

Formerly known as Healthy Minds



**Buckinghamshire
Talking Therapies**

Wellbeing and diabetes course

**Are you living with Type 2
Diabetes?**

**Our free and effective NHS
service can provide you with
tailored professional support
to help you achieve your
wellness goals.**

**Live Well Stay Well is provided by
Oxford Health NHS Foundation Trust**



**Live well
Stay well**



for anxiety and depression

Service provided by Oxford Health NHS Foundation Trust

Working together to improve wellbeing

Who is the course for?

The course is for people who are living with Type 2 Diabetes and are looking for extra support with some of the emotional challenges linked to the condition. Approximately 6 to 12 people will be attending.

How can this course help?

Research has shown that 42% of people with diabetes experience related distress. At Bucks Talking Therapies, we have specialist expertise in understanding the impact of having a long-term condition and have developed strategies that can help you manage. In our experience, attending a group allows you to feel supported by those in similar situations and feel less alone.

How long is the course?

It is a 6-week course. Each group session will be 1 hour and 45 minutes long with a short break in the middle.

What will be covered on the course?

Session 1 - Introduction to Cognitive Behavioural Therapy

Session 2 - Increasing activity levels

Session 3 - Problem solving

Session 4 - Thought challenging

Session 5 - Managing our worries

Session 6 - Maintaining Wellbeing

Where does the course take place?

The group will take place online via Microsoft Teams – we can support you with any technical issues before starting the group.

Who facilitates the course?

The group is facilitated by two Psychological Wellbeing Practitioners (PWP's). PWP's are trained in delivering evidence based cognitive behavioural therapy treatments and have training in applying these strategies to different groups of people, including those with long-term health conditions.

Do I need to attend every session?

Missing sessions will affect the benefit of the course to you, so we would encourage you to attend all sessions. If you miss two sessions, you will be offered a place on the next course.

What will I need to bring?

Materials will be provided on the course, but please bring a pen & paper with you, and any glasses or hearing aid (if necessary).

Can I bring my carer to the course?

If you require a carer to attend the group with you, please let us know.



How can I be referred to the course?

You can ask your Diabetic Nurse or GP, or you can self refer:

Online at: www.bucks-talking-therapies.nhs.uk

Phone **01865 901 600**

text TALK & your name to **07798 667169**

Scan the QR Code



Feedback from previous Live Well Stay Well courses:

One of the biggest benefits of the group was the opportunity to meet other people living lives where every day they face the challenges of a long term health condition. It's been a huge encouragement.

The experience has been excellent at providing me with a good range of extra tools which I am sure I will use frequently as my recovery goes on.

Very relevant topics presented in a professional, friendly and relaxed manner

Terms and conditions of accessing our service

For information on our Terms and Conditions please scan this QR Code:



Or you can visit our website:

www.bucks-talking-therapies.nhs.uk

Patient Advice and Liaison Service (PALS):

Freephone: **0800 328 7971**

Email: **pals@oxfordhealth.nhs.uk**

Oxford Health NHS Foundation Trust
Trust Headquarters, Littlemore Mental Health Centre
Sandford Road, Littlemore, Oxford, OX4 4XN



This leaflet can be made available in different languages

If you would like to have this information translated into a different language, please contact the NHS Bucks Talking Therapies Team at:
bucks-talking-therapies@oxfordhealth.nhs.uk

إذا كنتم ترغبون في الحصول على المعلومات مترجمة إلى لغة أخرى، يُرجى التواصل مع فريق عبر NHS Bucks Talking Therapies البريد الإلكتروني:
bucks-talking-therapies@oxfordhealth.nhs.uk

আপনি এই তথ্য অন্য ভাষায় অনুবাদ করাতে চাইলে, অনুগ্রহ করে হেল্থ মাইন্ডস্ টিম-এর সাথে এই ই-মেল ঠিকানায় যোগাযোগ করুন:
bucks-talking-therapies@oxfordhealth.nhs.uk

如需将此信息翻译成其他语言，请联系 NHS Bucks Talking Therapies 团队：
bucks-talking-therapies@oxfordhealth.nhs.uk

Jeśli chcesz uzyskać informacje przetłumaczone na inny język, skontaktuj się z zespołem NHS Bucks Talking Therapies pod adresem:
bucks-talking-therapies@oxfordhealth.nhs.uk

Se pretender traduzir esta informação para outro idioma, contacte a equipa NHS Bucks Talking Therapies através do endereço:
bucks-talking-therapies@oxfordhealth.nhs.uk

اگر آپ کسی مختلف زبان میں اس معلومات کا ترجمہ چاہتے ہیں تو برائے مہربانی پبلدی مائنڈز ٹیم سے اس پر رابطہ کریں:
bucks-talking-therapies@oxfordhealth.nhs.uk