba-9945-2f4053e89398.pdf&data=05%7C01%7Chelen.hackett%40nhs.net%7C8a5edeb74cfb4090d7aa08daf63ddd08%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638093042798778292%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C2000%7C%7C%7C&sdata=ZwjaQDfuRxy%2BM13FKIK1I2a%2FJaLcEYs5vOJn6sEdfG0%3D&reserved=0)

Carbohydrate Reference List ebook free download Diabetes UK https://www.diabetes.org.uk/resources-s3/2017-11/carbs\_count\_reference\_list\_2012.pdf

**Diabetes UK booklets**

A range of literature can be ordered from the Diabetes UK shop (many are free).

* Web site: https://shop.diabetes.org.uk/collections/information-for-you
* Telephone order queries: 0800 585088

The following booklets may be particularly helpful:

*Your guide to Type 2 Diabetes What care to expect if you have type 2 Diabetes*

*Your guide to Type 1 Diabetes What care to expect if you have type 1 Diabetes*

*Eating well with Diabetes Food Labels Made Easy*

*Meds & Kit* (details of diabetes medications) *Diabetes and looking after your feet*

**Wirral Diabetes UK voluntary group**

Web site: https://wirral.diabetesukgroup.org/

**Robbie - Chair Person: 07712548260, email:** **silverlady125@googlemail.com**

**Karen -  Secretary: 0151-334 3553 Steve:**0151-677 1062  or  Mob: 07802229036

email: wirraldiabetes@gmail.com

**Online Type 1 Diabetes Education Programme -** www.bertieonline.org.uk

* Includes carbohydrate counting and insulin dose adjustment

**Diabetes research -** [www.researchforthefuture.org](http://www.researchforthefuture.org) and http://britishresearchpanel.co.uk/

* Opportunity to get involved in diabetes research

**My Diabetes My Way**

A free online information site and e-learning service that helps empower and inform people living with diabetes.

<https://cm.mydiabetes.com/>

**Healthier You: NHSS Diabetes Prevention Programme (NDPP)**

National programme to help those who are at high risk of Type 2 diabetes (people with Pre Diabetes).

The programme gives participants personalised support to help them achieve a healthy weight, improve their diet and become more physically active, all together which have been shown to reduce the risk of developing the condition.

If you think the programme might be helpful for you, speak to your GP Practice who can refer you.

Further information:

www.diabetes.org.uk/preventing-type-2-diabetes/prevention

[www.england.nhs.uk/diabetes/diabetes-prevention/](http://www.england.nhs.uk/diabetes/diabetes-prevention/)

**Healthy Living for People with Type 2 Diabetes**

On line NHS programme to learn more about diabetes and its management.

Includes Quizes to help you to understand how to manage your diabetes, Answers to frequently asked questions, goal setting, trackers to set targets and monitor your progress, food diary to help monitor your eating habits.

www.healthyliving.nhs.uk/



**Insulin Dependent Diabetes Trust (IDDT)**

Registered charity for people living with diabetes and their families and carers, run by people living with diabetes. Information on type 1 and type 2 Diabetes

* Web site: [www.iddt.org](http://www.iddt.org)
* Email:enquiries@iddtinternational.org
* Telephone: 01604 622837
* Address:**I**n**D**ependent **D**iabetes **T**rust PO Box 294 Northampton NN1 4XS

The following publication may be particularly helpful: Diabetes Every day Eating https://www.iddt.org/publications/diabetes-everyday-eating

IDDT has a CONFIDENTIAL Helpline to offer support to anyone affected by diabetes. This includes people with diabetes and their families, health professionals, employers and others. IDDT offers understanding, support and information to help people to living with diabetes.

Helpline telephone: 01604 622837 (Monday to Fridays 9.30 am to 4.30pm)

**British Heart Foundation (BHF)**

BHF provide a range of information and support on preventing and living with heart disease, including information on diabetes and heart disease and recipes

* bhf.org.uk
* https://www.bhf.org.uk/informationsupport/risk-factors/diabetes
* @thebhf (Twitter)
* @bhf (Facebook)
* Address: British Heart Foundation, Lyndon Place, 2096 Coventry Road, Sheldon, Birmingham, B26 3YU

**Heart Helpline** - speak to cardiac nurses and information support officers

**0300 330 3311** (Mon - Fri, 9.00am - 7.00pm and bank holidays and weekends 10:00am to 4:00pm)

**BHF online community** - healthunlocked.com/bhf

A space where people with heart and circulatory conditions can start conversations of ask questions. Other people with heart disease can share encouragement and friendly advice. BHF ‘Heart Stars’, help guide new users and keep conversations on track

**British Heart Foundation Booklets -** a range of literature can be ordered online or by calling

1. 2222 or visiting the website (https://www.bhf.org.uk/informationsupport/publications).

