

Resources packs for people with Type 2 Diabetes



The tables below are a list of recommended resources for people with Type 2 Diabetes from the Sirona care & health Diabetes and Nutrition Service.

The first table provides a link to a bespoke full pack of resources from Diabetes UK which can purchased. The second table is a list of free digital resources, which can be viewed online or downloaded and printed for free.

Full patient packs

Proposed future provision	Sourced from	QR code link for patients
Each surgery can make bespoke packs to suit their patient demographic in collaboration with Diabetes UK.	https://www.diabetes.org.uk/for-professionals/supporting-your-patients/patient-information-packs	 Cost implication for each practice – will need to discuss with DUK on an individual practice basis to negotiate price and bespoke content to suit population.

Digital resources

These can be printed for patients or patients can be given the list of documents to print.

Proposed future provision	Sourced from	QR code link for patients
Healthy living digital promotion	https://www.england.nhs.uk/wp-content/uploads/2022/05/B1572-patient-leaflet-healthy-living-for-people-with-type-2-diabetes.pdf	
*Newly diagnosed with diabetes	https://shop.diabetes.org.uk/products/newly-diagnosed-with-diabetes	
*Your Guide to Type 2 Diabetes	https://shop.diabetes.org.uk/collections/information-for-your-patients/products/your-guide-to-type-2-diabetes-2	
*Looking after your feet	https://shop.diabetes.org.uk/products/diabetes-and-looking-after-your-feet-1	
*What care to expect if you have Type 2 Diabetes	https://shop.diabetes.org.uk/collections/information-for-your-patients/products/what-care-to-expect-if-you-have-type-2-diabetes	
*Food labels made easy	https://shop.diabetes.org.uk/products/food-labels-made-easy	
Diabetes UK leaflet library	Free diabetes information for healthcare professionals - Diabetes UK Shop	 Library of downloads –

*hard copies of some leaflets are available if digital access is problematic (Click link for details)