

Talking Health

Helping you take control

“Last 6 weeks helped put goals into perspective and make them realistic and achievable”

“Useful and interesting experience. Very helpful listening to others in the group.”

“Very professional - obviously the course givers were knowledgeable, dedicated and most importantly, the staff were interested in their students.

Berkshire

If you need to cancel your appointment or if you have any questions about the course, please contact us on:

0118 976 9120

Useful Websites

Talking Health

<http://www.talkinghealth.berkshire.nhs.uk/>

Talking Therapies

<http://www.talkingtherapies.berkshire.nhs.uk>

Diabetes UK

www.diabetes.org.uk

Living Life to the Full

www.lltff.com

Berkshire Healthcare

www.berkshirehealthcare.nhs.uk

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Do you have any comments on our service? **Telephone:** 0118 960 5027, **Email:** trevor.lyalle@berkshire.nhs.uk, **Website:** www.berkshirehealthcare.nhs.uk or FREEPOST: RLYE-TKEY-UYKS

Berkshire Healthcare NHS Foundation Trust, Patients Advice & Liaison Service (PALS) Prospect Park Hospital, Honey End Lane, Reading, RG30 4EJ

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Living Life with a Health Problem
Diabetes

0118 976 9120

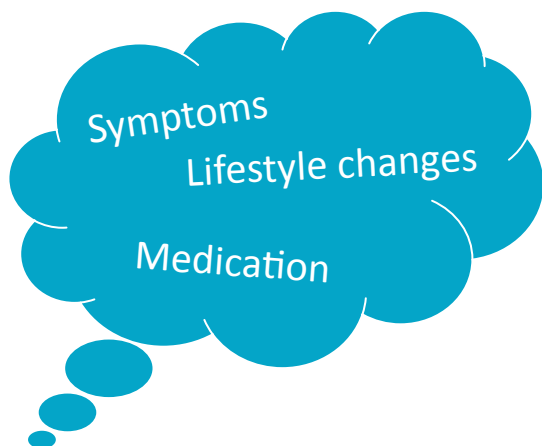


Living Life with a health problem

This course specifically focuses on Living Life with Type 2 Diabetes.

Being diagnosed with a health problem can be a shock. Some people may only need to make small adjustments in order to manage their health problem, while others may have more severe symptoms and need to adjust more.

Many people living with health problems say they struggle to cope. Worrying about symptoms and worrying about lifestyle changes is very common and can result in feeling low and frustrated.



Support from Talking Health

What is Talking Health?

Talking Health is a West Berkshire service that has been specifically developed to help the large numbers of people who have long-term conditions.

What help is on offer?

We are running a series of courses for people with health problems.

The *Living Life with Type 2 Diabetes* course is made up of five weekly sessions to teach people tools to help towards living a fulfilling life. It aims to support people with the struggles of living with Type 2 Diabetes such as frustrations of managing the condition and adjusting to changes

Sessions will be delivered to groups of up to 12 people and daytime and evening courses will be available at locations across West Berkshire.

You will be asked to complete questionnaires to help us track your progress and this information will be shared with you and your GP when you finish the course.

If you are unable to attend a course we will consider offering another format of support to you.

How will it help me?



- We aim to support you in terms of coping with and adjusting to living with Type 2 Diabetes.
- We hope that you will learn skills to help you cope in ways you find the most helpful.
- We will support you to learn the skills you need to overcome barriers in managing your health problem.
- We hope that you will feel understood and supported by the service and your peers.
- We aim to improve your confidence in managing your own health.
- With the tools and techniques on offer, we hope to empower you to have more control over your wellbeing.

What next?



You can self refer by calling the number on the front or you can be referred by your Health Professional. We will then contact you to arrange a short telephone assessment which will take place at a time convenient for you.

This assessment will take about 45 minutes, the Talking Health Practitioner will ask you some questions about your health condition and provide more details about the service and what's on offer.