

Portishead wellbeing workshops

diabetes management



SUPPORT RESOURCES

DIABETES UK



Working to raise awareness, improve care and provide help, support and information for people with diabetes and their families.

DIABETES UK RISK SCORE



Calculator to find out your risk of developing type 2 diabetes.

NHS DIABETES PREVENTION PROGRAMME



Free, 9-month programme designed to significantly reduce your risk of developing Type 2 Diabetes and improve your health. You can take part in the programme either as part of a local group or by yourself through the online app.

NHS TALKING THERAPIES



NHS Talking Therapies provide a range of talking therapies and new ways of coping to help you better manage your mood. Therapies are available via secure video, text-based therapy, webinar, phone or face to face (one to one or group).

SIRONA DIABETES AND NUTRITION SERVICE



Sirona's Diabetes and Nutrition Service (DANS) provides education, information and support on diabetes and nutrition to individuals and their carers. This service can help you to take control of your condition and support you to make good choices for a healthy life.

WALNUT GROVE CLINIC



Walnut Grove provide a wide range of services to support your health both physically and mentally. Services include: Psychotherapy, Osteopathy, Physiotherapy and gym classes.

