

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



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

**HEALTHIER YOU**  
NHS DIABETES PREVENTION PROGRAMME

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 pre-diabetes.

through the  
**Maze**



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

Search for:

- Health
- Exercise
- Diet
- Wellbeing
- Cafe