

Information for Adults with Type 2 Diabetes

We recognise that many of you will want to either continue or get started with your healthy eating efforts and recommend the Diabetes UK website for you

www.diabetes.org.uk .

Other information you might find useful to support yourself at home includes:

For more information about what diabetes is:

<https://www.youtube.com/watch?v=X9ivR4y03DE>

For information about Diabetes and coronavirus:

https://www.diabetes.org.uk/about_us/news/coronavirus

For anyone needing help with self- isolating without friend or family support

<https://www.bradford.gov.uk/emergencies/council-service-disruptions/coronavirus-covid-19-support-for-vulnerable-people/>

For more information about diets for type 2 diabetes

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/healthy-eating>

Other useful resources around food and diabetes:

- 18011808 Diabetes frequently asked questions
- 19041202 Diabetes and Ramadan
- 19090625 Hypoglycaemia information for people with diabetes
- 19090629 Diabetes what should I do when I am ill
- 19100805 Top tip meal idea Food & Diabetes
- 17090403 Healthy eating diabetes
- 17121204 What is Diabetes

For Activity Outside:

NHS Couch to 5K app (iOS, Android),

NHS Active 10 (iOS, Android)

For Activity at Home:

NHS Fitness Studio (<https://www.nhs.uk/conditions/nhs-fitness-studio/>),

NHS One You – Move More (<https://www.nhs.uk/oneyou/for-your-body/move-more/>)

For Feeling Calm: Headspace app (iOS, Android), Calm app (iOS, Android)

If you need to speak to a dietitian urgently please telephone us on 01274 365884.

The team will be available Monday-Friday (8:30am – 4:30pm) an answerphone is available outside of these times and we will call you back as soon as we are able.

Alternatively you can email Diet.Diabeteshelpline@bthft.nhs.uk and we will respond as soon as we are able.