

# Diabetes support, services and education for people living in Greater Manchester



**Diabetes can be a worrying condition, especially if you have only recently been diagnosed – but there is help available to support you.**

As well as the routine care you receive, there are a number of free services available to people of all ages across Greater Manchester, many of them accessible at home via your smart phone, tablet or computer.

- General information for: People of all ages with different types of diabetes
- Information for: Children <18 years
- Information for: Adults 18+ years gestational diabetes
- Information for: Adults 18+ years type 1 diabetes
- Information for: Adults 18+ years type 2 diabetes
- Supporting diabetes research

General information for:  
**People of all ages with different types of diabetes**



## MyWay Diabetes

**What is it?** Free online support for people living with diabetes in Greater Manchester, or those at risk of developing the condition, their families and carers

It offers a wide range of services, including secure access to your own data, including test results such as HbA1c (picture of your glucose level over a period of time) and cholesterol, diabetes education, information and resources to help you look after yourself. There is also an option to set goals with support from healthcare teams.



**How do I get it?** It is free and you can get it on your laptop, computer, smartphone or tablet. For more information go to [www.diabetesmyway.nhs.uk](http://www.diabetesmyway.nhs.uk)

## DiABETES UK

KNOW DIABETES. FIGHT DIABETES.

Diabetes UK is the national charity leading the fight against diabetes, dedicated to sharing knowledge, taking on diabetes and supporting people living with diabetes.

It has lots of information on its website - [www.diabetes.org.uk/diabetes-and-me](http://www.diabetes.org.uk/diabetes-and-me) - along with a wide range of nationally available resources.

You can access the Learning Zone, an interactive tool to help educate and support people with diabetes

You can also call their dedicated diabetes helpline

England, Wales and Northern Ireland – call: 0345 123 2399 or email [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)



Information for:  
**Children <18 years\***



Information for:  
**Adults 18+ years**

## Type 1 diabetes

### DigiBete

**What is it?** A free app and video platform to support children, young people and their families to self-manage type 1 diabetes and increase independence.

It offers a wide range of clinically approved age appropriate resources to help people manage their diabetes.

DigiBete also allows diabetes clinical teams to send relevant information and resources direct to young people.



**How do I get it?** Visit the DigiBete website for more information [www.digibete.org](http://www.digibete.org).

Or you can download the DigiBete app here [www.digibete.org/digibete-app/](http://www.digibete.org/digibete-app/).

The local diabetes clinic at which you are registered will give you your unique clinical code.

### Growing Up With Type 1

**What is it?** Growing Up With Type 1 is a free online course for teenagers and young people who are concerned about how their diabetes may affect them when facing new experiences that come with becoming an adult and leaving home.



**How do I get it?** You can access the course online via Diabetes My Way [www.diabetesmyway.nhs.uk](http://www.diabetesmyway.nhs.uk)

\*For young adults (16-25 years of age) living with type 1 diabetes who are moving from children into adult diabetes services, your care provider will advise you on the resources available to you. You will be able to choose the ones that are most suitable to you. You can choose more than one (e.g. DigiBete for type 1 T2DigiBete or My Type 1).

## Type 2 Diabetes

### T2DigiBete

**What is it?** A free app and video platform to support children, young adults and their families to self-manage type 2 diabetes and increase independence.

It offers a wide range of clinically approved, age appropriate resources to help people manage their diabetes. DigiBete also allows diabetes clinical teams to send relevant information and resources direct to patients.



**How do I get it?** You can access the platform at YoungType2 and download the app [www.youngtype2.org/type-2-information/app-training-and-support](http://www.youngtype2.org/type-2-information/app-training-and-support)

The local diabetes clinic at which you are registered will give you your unique clinic code.

## Gestational diabetes

### My Gestational Diabetes

**What is it?** Free online course to help women understand and manage their gestational diabetes (diabetes that occurs in pregnancy).



#### How do I get it?

Access the online course via Diabetes My Way [www.diabetesmyway.nhs.uk/elearning](http://www.diabetesmyway.nhs.uk/elearning)



## Type 1 diabetes

### My Type 1 Diabetes

**What is it?** Free online courses including:

- Understanding type 1 diabetes
- Carbohydrate counting
- Considering an insulin pump?
- My insulin pump



**How do I get it?** You can access the course online via Diabetes My Way [www.diabetesmyway.nhs.uk/elearning](http://www.diabetesmyway.nhs.uk/elearning)

### Carbohydrate Counting

**What is it?** A free online course which gives you everything you need to know about counting carbs - matching insulin requirements with the amount of carbohydrates that you eat or drink.



