

# Frequently Asked Questions

- Q** Is the MyHealth programme right for me?  
**A** The MyHealth programme was created and developed by local health professionals and Hillingdon residents working together. If you have been diagnosed with type-2 diabetes and are aged 18 or over, you can attend.
- Q** Who runs these workshops?  
**A** MyHealth workshops are run by local health professionals in Hillingdon.
- Q** How do I know I can trust the information?  
**A** We have been accredited by QISMET, an independent not-for-profit body that ensures we deliver the highest possible quality service.
- Q** Do I have to pay to book my place?  
**A** No - the MyHealth programme is a free service provided by the NHS for local people in Hillingdon.
- Q** What if I don't have diabetes but I am at risk?  
**A** We also run workshops for people who are at risk of developing type-2 diabetes. Contact us to discuss and book your place



## Who can come to a workshop?

You can come to a Managing Diabetes workshop if you're aged 18 or over and:

- Your HbA1c is 48 mmol/mol or higher and you've been diagnosed with type-2 diabetes.
- You are able to commit to attending a 2-hour workshop as spaces are limited

## How to book your place

Your GP can refer you into a MyHealth Workshop or you can book directly by contacting us:  
[www.myhealthhillington.nhs.uk](http://www.myhealthhillington.nhs.uk)

01895 543 437

[nhsnwlcg.myhealth@nhs.net](mailto:nhsnwlcg.myhealth@nhs.net)

## Managing Type 2 Diabetes FREE Workshops



No matter how long you've had diabetes, it's never too late to take action.

Start Your Journey Today!

# MyHealth Hillingdon: Managing Diabetes

*'It was great to ask questions and be able to trust the answers. I feel confident about my diabetes now.'*

Type-2 diabetes is a long-term condition that can seriously impact your life if poorly managed.

Managing diabetes means learning to live a healthier and more balanced lifestyle and learning how to work well with your healthcare team.

MyHealth workshops help to build your knowledge, skills and confidence to better manage diabetes.



## What to Expect at a MyHealth Workshop

Workshops are 2-hour interactive group sessions where you'll work with others to learn. We run three workshops for people with type-2 diabetes.



## What You'll Learn Our Diabetes Journey

### 1. Building Awareness

- Understand how diabetes could impact you
- Understand how to manage your diabetes
- Set your sights on the big five lifestyle factors
- Connect with other local people and resources

### 2. Diet & Nutrition

- Run by a qualified Dietician
- A deeper dive into the big five lifestyle factors
- Understand the importance of good diet & nutrition to better manage your diabetes

### 3. Coaching

- Find out how to step into the 'Open Mindset'
- How you may be holding yourself back
- How your inner strengths can help you
- Set attainable goals with the help of a health professional



## Strengths of the MyHealth Programme

- ✓ Created with local people for local people
- ✓ Run by Hillingdon health professionals
- ✓ Held in local venues across the borough and over Zoom
- ✓ Independently accredited for quality
- ✓ Easily digestible 2-hour workshops

**Book your place today! It's FREE**

[www.myhealthhillingdon.nhs.uk](http://www.myhealthhillingdon.nhs.uk)  
[nhsnwlccg.myhealth@nhs.net](mailto:nhsnwlccg.myhealth@nhs.net)  
01895 543 437