

DIABETES SUPPORT (please see your Nurse or GP for any further details)

PREVENTION

In addition to seeing members of the practice team, you can also be referred to try and prevent getting diabetes:

<https://preventing-diabetes.co.uk/buckinghamshire-oxfordshire-berkshire-west/>

LOCAL RESOURCES

- The main local website with support and information regarding diabetes is <https://www.berkshirewestccg.nhs.uk/hcp-section/diabetes-information/berkshire-west-diabetes-newsletters/>

This has an array of useful information for people with diabetes, carers for people with diabetes and information for health care professionals also.

There is also the local talking health service which is aimed at promoting well being with a long term condition such as diabetes. If you are feeling your mood is low with diabetes you can also contact 0300 365 2000 and quote diabetes online.

This is an online CBT course. It can also be reached if you go directly to www.talkingtherapies.berkshire.nhs.uk/diabetesonline

- There is a Diabetes UK Reading group
www.readinganddistrict.diabetesukgroup.org/about/

Meets at 1930-2130 at St Andrew's Church hall, Craven road, Reading, Next to Royal Berkshire hospital

NATIONAL

- The national website is www.diabetes.org.uk

This also has information regarding diabetes and has news on a more national level. It also mentions local support groups and fundraising activities as well as any latest research. They also have information in different languages.

They have useful information for children and parents as well as many leaflets and a monthly newsletter for information and updates.