

Humber Coast and Vale Partnership

Support for patients to stay healthy and live well with a long-term condition

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This **toolkit** provides a directory of useful links and resources to support patients with long-term conditions 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.



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
	Diabetes and keeping active	https://www.diabetes.co.uk/exercise-for-diabetics.html
	Keeping active with diabetes	https://www.diabetes.co.uk/diabetes-and-keeping-active.html
	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	https://shop.diabetes.org.uk/products/simple-steps-to-healthy-feet
	How to look after your feet	https://www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet
	Putting feet first campaign	https://www.diabetes.org.uk/get_involved/campaigning/putting-feet-first
	Simple steps leaflet – to healthy feet if you've got diabetes	https://www.diabetes.org.uk/resources-s3/2017-08/Simple%20Steps%20to%20Healthy%20Feet.pdf
	Taking steps booklet – towards good foot care	https://www.diabetes.ie/wp-content/uploads/2014/11/Taking-steps-towards-good-foot-care.pdf

	Taking steps booklet – towards good foot care for at risk feet	https://www.hse.ie/eng/health/hl/living/diabetes/fcmodrisk.pdf
	Taking steps booklet – towards good foot care for high risk feet	https://www.hse.ie/eng/health/hl/living/diabetes/fchighrisk.pdf
	What to expect at your annual foot check leaflet	https://shop.diabetes.org.uk/products/what-to-expect-at-your-annual-foot-check?_ga=2.128821516.1060616524.1590161837-360139808.1573730215
Living Well	Blood sugar converter	https://www.diabetes.co.uk/blood-sugar-converter.html
	Blood sugar level ranges	https://www.diabetes.co.uk/diabetes_care/blood-sugar-level-ranges.html
	Diabetes and Me Tool – What is diabetes and me?	https://www.diabetes.org.uk/diabetes-and-me
	Diabetes Android and iPhone apps	https://www.diabetes.co.uk/diabetes_care/diabetes-iphone-and-android-apps.html
	Diabetes health leaflets and videos	https://www.easyhealth.org.uk/index.php/health-leaflets-and-videos/diabetes/
	Diabetes learning zone – Discover more about your diabetes	https://learningzone.diabetes.org.uk/?_ga=2.65397166.1060616524.1590161837-360139808.1573730215
	Diabetes local support groups	https://www.diabetes.org.uk/how_we_help/local_support_groups
	Diabetes stay in touch community	https://www.diabetes.org.uk/how_we_help/community



	Diabetes wellness – social network	https://healthunlocked.com/drwfdiabetes
	Guide to diabetes – Living with diabetes	https://www.diabetes.org.uk/guide-to-diabetes
	Learning to look after your diabetes – education and courses	https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/education
	Newly diagnosed with diabetes	https://www.diabetes.co.uk/newly-diagnosed.html
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	https://mytype1diabetes.nhs.uk/
	Type 1 diabetes overview	https://www.diabetes.co.uk/type1-diabetes.html
	Type 1 events	https://www.diabetes.org.uk/how_we_help/type-1-events
	What is type 1 Diabetes?	https://www.diabetes.org.uk/diabetes-the-basics/what-is-type-1-diabetes
Type 2 Diabetes	Diabetes remission	https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/treating-your-diabetes/type2-diabetes-remission
	Patient information for type 2 diabetes	https://patient.info/diabetes/type-2-diabetes



	Type 2 diabetes overview	https://www.diabetes.co.uk/type2-diabetes.html
	Type 2 diabetes know your risk	https://riskscore.diabetes.org.uk/start
	Understanding type 2 diabetes	https://www.healthline.com/health/type-2-diabetes
	What is type 2 diabetes?	https://www.diabetes.org.uk/diabetes-the-basics/what-is-type-2-diabetes
Weight Management	Diabetes food and recipes	https://www.diabetes.co.uk/food-and-recipes.html
	Diet for type 1 diabetes	https://www.diabetes.co.uk/diet-for-type1-diabetes.html
	Diet for type 2 diabetes	https://www.diabetes.co.uk/diet-for-type2-diabetes.html
	Diet guides	https://www.diabetes.co.uk/diet-basics.html
	Easy ways to eat better (NHS)	https://www.nhs.uk/oneyou/for-your-body/eat-better/
	Low carb diet	https://www.diabetes.co.uk/diet/low-carb-diabetes-diet.html
	Ways to lose weight (NHS)	https://www.nhs.uk/oneyou/for-your-body/lose-weight/

