



SUPPORTED SELF-MANAGEMENT

Live healthily: Manage your type 2 diabetes

Diabetes Self-Management Programme (DSMP)

for people in Islington and Haringey



**“The course was very
informative, a solid
confidence booster”**

Manage your diabetes and gain control of your health in just 7 weeks

Gain the information you need to better understand your Type 2 diabetes and how to take care of it.

Get support to make the small changes that can really make a big difference to your health.





“The feeling that I was alone and did not have anyone who cared or listened to me has gone“

BOOK EARLY TO AVOID DISAPPOINTMENT

You can take part if you have Type 2 diabetes and live, or have a GP, in Islington or Haringey. Family members/Carers can participate too.

Get in touch by either phone or e-mail for an informal confidential conversation to see if the programme is right for you.

Free support from people who know

With support and advice from someone living with Type-2 Diabetes and a health care professional, you can find ways to deal with your condition and feel confident every day

Sessions are delivered across Islington and Haringey in health centres and community venues.

- ✓ Range of dates and times to suit you
- ✓ Book now - spaces are limited to ensure quality
- ✓

“I feel confident to discuss my medication and treatment”



Share your experiences and support each other

You are not alone – many people are not sure how best to manage their Type 2 diabetes.

Complete this free 7 week course to:

- Better understand your Type 2 diabetes
- Feel better about your health
- Feel more confident managing your diabetes
- Set and achieve goals for yourself and your health
- Feel better prepared for health appointments
- Take small steps to improve your diabetes control
- Meet others and learn from their experiences



“Led with a light hearted approach but delivered serious matters”

Join us

Get in touch by either phone or e-mail for an informal confidential conversation to see if the programme is right for you. Find out how you can take the first steps to better managing your health. Family members or carers can participate too.

Tel. 020 7527 1189 (Islington)

Tel. 020 7527 1707 (Haringey)

Email: Whh-tr.self-management@nhs.net

Postal address: Expert Patient Programme, Hornsey Rise Health Centre, Hornsey Rise, London N19 3YU. Tell us your full name, telephone number, postal address with full postcode, email address and the date you are contacting us.



Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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