

HEAL-D



Take hold of your diabetes

Healthy Eating & Active
Lifestyles for Diabetes -
for adults of African and
Caribbean heritage.



**The HEAL-D programme
has shown me how
to live well with my
condition and still
be my authentic
self, honouring the
culture and traditions
of my heritage”**

HEAL-D is a group-based training and support programme.
It aims to give you information and support to be
confident in taking control of your type 2 diabetes.

- HEAL-D sessions are welcoming, informal and supportive
- A family member or friend is welcome to attend with you for support
- Learn from others and join in with discussions

- Share your ideas and any tips and success stories you might have throughout the sessions
- Set yourself goals for your health and receive help and support to achieve them



It's in your hands



- 7 weekly group-based sessions
- 2 hours each session
- Nutrition coaching and cooking workshops
- Physical activity classes that are suitable for all abilities
- Information and support focused on diabetes, blood pressure and heart health
- Using what you learn to live a healthier life

If you can answer yes to the following you may be able to join HEAL-D for free

- ✓ You have type 2 diabetes
- ✓ You are an adult of African or Caribbean heritage
- ✓ You are aged 18+
- ✓ You speak English
- ✓ You are willing to take part in group sessions
- ✓ You are able to take part in light/moderate physical activity

How do I join?

Ask your GP or healthcare professional to refer you to the HEAL-D programme

Sign up for the programme by calling the Diabetes Book & Learn Service on **0203 474 5500** and ask to book onto the HEAL-D programme

Contact: info@heal-d.org
Visit: heal-d.org



HEAL-D gives you courage to move on. It makes you aware that your life is yours"