

Self-Management and Psychological Services for people living with LTCs in Haringey

Structured Diabetes Education

Newly Diagnosed Type 2 Diabetes
(Diagnosed within a year)

1 x full day course providing information on diet and lifestyle management. Delivered by Diabetes Educators
Groups 1 day course

Course content covers **Managing My Diabetes** (Understand more about Type 2 Diabetes and how to self-manage) **Diabetes and Healthy Lifestyle** (Understand about food choices and keeping active.) **Experiencing Life with Diabetes** (Understand how to manage the changes diabetes will bring to your life.)

Locations include: Tynemouth Road; Lordship Lane; Hornsey Central,

How to refer: GP Referral to haringey.adult-referrals@nhs.net
Or for more info: 0207 527 1702

Diabetes Self-Management Course (DSMP)

Adults Type 2 Diabetes
Carers
Living / GP in Haringey.
English & Turkish Courses.
(Diagnosed 3 months+)

7 week Self-Management course
Sessions last 3 hours
Increases knowledge, skills & confidence to manage diabetes & become more activated self-managers.
Groups 12-16 participants.
Delivered by a healthcare professional and a lay person living with T2 diabetes.

Participants learn **diabetes-specific management** (e.g. diet; monitoring; foot care) and **self-management strategies** e.g. work in partnership with healthcare professionals; relaxation techniques; apply lifestyle tips; communicate better with friends and family; confidence to take control.
Goal-setting & Problem-Solving are key elements – patients are supported to take realistic action every week.

Locations include: Tynemouth Road; Lordship Lane; Hornsey Central, Cypriot Centre

How to refer:
whh-tr.Self-Management@nhs.net
Self-referrals are accepted
Haringey Co-ordinator: 0207 527 1707

Expert Patients Programme (EPP)

Adults with any LTC (physical / MH).
Carers.
Living / GP in Haringey.
English & Turkish Courses.
(Diagnosed 3 months+)

6 week Self-Management Course
Session lasts 2.5 hours.
Increases knowledge, skills & confidence to manage LTCs & become more activated self-managers.
Groups 12-16 participants.
Delivered by 2 specially trained lay tutors living with LTCs to a robust QA framework.

Participants learn to: manage symptoms; cope with feeling low; work in partnership with healthcare professionals; practice relaxation techniques; communicate better with friends and family; pace themselves; apply healthy lifestyle tips; develop confidence to take control.
Goal-setting & Problem-Solving are key elements – patients are supported to take realistic action every week.

Locations include: Tynemouth Road; Lordship Lane; Hornsey Central, Cypriot Centre

How to refer:
whh-tr.Self-Management@nhs.net
Self-referrals are accepted.
Haringey Co-ordinator: 0207 527 1707.

IAPT for LTCs (Long Term Conditions)

Adults who have Type 1 or 2 Diabetes, COPD (Chronic Obstructive Pulmonary Disease) or Breathlessness, co-morbid with low mood/depression or worries, anxiety or stress.

We provide evidence-based cognitive behavioural psychotherapy (CBT). To help support people who may be feeling overwhelmed and have difficulties coping with their condition resulting in low mood or anxiety.

We are a team of psychological wellbeing practitioners, psychotherapists and psychologists who have specialist training in working with long term health conditions. We offer treatment over the phone, face to face or online. Treatment is tailored to the needs of each patient, and we work closely with acute and community physical health teams.

Types of treatment offered: individual CBT sessions, Guided Self-Help (GSH), Feeling Good or CBT for Breathlessness Groups, Computerised CBT and advice or signposting to other services that may help.

How to refer: You can refer online by visiting: lets-talk-iapt.nhs.uk or call 020 3074 2280.
GPs, other health professionals referrals *Self-referrals are accepted.*
Any Questions?
Please visit our website or call