

# Humber Coast and Vale Partnership

## Support for patients to stay healthy and live well with a long-term condition

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This **toolkit** provides a directory of useful links and resources to support patients with long-term conditions to stay healthy and live well.

1. Some links provide general information to support staying healthy and living well and others provide more specific information to help you to look after yourself with a long-term condition;
2. Links have been collated from a range of sources, and this resource has been discussed with local clinicians.



## Diabetes

### Patient Education and Self-management resources

Condition / Subject	Title (Produced By)	Links
<b>Being active with Diabetes</b>	Being active with diabetes (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/public-patient/keeping-active-healthy/love-activity-hate-exercise-campaign/being-active-long-10">https://www.csp.org.uk/public-patient/keeping-active-healthy/love-activity-hate-exercise-campaign/being-active-long-10</a>
	Diabetes and keeping active	<a href="https://www.diabetes.co.uk/exercise-for-diabetics.html">https://www.diabetes.co.uk/exercise-for-diabetics.html</a>
	Keeping active with diabetes	<a href="https://www.diabetes.co.uk/diabetes-and-keeping-active.html">https://www.diabetes.co.uk/diabetes-and-keeping-active.html</a>
	We Are Undefeatable – For people with long term conditions to be more active	<a href="https://www.weareundefeatable.co.uk/">https://www.weareundefeatable.co.uk/</a>
<b>Foot Health</b>	10 Simple steps to prevent foot problems	<a href="https://shop.diabetes.org.uk/products/simple-steps-to-healthy-feet">https://shop.diabetes.org.uk/products/simple-steps-to-healthy-feet</a>
	How to look after your feet	<a href="https://www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet">https://www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet</a>
	Putting feet first campaign	<a href="https://www.diabetes.org.uk/get_involved/campaigning/putting-feet-first">https://www.diabetes.org.uk/get_involved/campaigning/putting-feet-first</a>
	Simple steps leaflet – to healthy feet if you've got diabetes	<a href="https://www.diabetes.org.uk/resources-s3/2017-08/Simple%20Steps%20to%20Healthy%20Feet.pdf">https://www.diabetes.org.uk/resources-s3/2017-08/Simple%20Steps%20to%20Healthy%20Feet.pdf</a>
	Taking steps booklet – towards good foot care	<a href="https://www.diabetes.ie/wp-content/uploads/2014/11/Taking-steps-towards-good-foot-care.pdf">https://www.diabetes.ie/wp-content/uploads/2014/11/Taking-steps-towards-good-foot-care.pdf</a>

	Taking steps booklet – towards good foot care for at risk feet	<a href="https://www.hse.ie/eng/health/hl/living/diabetes/fcmodrisk.pdf">https://www.hse.ie/eng/health/hl/living/diabetes/fcmodrisk.pdf</a>
	Taking steps booklet – towards good foot care for high risk feet	<a href="https://www.hse.ie/eng/health/hl/living/diabetes/fchighrisk.pdf">https://www.hse.ie/eng/health/hl/living/diabetes/fchighrisk.pdf</a>
	What to expect at your annual foot check leaflet	<a href="https://shop.diabetes.org.uk/products/what-to-expect-at-your-annual-foot-check?_ga=2.128821516.1060616524.1590161837-360139808.1573730215">https://shop.diabetes.org.uk/products/what-to-expect-at-your-annual-foot-check?_ga=2.128821516.1060616524.1590161837-360139808.1573730215</a>
<b>Living Well</b>	Blood sugar converter	<a href="https://www.diabetes.co.uk/blood-sugar-converter.html">https://www.diabetes.co.uk/blood-sugar-converter.html</a>
	Blood sugar level ranges	<a href="https://www.diabetes.co.uk/diabetes_care/blood-sugar-level-ranges.html">https://www.diabetes.co.uk/diabetes_care/blood-sugar-level-ranges.html</a>
	Diabetes and Me Tool – What is diabetes and me?	<a href="https://www.diabetes.org.uk/diabetes-and-me">https://www.diabetes.org.uk/diabetes-and-me</a>
	Diabetes Android and iPhone apps	<a href="https://www.diabetes.co.uk/diabetes_care/diabetes-iphone-and-android-apps.html">https://www.diabetes.co.uk/diabetes_care/diabetes-iphone-and-android-apps.html</a>
	Diabetes health leaflets and videos	<a href="https://www.easyhealth.org.uk/index.php/health-leaflets-and-videos/diabetes/">https://www.easyhealth.org.uk/index.php/health-leaflets-and-videos/diabetes/</a>
	Diabetes learning zone – Discover more about your diabetes	<a href="https://learningzone.diabetes.org.uk/?_ga=2.65397166.1060616524.1590161837-360139808.1573730215">https://learningzone.diabetes.org.uk/?_ga=2.65397166.1060616524.1590161837-360139808.1573730215</a>
	Diabetes local support groups	<a href="https://www.diabetes.org.uk/how_we_help/local_support_groups">https://www.diabetes.org.uk/how_we_help/local_support_groups</a>
	Diabetes stay in touch community	<a href="https://www.diabetes.org.uk/how_we_help/community">https://www.diabetes.org.uk/how_we_help/community</a>



