

Humber, Coast and Vale Health and Care Partnership

Support for patients with diabetes to stay healthy and live well

This toolkit provides a directory of useful links and resources to support patients with diabetes to stay healthy and live well.

1. Some links provide general information to support staying healthy and living well and others provide more specific information to help you to look after yourself with a long-term condition;
2. Links have been collated from a range of sources, and this resource has been discussed with local clinicians.
3. Please report any broken links to: hullccg.stpcontactus@nhs.net



Diabetes

Patient Education and Self-management resources

Condition / Subject	Title (Produced By)	Links
Being active with Diabetes	Being active with diabetes (Chartered Society of Physiotherapy)	https://www.csp.org.uk/public-patient/keeping-active-healthy/love-activity-hate-exercise-campaign/being-active-long-10
	Keeping active (Diabetes UK)	https://www.diabetes.org.uk/search?q=keeping+active&op=Search+Diabetes+UK#gsc.tab=0&gsc.q=keeping%20active&gsc.page=1
	We Are Undefeatable – For people with long term conditions to be more active	https://www.weareundefeatable.co.uk/
Foot Health	10 Simple steps to prevent foot problems (Diabetes UK)	https://shop.diabetes.org.uk/products/simple-steps-to-healthy-feet
	How to look after your feet (Diabetes UK)	https://www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet
	Putting feet first campaign (Diabetes UK)	https://www.diabetes.org.uk/get_involved/campaigning/putting-feet-first
	Simple steps leaflet – to healthy feet if you've got diabetes (Diabetes UK)	https://www.diabetes.org.uk/resources-s3/2017-08/Simple%20Steps%20to%20Healthy%20Feet.pdf
	What to expect at your annual foot check leaflet (Diabetes UK)	https://shop.diabetes.org.uk/products/what-to-expect-at-your-annual-foot-check?_ga=2.128821516.1060616524.1590161837-360139808.1573730215
Living Well	Checking your blood sugar level (Diabetes UK)	https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/testing

	Diabetes and Me Tool – What is diabetes and me? (Diabetes UK)	https://www.diabetes.org.uk/diabetes-and-me
	Diabetes learning zone – Discover more about your diabetes (Diabetes UK)	https://learningzone.diabetes.org.uk/?_ga=2.65397166.1060616524.1590161837-360139808.1573730215
	Diabetes local support groups (Diabetes UK)	https://www.diabetes.org.uk/how_we_help/local_support_groups
	Diabetes stay in touch community (Diabetes UK)	https://www.diabetes.org.uk/how_we_help/community
	Guide to diabetes – Living with diabetes (Diabetes UK)	https://www.diabetes.org.uk/guide-to-diabetes
	Learning to look after your diabetes – education and courses (Diabetes UK)	https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/education
Type 1 Diabetes	Children and young people with type 1 Diabetes (digibete app)	https://www.digibete.org/digibete-app/
	My Type 1 diabetes online learning (NHS)	https://mytype1diabetes.nhs.uk/
	Type 1 events (Diabetes UK)	https://www.diabetes.org.uk/how_we_help/type-1-events
	What is type 1 Diabetes? (Diabetes UK)	https://www.diabetes.org.uk/diabetes-the-basics/what-is-type-1-diabetes
Type 2 Diabetes	Diabetes remission (Diabetes UK)	https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/treating-your-diabetes/type2-diabetes-remission



	Type 2 diabetes know your risk (Diabetes UK)	https://riskscore.diabetes.org.uk/start
	What is type 2 diabetes? (Diabetes UK)	https://www.diabetes.org.uk/diabetes-the-basics/what-is-type-2-diabetes
Weight Management	Diet for type 1 diabetes (Diabetes UK)	https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/i-have-type-1-diabetes
	Diet for type 2 diabetes (Diabetes UK)	https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/i-have-type-2-diabetes
	Easy ways to eat better (NHS)	https://www.nhs.uk/oneyou/for-your-body/eat-better/
	Healthy eating (Diabetes UK)	https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/healthy-eating
	Healthy food swaps (Diabetes UK)	https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/healthy-swaps
	Low carb meal plan (Diabetes UK)	https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/meal-plans/low-carb
	Recipe finder (Diabetes UK)	https://www.diabetes.org.uk/guide-to-diabetes/recipes
	Ways to lose weight (NHS)	https://www.nhs.uk/oneyou/for-your-body/lose-weight/

