

## Frequently asked questions

### Q. Is the MyHealth programme right for me?

- A. The MyHealth programme was created and developed by local health professionals and Hillingdon residents working together. If you are at risk of developing type-2 diabetes and are aged 18 or over, you can attend.

### Q. Who runs these workshops?

- A. MyHealth workshops are run by local health professionals in Hillingdon who have taken extra training to be part of this service.

### Q. How do I know I can trust the information?

- A. We have been accredited by QISMET, an independent not-for-profit body that ensures we deliver the highest possible quality service.

### Q. Do I have to pay to book my place?

- A. No – the MyHealth programme is a free service provided by the NHS for local people in Hillingdon.

### Q. What if I am unable to come to a workshop?

- A. If you are unable to attend a group workshop (e.g. due to work commitments or disability), please contact us to discuss alternative options.

### Q. What if I have already been diagnosed with type-2 diabetes?

- A. We also runs workshops to help people better manage their diabetes. Contact us to discuss and book your place.



## Who can come to a workshop

You can come to a Preventing Diabetes workshop if you're aged 18 or over and:

- Your Hb1Ac is between 42-47 mmol/mol (6.0-6.4%) or your Fasting Plasma Glucose is between 5.5-6.9 mmol/l (or you're pregnant and you've been told you have 'Gestational Diabetes Mellitus').
- You are able to commit to attending the 2-hour workshop as spaces are limited.

## How to book your place

**Your GP can refer you into a MyHealth workshop or you can book your place directly:**

- **Book online** at [www.myhealthhillington.nhs.uk](http://www.myhealthhillington.nhs.uk)
- **Email the team** at [hillccg.myhealth@nhs.net](mailto:hillccg.myhealth@nhs.net)

*Diabetes can seriously harm your body and change your daily life, but it can be prevented.*

## Preventing Diabetes Free Patient Workshops





# MyHealth Hillingdon: Preventing Diabetes

*"The presenter knew what she was talking about. She came across very well and let us get involved."*

Type-2 diabetes can seriously harm your body and change your daily life, but it can be prevented.

Preventing diabetes means learning to live a more balanced lifestyle to reduce your risk.

MyHealth workshops help to build your knowledge, skills and confidence to better prevent diabetes.

## What to expect at a MyHealth workshop

Workshops are 2-hour interactive group sessions where you'll work with others to learn. We run two workshops for people at risk of type 2 diabetes.

### The first workshop, 'Building Awareness' is the start of the journey and will help you to:

- Understand how diabetes could impact you
- Understand how to reduce your diabetes risk
- Set your sights on the big five lifestyle factors
- Connect with other local people and resources

### The second workshop, 'Goal Setting' reviews your knowledge and adds group coaching:

- Find out how to step into the 'Open Mindset'
- Discover how you may be holding yourself back
- Discover how your inner strengths can help you
- Be supported in writing a new lifestyle goal



## Strengths of the MyHealth programme

- ✓ Created with local people for local people
- ✓ Run by Hillingdon health professionals
- ✓ Held in local venues across the borough
- ✓ Independently accredited for quality
- ✓ Easily digestible 2-hour workshops



*"The information was excellent and easily understood. The best part was to set a goal which felt like a positive first step."*

**Book your place today – it's free**

<http://www.myhealthhillington.nhs.uk>  
[hillccg.myhealth@nhs.net](mailto:hillccg.myhealth@nhs.net)