Useful resources include:

Diabetes and your heart Understanding Stress Understanding Physical Activity

Understanding smoking Stop Smoking Worksheet Taking control of alcohol - Understanding Blood pressure Understanding Cholesterol

**On line demonstration - exercising with resistance bands** (online publication)

<https://www.bhf.org.uk/heart-matters-magazine/activity/resistance-bands>

**On line guide – chair based exercises** https://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/chair-based-exercises



**NHS Choices**

www.nhs.uk

Information on medical conditions and treatments, health news and following a healthier lifestyle (including information on healthy eating, weight management, alcohol and physical activity)

**Making changes**

**One you**

www.nhs.uk/oneyou

NHS on line tool to help you to assess your lifestyle and support you in making changes

**Best You** best-you.org

**A FREE** space designed to **support** you to take time out to think about the **important areas of your life** and how you can make **positive changes to**…

Your **health** Your **lifestyle** Your mental **wellbeing** Your **community**

Find everything you need to **reach your goals** within the different **decks (including a diabetes deck)** available on your profile.

**Mental health and psychological support**

**Self-help leaflets**

web.ntw.nhs.uk/selfhelp/

A range of 23 self-help guides written by clinical psychologists with contributions from service users and healthcare staff.

* Support for a range of issues including making changes to food and activity, stress, depression, anxiety, alcohol use,
* Guides are available to download in various formats including large print, easy read, translated, sign language, audio (MP3), apps

**Every Mind Matters, OneYou** [www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)

**Diabetes UK – Food Psychology**

Find out how to stop emotional eating, and get past those deep-rooted ideas around food.

https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/food-psychology

**Talking Together Wirral**

Everyone goes through difficult times, but sometimes our problems affect our day-to-day lives and we feel that we can’t cope. If you are in this situation, you are not alone.

Talking Together Wirral (TTW) is a free and confidential service, commissioned by the NHS, and is available to anyone aged 16+ and is registered with a GP in the Wirral, UK.

Complete the self -referral form at <https://www.everyturn.org/talking-therapies/locations/wirral/> or ask your GP for a referral

**Compañeros** mental health crisis cafe

Open from 1pm-10 pm, seven-days-a-week

2a Price Street, Hamilton Square, CH41 6JN.

The service is open to adults aged 18 and over.

Appointments are not needed.

Wirral Mind

Help people in our local community achieve better mental health. Provides services for people who have mental health needs. Based at Chester Street Birkenhead, St Catherine’s Health Centre and in the community throughout Wirral.

Website: [www.wirralmind.org.uk](http://www.wirralmind.org.uk) Telephone: 0151 512 2200

[**JourneyMEN**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjourneymencic.com%2F&data=05%7C01%7Chelen.hackett%40nhs.net%7Cd766305a1ad34517b4b408db7cbd5ad0%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638240925142425876%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=pviRyBoYBcS0lGcHuBVEdbOkk147y%2BizV6XlxhMw1fA%3D&reserved=0)

Early intervention service for men’s mental health. They host social activities such as garden club, movie club, walk and walks, fishing trips and more across Wirral.

Website: <https://journeymencic.com/>

Telephone: 0151 792 9195

**Food choices and Healthy Weight**

**Change 4 Life**

Healthy food and activity tips, including recipes and Food Smart app

* Web site: www.nhs.uk/change4life

**Food scanner app**

See how much sugar, saturated fat and salt is in foods and drinks. Packed with hints and tips on easy and fun ways to make healthier choices

**Food Switch app**

www.foodswitch.co.uk

Free app for smartphones to help you find out what’s in the food you’re eating, so you can make simple switches to healthier options

