

If you require this information in a different language or format please contact the Patient Advice and Liaison Service
Tel: 01707 253916

W razie potrzeby powyższy tekst można otrzymać w innym formacie lub innym języku. Informacji w tej sprawie udziela:
Patient Advice & Liaison Service, Tel: 01707 253916
(Polish)

Se avete bisogno di queste informazioni in una lingua o in un formato differente, vi preghiamo di contattare:
Patient Advice & Liaison Service (Servizio relazioni e consigli per i pazienti)
Tel: 01707 253916
(Italian)

আপনি যদি এই লেখাটি অন্য কোনও ভাষায় বা অন্য কোনও প্রকারে পেতে চান তাহলে অনুগ্রহ করে নিচের নাম্বারে যোগাযোগ করবেন :

পেশেন্ট অ্যাডভাইস অ্যান্ড লিয়েজন সার্ভিস
(রোগীদের পরামর্শ দেওয়া ও তাদের সাথে যোগাযোগ রাখার পরিষেবা)
টেলিফোন : 01707 253916

(Bengali)

اگر آپ کو یہ کسی دوسری زبان میں یا کسی دوسرے طریقہ سے درکار ہو تو براۓ مہربانی ذیل سے رابطہ کریں :

ہیلتھ لائن ایڈوائس اینڈ لیاؤن سروس (Patient Advice & Liaison Service)

ٹیلیفون : 01707 253916

(Urdu)

Hertfordshire Partnership University NHS Foundation Trust works toward eliminating all forms of discrimination and promoting equality of opportunity for all.

We are a smoke free Trust therefore smoking is not permitted anywhere on our premises.

www.hpft.nhs.uk

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Wellbeing and Diabetes

Are you...

unable to cope with work

stressed

worried all the time

lonely

anxious

unable to sleep

fed up and tearful

We can help you work out how to feel better...

A free self management course for people with diabetes

In partnership with:



Our values

Welcoming Kind Positive Respectful Professional

Who are we?

At Health in Mind we could help if you struggle with everyday problems like:

- worrying all the time
- not sleeping
- feeling stressed
- not coping with work
- feeling fed up and tearful
- 'unhealthy' lifestyle behaviours

We provide therapies and practical support for people experiencing anxiety, depression and other difficulties. Health in Mind is part of the national initiative called Improving Access to Psychological Therapies (IAPT).

What is the 'Wellbeing and Diabetes' course?

The course will provide the opportunity for people living with diabetes to develop their knowledge, tools and skills. The aim is to help attendees manage physical and/or psychological wellbeing more effectively and to make positive changes.

When is the next course?

The course runs over six sessions, each lasting 2 hours, at venues in Colchester and/or Tendring.

Please contact Health in Mind for further details.

Does it cost anything?

The course is completely FREE for patients registered with a NE Essex GP surgery.

How many people will be on the course?

Approximately 10-15 people.

What will I gain by coming to the 'Wellbeing and Diabetes' course?

By attending the course you could learn how to:

- Look after yourself
- Improve your emotional wellbeing
- Boost your physical wellbeing
- Enhance your quality of life
- Feel more able to make decisions in partnership with clinicians
- Gain confidence about planning ahead
- Meet others and share experiences about living with diabetes

How do I attend the 'Wellbeing and Diabetes' course?

If you would like to attend the course, you need to complete a referral to Health in Mind before the course starts.

If you would like to refer yourself, please telephone 0300 330 5455 or complete a referral form:

- You could self-refer by completing a referral form online at: www.healthmind.org.uk/how-we-can-help (or use attached freepost form).
- You could speak to your GP, or other health professional, who can make a referral on your behalf.

After we receive your referral, our team aims to contact you within 72 hours, in order to progress your referral.