**How do I get it?** You can access the course online via Diabetes My Way [www.diabetesmyway.nhs.uk/elearning](http://www.diabetesmyway.nhs.uk/elearning)

### Continuous Glucose Monitoring (CGM)

The National Institute for Health & Care Excellence (NICE) has recommended that people living with type 1 diabetes should be offered CGM - a small device you wear just under your skin to measure glucose levels (reducing the need to use finger prick testing), continuously letting you see trends in levels and receive alerts if levels are too high or low.



**How do I get it?** Ask your diabetes care team if you are eligible.

## At risk of type 2 diabetes

### Healthier You

**What is it?** Healthier You is a lifestyle support programme for people who are likely to develop type 2 diabetes or have had gestational diabetes in the past. The programme will help you take control of your health, supporting you to make changes to your diet, weight and the amount of exercise you do. Healthier You is delivered in groups or on a smart phone app in a number of languages.



**How do I get it?** Your GP practice will be able to refer you to the programme. To find out your risk of developing diabetes use the Diabetes UK Know Your Risk tool at <https://riskscore.diabetes.org.uk/start>

\*For young adults (16-25 years of age) living with diabetes who are moving from children into adult diabetes services, your care provider will advise you on the resources available to you. You will be able to choose the ones that are most suitable to you. You can choose more than one (e.g. DigiBete for type 1 T2DigiBete or My Type 1).



## Type 2 diabetes

### NHS Type 2 Diabetes Path to Remission Programme

**What is it?** The Type 2 Diabetes Path to Remission programme is a free 12-month programme to support adults living with type 2 diabetes to lose weight and maintain weight loss to achieve remission of their type 2 diabetes. Includes initial 12 weeks total diet replacement. For 18-65 year olds who meet the programme's criteria.



**How do I get it?** Your GP practice will be able to refer you to the programme. Check for more detailed information [www.momentanewcastle.com/t2dr-gm](http://www.momentanewcastle.com/t2dr-gm)

### Healthy Living

**What is it?** A free, online NHS service that provides education to help you manage your condition. You'll find information about type 2 diabetes and its treatment, advice on emotional and psychological wellbeing, and support to help you adopt and maintain healthy lifestyle choices, such as improving your diet and getting more physically active. If you are over 18 years old you are eligible to sign up for the Healthy Living service. You can access and benefit from the programme at any point after you've been diagnosed.



**How do I get it?** You can sign up online at [www.healthyliving.nhs.uk](http://www.healthyliving.nhs.uk)

### Continuous Glucose Monitoring (CGM)

The National Institute for Health & Care Excellence (NICE) has recommended that some people living with type 2 diabetes who are on multiple daily injections of insulin should be offered CGM - a small device you wear just under your skin to measure glucose levels (reducing the need to use finger prick testing), continuously letting you see trends in glucose levels and receive alerts if levels are too high or low.



**How do I get it?** Ask your diabetes care team if you are eligible.

### Carbohydrate Counting

**What is it?** This free online course will give you everything you need to know about counting carbs, a way of matching insulin requirements with the amount of carbohydrates you eat or drink.



**How do I get it?** You can access the course online at the Diabetes My Way learning page [www.diabetesmyway.nhs.uk/elearning](http://www.diabetesmyway.nhs.uk/elearning)

### My Type 2 Diabetes:

**What is it?** This free online course is aimed specifically at people newly diagnosed with type 2 diabetes. However, if you are either newly diagnosed or have been living with diabetes for some time, this will help you to understand your diabetes better. You can access the course online at [www.diabetesmyway.nhs.uk/elearning](http://www.diabetesmyway.nhs.uk/elearning)



## Help BEAT Diabetes

**What is it?** It is part of the Research for the Future programme, an NHS-supported initiative encouraging people in Greater Manchester to get involved in health and care research.

If you join, you will receive information about research taking place in your area, along with details of how to take part. There are lots of opportunities available from completing questionnaires to taking part in discussion groups and trials of new treatments.



### Who is it for?

Anyone aged 18+ with diabetes (all types) or at risk of developing it



### Why should I take part?

People who get involved in research tend to have better health outcomes, as they become better at managing their own condition and this is particularly true for those living with diabetes. Joining the research community means you're also actively helping to improve care and treatments for you and for other people.



### How do I get involved?

Find out more and register using one of the following options:

- Visit the Research for the Future website: [www.researchforthefuture.org](http://www.researchforthefuture.org)
- Call the office on 0161 206 3636
- Text **RESEARCH** and **YOUR NAME** to **81400**

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## Diabetes support, services and education

for people living in  
Greater Manchester

This patient information leaflet has been developed by the Diabetes Network within the Greater Manchester and Eastern Cheshire Strategic Clinical Networks. If you have any questions about the content, please contact [england.gmec-scn@nhs.net](mailto:england.gmec-scn@nhs.net)

