

Central and North West London
NHS Foundation Trust



Hillingdon Talking Therapies Service

Diabetes Wellbeing Course



Wellbeing for life

Do you worry about your diabetes?

Do you ever feel down and feel this affects your diabetes?

Would you like to learn some skills and techniques to help manage your mood and your diabetes?

Living with diabetes

Living with diabetes is a life-long journey. Even if you have had diabetes a long time, you will still experience ups and downs. Life stresses, additional health issues and other things can affect your diabetes.

Around 41% of people with diabetes have poor psychological wellbeing. Feeling emotionally unwell can increase the risk of diabetic health complications.

Talking helps: Research shows that psychological therapy improves blood glucose levels and has a positive effect on diabetes.



How the Diabetes Wellbeing Course can help you:

This course can help if you are:

- Finding it difficult to make the changes in your life that are necessary when you have diabetes, such as changes to your diet and exercise routine.
- Finding it hard to accept and adjust to diabetes.
- Looking to meet others with similar struggles to your own.

The course offers you:

- A space to explore how living with diabetes affects you, and how your mood affects your diabetes.
- Ways to learn how your feelings, thoughts and behaviour can influence diabetes management.
- Skills to manage common struggles like worrying about high blood sugars or over eating.
- An increased sense of control over your mood, your daily life and the choices you make helping you to cope better with the long-term management of your physical health.

The Diabetes Wellbeing Course lasts five weeks and covers a different topic each week:

Week one: An introduction to Cognitive Behavioural Therapy (CBT) and how this approach can help you manage your diabetes

Week two: How what we do affects diabetes

Week three: Stress, worry and diabetes

Week four: Unhelpful thinking and diabetes

Week five: Sleep, healthy living and moving forward

Speak to your GP or diabetes health professional to be referred to Hillingdon Talking Therapies Service.



Group sessions

This group runs on Tuesdays,
10am -11.30am at:

Mill House
38 Riverside Way
Uxbridge
UB8 2YF

For more information, please contact
Hillingdon Talking Therapies Service.

Tel: 01923 844 667/8

Email: hillingtoniapt.cnwl@nhs.net

Tell us, we're listening!

Our staff want to know how they
are doing. Tell us what you think at:
www.cnwl.nhs.uk/feedback and
then we'll know what we have to do.



This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب: هذه الوثيقة متاحة أيضا بلغات أخرى والأحرف

Arabic

دیگر، در چاپ درشت و در فرمت صوتی موجود است.

این مدرک همچنین بنا به درخواست به زبانهای

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish