

I have pre-diabetes. Where can I get help?



You will need to see your GP practice every year, to get checked out.

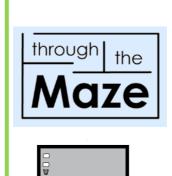


Your GP practice can refer you to a diabetes prevention course.



Learning disability groups run sessions and cafes that can help you live well.

These sessions will help you if you have prediabetes.



Through the Maze have lots of information on living well. https://www.through-the-maze.org.uk/

Search for:

- Health
- Exercise
- Diet
- Wellbeing
- Cafe