



Useful resources to find more information

This section is designed to support the consultation and provide information sources that you may wish to share or refer the patient to during the consultation. Remember that this guide does not over ride your professional judgement when talking to patients and that they may raise issues that are not addressed in this consultation guide.

TREND <http://trend-uk.org> (registration required)

Patient Leaflets: Diabetes & Steroids; Diabetes & Travel, Diabetes; Safe Driving & The DVLA; Diabetes: What to do when you are ill; Living with diabetes and dementia leaflet; Why do I sometimes feel shaky, dizzy and sweaty?

TREND-UK Documents: Blood Glucose Monitoring Guidelines consensus document; Diabetes and Dementia Guidance on Practical Management; Managing Diabetes During intercurrent Illness in the Community; Recognition, Treatment and Prevention of Hypoglycaemia in the Community

Diabetes & Driving <https://www.gov.uk/diabetes-driving>

Diabetes & Sport

<http://www.runsweet.com>

<http://www.excarbs.com>

Diabetes & Travel

<http://www.diabetestravel.org>

Diabetes & Ramadan

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

Diabetes & Fasting

<https://www.diabetes.org.uk/Guide-to-diabetes/Enjoy-food/Eating-with-diabetes/Fasting/>

Diabetes & Diet

Carbs & Cals website & App <http://www.carbsandcals.com>

Leicester Carbohydrate Portions List

<http://www.lnds.nhs.uk/Library/CarbohydratePortionListBooklet111215.pdf>

Diabetes UK <https://www.diabetes.org.uk/Guide-to-diabetes/Enjoy-food/Eating-with-diabetes/What-is-a-healthy-balanced-diet/>

The Association of UK Dieticians – Food Fact Sheets www.bda.uk.com

Diabetes.co.uk <http://www.diabetes.co.uk/diet/nhs-diet-advice.html>

www.bbc.co.uk/food/recipes

www.realfood.tesco.com/recipes

Diabetes & Emotional Issues

Counselling Directory <http://www.counselling-directory.org.uk>

Particularly useful for voluntary sector organisations offering free or low-cost counselling, and private group practices.

Diabetes Information in Different Languages

(Arabic, Bengali, British Sign Language, English, Gujarati, Polish, Punjabi, Somali, Tamil, Urdu & Welsh)

<https://www.diabetes.org.uk/Diabetes-the-basics/Information-in-different-languages/>

On-Line Lifestyle Change Information

www.diasend.com - diabetes data management

www.mydiabetesmyway.scot.nhs.uk - efficiently manage your diabetes on-line NHS Scotland

- Resources to help your clinical Practice' at <https://www.diabetes.org.uk/professionals/resources/resources-to-improve-your-clinical-practice>
- 'Information Prescriptions Q&A for diabetic patients on: High blood pressure, Eating well, High HbA1c, Bad Cholesterol, Being Active, Contraception and Pregnancy, Mood, Keeping your kidneys healthy and Kidney disease' at <https://www.diabetes.org.uk/professionals/resources/resources-to-improve-your-clinical-practice/information-prescriptions-qa>
- Information on diabetes and treatment at <https://patient.info/> and <https://www.nhs.uk/pages/home.aspx>
- Patient information leaflet on 'Dealing with Hypoglycemia' at <https://patient.info/health/dealing-with-hypoglycaemia-low-blood-sugar>
- Patient information leaflet on 'Diabetes and Intercurrent Illness' at <https://patient.info/doctor/diabetes-and-intercurrent-illness> and 'Feeling Ill' at <https://www.diabetes.org.uk/Guide-to-diabetes/Kids/Me-and-my-diabetes/Getting-my-glucose-right/Feeling-ill/>

Apps

- **My Fitness Pal** (weight loss through monitoring what you eat)
- **Carbs and Cals**
- **Cook and Count**
- **Diabetes UK Tracker**
- **Diabetes Recipe App** (weekly diabetes-friendly recipes)
- **MySugr Logbook**

Local Resources – Useful Signposting

This section is designed to support the consultation and provide details on local resources that you may wish to share or refer the patient to during the consultation. Remember that this guide does not over ride your professional judgement when talking to patients and that they may raise issues that are not addressed in this consultation guide.