	Diabetes wellness – social network	<a href="https://healthunlocked.com/drwfdiabetes">https://healthunlocked.com/drwfdiabetes</a>
	Guide to diabetes – Living with diabetes	<a href="https://www.diabetes.org.uk/guide-to-diabetes">https://www.diabetes.org.uk/guide-to-diabetes</a>
	Learning to look after your diabetes – education and courses	<a href="https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/education">https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/education</a>
	Newly diagnosed with diabetes	<a href="https://www.diabetes.co.uk/newly-diagnosed.html">https://www.diabetes.co.uk/newly-diagnosed.html</a>
<b>Type 1 Diabetes</b>	Children and young people with type 1 Diabetes digibete app	<a href="https://www.digibete.org/digibete-app/">https://www.digibete.org/digibete-app/</a>
	My Type 1 diabetes online learning	<a href="https://mytype1diabetes.nhs.uk/">https://mytype1diabetes.nhs.uk/</a>
	Type 1 diabetes overview	<a href="https://www.diabetes.co.uk/type1-diabetes.html">https://www.diabetes.co.uk/type1-diabetes.html</a>
	Type 1 events	<a href="https://www.diabetes.org.uk/how_we_help/type-1-events">https://www.diabetes.org.uk/how_we_help/type-1-events</a>
	What is type 1 Diabetes?	<a href="https://www.diabetes.org.uk/diabetes-the-basics/what-is-type-1-diabetes">https://www.diabetes.org.uk/diabetes-the-basics/what-is-type-1-diabetes</a>
<b>Type 2 Diabetes</b>	Diabetes remission	<a href="https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/treating-your-diabetes/type2-diabetes-remission">https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/treating-your-diabetes/type2-diabetes-remission</a>
	Patient information for type 2 diabetes	<a href="https://patient.info/diabetes/type-2-diabetes">https://patient.info/diabetes/type-2-diabetes</a>



	Type 2 diabetes overview	<a href="https://www.diabetes.co.uk/type2-diabetes.html">https://www.diabetes.co.uk/type2-diabetes.html</a>
	Type 2 diabetes know your risk	<a href="https://riskscore.diabetes.org.uk/start">https://riskscore.diabetes.org.uk/start</a>
	Understanding type 2 diabetes	<a href="https://www.healthline.com/health/type-2-diabetes">https://www.healthline.com/health/type-2-diabetes</a>
	What is type 2 diabetes?	<a href="https://www.diabetes.org.uk/diabetes-the-basics/what-is-type-2-diabetes">https://www.diabetes.org.uk/diabetes-the-basics/what-is-type-2-diabetes</a>
<b>Weight Management</b>	Diabetes food and recipes	<a href="https://www.diabetes.co.uk/food-and-recipes.html">https://www.diabetes.co.uk/food-and-recipes.html</a>
	Diet for type 1 diabetes	<a href="https://www.diabetes.co.uk/diet-for-type1-diabetes.html">https://www.diabetes.co.uk/diet-for-type1-diabetes.html</a>
	Diet for type 2 diabetes	<a href="https://www.diabetes.co.uk/diet-for-type2-diabetes.html">https://www.diabetes.co.uk/diet-for-type2-diabetes.html</a>
	Diet guides	<a href="https://www.diabetes.co.uk/diet-basics.html">https://www.diabetes.co.uk/diet-basics.html</a>
	Easy ways to eat better (NHS)	<a href="https://www.nhs.uk/oneyou/for-your-body/eat-better/">https://www.nhs.uk/oneyou/for-your-body/eat-better/</a>
	Low carb diet	<a href="https://www.diabetes.co.uk/diet/low-carb-diabetes-diet.html">https://www.diabetes.co.uk/diet/low-carb-diabetes-diet.html</a>
	Ways to lose weight (NHS)	<a href="https://www.nhs.uk/oneyou/for-your-body/lose-weight/">https://www.nhs.uk/oneyou/for-your-body/lose-weight/</a>

