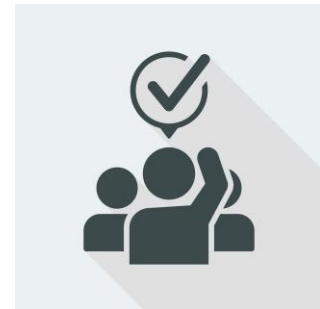


# New To Type 2 Diabetes Information Sessions

Mid Dorset Self-Referral Information

- **What is it?**

So, you have been told you have Type 2 diabetes. How do you feel about that? Unsure? In denial? Or just anxious about your life from now on? [New to Type 2](#) can help you come to terms with your diagnosis, clear away any worries and, most importantly, point the way to a healthy future that includes the foods you love and the things you like to do.



- **Why should I go?**

[New To Type 2](#) gets brilliant feedback. In fact, people who go are more likely to avoid the problems that diabetes can cause for your sight, your feet, your kidneys and your chance of heart attack or stroke.

“Very informative, cleared up a lot of questions.”      “Very engaging.”  
“Very good explanation re nutrition.”      “The talks helped me a lot.”  
“Listened to individual concerns and addressed them.”      “Lowered [my] anxious symptoms.”



Here is what people said, who came to [New To Type 2](#) in 2022

[New To Type 2](#) is part of the diabetes care which is available from your GP. It is for people who have been told they have Type 2 diabetes within the last year, so you will have the chance to meet other people who have also just been diagnosed.

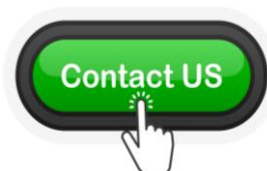


- **I’m not sure [New To Type 2](#) is right for me?**

Type 2 diabetes can seriously affect your health and quality of life if it isn’t looked after. If you don’t think attending is for you, please call or email us so we can understand how best to support you.

- **Who runs [New To Type 2](#)?**

[New To Type 2](#) is run by Dorset County Hospital’s Diabetes Department. The sessions will be led by a Nurse and a Dietitian who are specialists in diabetes and understand the sorts of questions and concerns that you may have.





- **Where do I have to go?**

You can:

- Go to a [New To Type 2](#) session in Dorchester
- Or you can do [virtual New To Type 2](#) live, online.

- **Can I bring someone with me?**

Yes. Whether you attend online or in-person, it is a good idea to bring someone with you, especially if they are involved with your food and daily life.

- **What do I have to do before the session?**

You don't need to do anything. If you want to start looking at information, the Diabetes UK website is recommended ([www.diabetes.org.uk](http://www.diabetes.org.uk)). Alternatively, you may be given a booklet by your GP Surgery.



- **When is it?**

Sessions run throughout the year.

- **How do I book?**

**Ideally with your hospital or NHS number to hand**, please phone or email the Diabetes Department to book your place.

## Please call or email to:

- **Find a day and time that suits you**
- **Book your place**
- **Ask any questions**



**01305 255130**



**[diabetes.secretaries@dchft.nhs.uk](mailto:diabetes.secretaries@dchft.nhs.uk)**

Even if you say no to [New To Type 2](#) now, you can change your mind later. If we don't hear from you, we may contact you in future to check that you have been offered [New To Type 2](#). We would love to see you at [New To Type 2](#) any time within 1 year of your diagnosis.