* Scan the barcodes of your food and drinks products and instantly see whether they are high (red), medium (amber) or low (green) in fat, saturates, sugars and salt per 100g
* Searches the database for similar but healthier alternative products, making it easier than ever to switch to healthier food choices

Available as a free, UK-only download from iTunes and [Google Play](https://play.google.com/store/apps/details?id=uk.co.bupa.foodswitch&hl=en_GB)

**BDA - The Association of UK Dietitians**

* Web site: [www.bda.uk.com](http://www.bda.uk.com)
* @BrDieteticAssoc (Facebook and Twitter)

BDA food facts - expert nutritional information

Includes *Food Fact* sheets on Type 1 Diabetes and Type 2 diabetes

**Drink Aware**

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

Drink aware aims to change the UK’s drinking habits for the better, to reduce long term alcohol related health problems

* Free mobile app allowing users to track their drinking, calculate units, calories and set goals to cut down (https://www.drinkaware.co.uk/tools/app/)
* Confidential helpline if you're worried about your drinking - 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm) and on line chat support

**NHS choices - weight loss guide** [www.nhs.uk](http://www.nhs.uk)

12 week NHS weight loss plan; Email support; Calorie checker, on line community

[www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/](http://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/)

Also includes Easy meals app which helps you to find foods and recipes that are healthier for you. Meal ideas are split into breakfast, lunch, evening meal and puddings and it gives you a daily meal plan with the ability to swap out the recipes. It also compiles a shopping list of the recipes you choose to make; gives you tips on healthy eating, cooking and buying foods in season.

The Easy Meals app is free to download both on the [App Store](https://apps.apple.com/gb/app/one-you-easy-meals/id1082307333) and [Google Play](https://play.google.com/store/apps/details?id=com.PHE.smartrecipes&hl=en_GB).

**Weight Management Service**

A specialist programme for people with a BMI greater than 39.9 <https://www.wchc.nhs.uk/services/weight-management/>

**Carbs and Cals**

www.carbsandcals.com

Books and apps showing the nutritional content (including carbohydrates) of different foods and drinks pictorially

App available for i phone and, Android

Books available from on line and high street book sellers

[**MyFitnessPal**](http://MyFitnessPal)

www.myfitnesspal.com

A free app to help with calorie and carbohydrate counting

**Explore Food**

http://explorefood.foodafactoflife.org.uk

calculates the nutritional content (including carbohydrate) of recipes and food intake

**Physical Activity Opportunities**

Further specific details are available on separate activity information sheets available at the Diabetes Smart Physical Activity session.

**Wirral Council Invigor8 leisure centers and facilities**

Information about local leisure centres, facilities, membership and discounts.

* Web site: https://activewirral.com/invigor8-memberships/
* Telephone: 0151 606 2010
* Email: bookingsandinformation@wirral.gov.uk
* Free on line exercise sessions including back catalogue:

https://en-gb.facebook.com/Wirralinvigor8

**Wirral Ramblers** **Group Walks**

* Website: [www.wirralramblers.org.uk](http://www.wirralramblers.org.uk)

# Wirralside Walkers: Age UK Wirral

# Web site: <https://www.ageuk.org.uk/wirral/activities-and-events/health--activity-index-page/walking-groups/#:~:text=Our%20Wirralside%20Walkers%20take%20a,cover%20up%20to%204%20miles>.

* Telephone: 0151 482 3456
* Email:activeagecentre@ageukwirral.org.uk

**Wirral Cycling Group**

* website: www.wirralcycling.org

##### **Cycling Projects**

##### A national charity promoting cycling through *Pedal Away*

##### web site: https://cycling.org.uk/pedal-away

* telephone: 01925 234213

**Runsweet** [www.runsweet.com/](http://www.runsweet.com/)

More specific and specialised advice on type 1 diabetes and sport/exercise

**Excarbs** https://excarbs.sansum.org/

More specific and specialised advice on insulin treated diabetes and sport/exercise

**Extod** Extodorg.ipage.com/index.html

**Managing blood glucose levels around exercise in Type 1 diabetes.**

**I want to get more active Wirral**

https://www.wchc.nhs.uk/health-care/improve-health/i-want-to-get-more-active/

various resources for increasing activity

**Apps and on line support to get more active:**

**Active 10**

A brisk 10 minute walk every day can make a difference to your health. Each 10 minute burst of exercise is known as an “Active 10”.

