Name

Address line 1

Address Line 2

Address Line 3

Postcode

[Date]

Dear [Name]

As you are one of our patients with diabetes, I am writing to tell you about a new local support service that you might find helpful.

**Living with diabetes**

We know that living with diabetes isn’t always easy. Keeping on top of your medication, regular testing and constantly watching what you eat and drink can be frustrating and exhausting at times.

Staying positive and motivated is important for you to feel in control of your health and look after yourself.

**Talk Changes for Health**

*Talk Changes for Health* is a free, confidential NHS service for people in City and Hackney. Its specialist team is trained to help people find new ways to manage their diabetes, to feel in control and live life to the full.

You might not find it easy to talk about your diabetes and how it affects you. It can be hard to get started, or to know who to talk to. You might feel that there is nothing to talk about or that you don't want to burden anyone. But talking about your experience can have many benefits, both for you and for those close to you.

NHS talking therapies have helped millions of people to manage their thoughts and feelings. They involve talking with a trained professional to help you work out how to deal with negative thoughts and feelings and make long-lasting positive changes. But they’re not only for emotional health issues. Talking therapies can also help people with a long-term physical health problem to stay motivated, stick to treatment plans and enjoy a better quality of life.

Most people find that there is some aspect of managing their diabetes that can be improved. Even if it’s only a small change, it’s worth it.

**Find out more**

One of my team will call you in the next couple of weeks to find out if you are interested in the service and to answer any questions you might have. You can also get in touch with *Talk Changes for Health* directly by calling 020 7683 4278 (please quote the reference LTC so they can direct you to the right team) or by filling in a simple online registration form at [www.talkchangesforhealth.org.uk](http://www.talkchangesforhealth.org.uk).

For more information, you can of course telephone the practice as well on 020 7249 5511.

Yours sincerely

GP