

# My Type 2 Diabetes



## MyDESMOND

MyDESMOND: is a self-directed learning online interactive self-management programme for people with type 2 diabetes.

[Go to website](#)



## Local Peer Support Groups

Are run face to face or virtually by volunteers and offer people with diabetes a chance to share experiences with other people living with diabetes.

[Go to website](#)



## Where can I get support?

Diabetes UK newly diagnosed resources are designed to give you some initial advice until you are able to attend one of the group sessions.

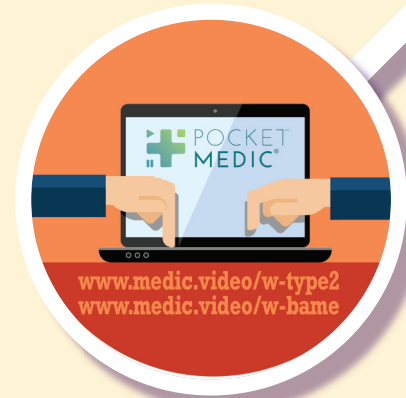
[Go to website](#)



## NHS Group support

Self-management is an essential part of type 2 diabetes care. There are a number of programmes available to help you learn about and look after your diabetes delivered by Dietitians, Diabetes nurses or EPP Cymru. These are available in person or group video consultations.

[Go to website](#)



## Pocket Medic Films

Watch these short film clips that help you to understand the demands of diabetes care.

[Go to website](#)



## Type 2 Diabetes and Me

This fun and easy online guide is designed to help you understand and start managing your diabetes.

[Go to website](#)

**If you would like more information or do not have access to digital technology, please contact your local Health Board on:**

For North Wales Contact – The Self Care Team, Phone – 03000 852280 E-mail – [BCU.EPPCymru@wales.nhs.uk](mailto:BCU.EPPCymru@wales.nhs.uk)