St Albans & District Patient Voluntary Group (Diabetes UK)

Free talks held monthly at 7:30pm at Postgraduate Centre, St Albans City Hospital

E-mail stadiabetes@gmail.com to register interest

Specialist Psychological Support for Diabetes - Provide support with Depression / Anxiety Disorders

- *The Wellbeing Service (Hertfordshire Partnership Foundation Trust)*

Part of the national initiative Improving Access to Psychological Therapies (IAPT)

Self-referral to free service

Call 0300 777 0707

Visit www.hpft.nhs.uk/wellbeing-service

St Albans Bereavement Network

Helpline 01727 841 841

Hertfordshire Health Walks

Includes information on locally based free health walks and activities

<https://www.hertfordshire.gov.uk/services/recycling-waste-and-environment/countryside-management/walking-events/hertfordshire-health-walk-events.aspx>

Staying Steady Exercise Classes

Exercises are adapted to suit all levels, focusing on strengthening muscles and bones and maintain and improving posture and balance to help reduce risk of falls and improve health and fitness

Contact Nicki on 07984 928855

- St Albans – Fleetville Community Centre, AL1 4QL
 - Every Friday 2-3pm £4/class
- London Colney Community Centre, AL2 IPS
 - Every Friday 10-11am £3/class

Slimming World

[Cost applies check with Provider]

www.slimmingworld.co.uk

The Royston Club
12 College Road
St Albans
AL1 5ND

Saturdays 8:30am and 10:30am

Contact 07732995088

www.slimmingworld.co.uk

Weight Watchers

www.weightwatchers.com

Locations

- a. Greenwood Park Community Centre
- b. LRERA (London Road Club)
- c. Fleetville Community Centre
- d. Marshalswick Community Centre

Plan options include

- meetings and on-line (starting £4/week)
- online easy-to-use app (starting £2.63/week)

Contact Tel: 03457 123 000

Shape Up

www.shapeupherts.com

Contact Andrew Garlick: 01923 496391 andrew.garlick@watfordfc.com

- male 18-65
- Hertfordshire resident / registered with Hertfordshire GP
- BMI of 30/+ (28+ for BME groups)

NHS Choices – LIVE WELL

- www.nhs.uk select LIVE WELL for topics:
 1. apps to manage your health
 2. new alcohol limits
 3. get help to stop smoking
 4. get running with Couch to 5K
 5. start the NHS weight loss planPatients needing a co-ordinated care approach
- BMI healthy weight calculator
- www.nhs.uk/nhs/healthquiz (How Healthy are YOU?)

One You

- www.nhs.uk/oneyou
- how healthy is your food?
- Food and you

Herts Valleys Multi-Speciality Team (MST) Approach

- Patients needing a co-ordinated care approach
- Consider patients who frequently miss appointments, do not engage with services, confused about agencies involved in their care, struggling to manage their long term conditions, frequently in and out of hospital, contacts the GP / emergency services frequently
- Jude Hoey 07812323021

HertsHelp and Hertfordshire Community Navigators

Is a network of community organisations in Hertfordshire who are there to listen and help find independent support, guidance and support that patients may need.

Contact Tel: 0300 123 4044

e-mail info@hertshelp.net

Website: www.hertsdirect.org/hertshelp

information prescription leaflets available

HertsHelp work closely with **Herts Community Navigators** who can provide similar support but to patients who are unable or unlikely to access it over the phone (need face to face support). They connect people to appropriate voluntary sector support in their community.

Website for information on Herts Community Navigators - <http://hertsvalleysccg.nhs.uk/your-health-and-services/community-navigators>

Health in Herts

A public health resource providing information on local services covering topics like smoking cessation, weight management, happiness well-being and mental health.

<https://www.hertfordshire.gov.uk/services/health-in-herts/health-in-herts.aspx>

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