

USEFUL CONTACTS

Diabetes UK

www.diabetes.org.uk

Tel: 0345 123 2399

- *Your guide to Type 2 diabetes* booklet
- 'Enjoy Food' booklets in different languages (includes recipes)
- *100 things I wish I'd known about living with diabetes* PDF
- Diabetes and Driving
- Local Support groups
- Diabetes and Travelling
- 15 Healthcare Essentials

Diabetes Foot Care

Tel: 01727 732004

NHS Herts Podiatry Service

<https://www.hct.nhs.uk/our-services/podiatry-service/>

College of Podiatry Information

<https://cop.org.uk/foot-health/diabetes/>

Diabetes UK Information

<http://www.diabetes.org.uk/Guide-to-diabetes/Complications/Feet/>

British Heart Foundation

www.bhf.org.uk

Tel: 0300 330 3311

- *Your simple guide to healthy weight loss* booklet
- *Cut the Saturated Fat* booklet
- *Cut down on salt* booklet
- *Get active, stay active* sheet
- *Understanding Cholesterol* booklet

NHS Choices

www.nhs.uk/livewell

- Eat well – Food and Diet Information, Recipes and Tips, Calorie checker
- Healthy Weight – BMI Calculator, 12 week NHS weight loss plan, Weight Loss Tips
- Exercise – Activity Guidelines, Couch to 5k plan, Exercise Tips
- Stop smoking support
- Alcohol support

Healthy Recipes

NHS Recipes

<https://www.nhs.uk/live-well/eat-well/>

Change 4 Life Recipes

<https://www.nhs.uk/change4life/recipes>

Online Lifestyle Change information

Guide for losing weight

www.bdaweightwise.com

Advice on healthy eating, recipes & food scanner app

www.nhs.uk/change4life

Useful Apps

- Carbs & Cals (£4 or £5)
Counts calories, monitors carbohydrates, may help with weight loss
- Change4life Food Scanner app (free)
Helps with understanding food labels & describes sugar, saturated fat, salt & calorie content of food & drinks

Hertfordshire Activities

Hertfordshire Health Walks Tel: 01992 588433
www.hertslink.org/cms/healthwalks 6027

Shape Up (free 12 week exercise program for men) Tel: 01923 496391
<http://www.shapeupherts.com/>

1Life Hertfordshire exercise scheme www.1life.co.uk/

Physical Activity Factsheets

<http://www.nhs.uk/Livewell/fitness/Documents/adults-19-64-years.pdf>

<http://www.nhs.uk/Livewell/fitness/Documents/older-adults-65-years.pdf>

Hertfordshire Stop Smoking Service

<http://www.hertsdirect.org/stopsmoking> Tel: 0800 389 3998

Hertfordshire Wellbeing Service

Hertfordshire Partnership Foundation NHS Trust - Single point of access for self-referral.

Visit www.talkwellbeing.co.uk for more information & online self-referral form.

Contact... Tel: 0300 7770707 (for urgent support)

Tel: 01923 837146 (Watford)

Tel: 01442 233199 (Hemel, St Albans, Harpenden)

Tel: 01438 792150 (Stevenage)

Tel: 01707 364008 (Hatfield, Welwyn Garden City)

Hertfordshire Diabetes Support Groups

This website has a list of different diabetes support groups in Hertfordshire:

https://www.diabetes.org.uk/in_your_area/eastern/voluntary_groups/listing_of_local_groups