The Active 10 app will show you how much brisk walking you are doing and will help show you how you can fit a ten minute brisk walk into your day

Download the app for iOS and android from

[www.wirral.gov.uk/health-and-social-care/health-wirral/health-wellbeing/move-more](https://www.wirral.gov.uk/health-and-social-care/health-wirral/health-wellbeing/move-more)

**Couch to 5K**

A running plan for beginners. Accompanied by podcasts.

Website: <https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/>

[www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k.aspx](http://www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k.aspx)

**Diabetes UK**

Free on line six-week *Get Moving* course available in Learning Zone. Shows you simple activities you can do any time, almost anywhere, and set a new achievable goal each week.

https://learningzone.diabetes.org.uk

**Sitting exercises**

[www.nhs.uk/live-well/exercise/sitting-exercises/](http://www.nhs.uk/live-well/exercise/sitting-exercises/)

**NHS fitness studio**

Website: <https://www.nhs.uk/conditions/nhs-fitness-studio/?tabname=aerobic-exercise>

There are a range of fitness videos available for a range of abilities.

**Keeping well with Diabetes**

Also see resources listed above from Diabetes UK, Insulin Dependent Diabetes Trust, British Heart Foundation



**Medic Alert**

Non-profit making, registered charity providing a life-saving identification system for individuals with hidden medical conditions and allergies.

* web site: www.medicalert.org.uk
* telephone: 01908 951045 (Mon - Fri, 9am - 5pm and Saturday 9am - 3pm)
* email:info@medicalert.org.uk

**DVLA guidance on driving and Diabetes**

* Find out if you need to tell DVLA about a medical condition and how to tell them:
	+ web site: www.gov.uk/health-conditions-and-driving
	+ telephone: 0300 790 6806 (Monday to Friday, 8am to 7pm , Saturdays, 8am to 4pm)
	+ address: Drivers' Medical Enquiries, DVLA, Swansea, SA99 1TU

**NHS Smoke Free -** www.nhs.uk/smokefree

Millions have used Smokefree support to help them stop smoking. Choose from an app, Quit Kit, email, SMS and face-to-face guidance

**Wirral Stop Smoking Service**

ABL provide stop smoking service for Wirral

web site: www.ablhealth.co.uk/wirral/

telephone: 0151 541 5656

text ABL to 60777

email: wiccg.ablwirral@nhs.net

address: Beckwith Street, Birkenhead, Merseyside CH41 3LE

**Health Condition and Carers Information**

**Carers -** www.carers.org.uk

Information and advice on all aspects of caring

**Wirral Council -** https://www.wirral.gov.uk/health-and-social-care

Assessing adult support needs

* Complete an online form or contact Central Advice and Duty Team 0151 514 2222 (option 3).

**Wirral Carers (Wired) -** www.wired.me.uk

The Wirral carers team has a range of services for carers in the region

* Helpline
* E-news bulletin
* Counselling
* Carers register
* Emergency contact service
* Carers grant
* Carer connectors

Telephone: 0151 522 7990

Email: contact@wired.me.uk

Carers Health and Wellbeing Service

Carers helpline 0151 670 0777 (staffed Monday to Friday 9am – 4pm), email cws@wired.me.uk

or text CARER to 87007.

Cruse Bereavement Care

Offers one-to-one support and bereavement support groups to adults aged 18 and over.

* Website: www.cruse.org.uk/get-help/local-services/north-west/wirral
* Telephone: 0151 645 6604
* Email: wirral@cruse.org.uk
* Address: Royal Standard House, 334 New Chester Road, Birkenhead,Wirral, CH42 1LE

Wirral Society of the Blind & Partially Sighted

Provide services to the blind/partially sighted people of Wirral. Including: Financial Support, advocacy support, low vision equipment, Social Support Groups

website: www.wirralsociety.org.uk

telephone: 0151 651 0635

address: Ashville Lodge, Ashville Road, Birkenhead, Wirral, CH41 8AU

Email: info@wirralsociety.org.uk

**Give us your feedback**

**Wirral Community Health and Care NHS Foundation Trust**

Tell us what you think – compliments, comments and concerns:

On line feedback form: https://www.wchc.nhs.uk/contact/

Telephone: 0800 694 5530

email wcnt.yourexperience@nhs.net