



Bradford Diabetes Prevention Programme



What's in it for me?

- You choose to join a group that runs at a time and place convenient to you
- You will receive detailed information around the three main lifestyle areas – healthy eating, exercise and weight loss – that you can change to make a real difference to your health
- You will receive support around the changes you want to make
- You make lifestyle choices to reduce your risk of developing diabetes
- You are helped to set goals
- You are supported around these goals
- You will receive one to one support
- You can enjoy the support of the group
- You will take part in fun activities
- If you want to, you will be able to help others
- Most importantly, if you join and attend an DPP, you will reduce your risk of developing diabetes.



What next?

- If you have already chosen to go on an DPP you will have been given a date and time and place of the first session
- You may want to write down the details here as a reminder

- If you were not sure when you had your discussion at the practice whether you wanted to join an DPP group, it's not too late. You can still ring up and join a group as soon as you decide to – just call: **01274 777527**.
Remember to tell them you have been referred to a DPP by your GP as part of the Bradford Beating Diabetes campaign

What do I need to take to my first DPP group?

You don't really need to prepare but:

- You might want to read the leaflet you received with your invitation letter
- You could think about lifestyle changes you want to make
- Just remember everybody is coming to the group for the first time
- This is the beginning of something really positive for you!



Useful websites:

NHS Choices:
www.nhs.uk

Diabetes UK:
www.diabetes.org.uk