



Newly Diagnosed with Diabetes



What to expect when you have just been diagnosed? What to expect with your treatment? What to expect from your ongoing care? All you need to know about Diabetes.

- Find out more >>
- Structured education >>
- Self-management courses >>
- Visit the Diabetes UK website >>

Looking after your Feet



- Are your feet healthy? Take this quick test.
- 10 Steps to healthy feet

Looking after yourself



- Keeping Fit in Swindon
- Swindon Stop Smoking Service
- Diabetes Support in Pregnancy
- Download 'Diabetes Living With, Living Well Wellness Pack'
- 15 Healthcare Essentials

A website providing advice, support and local information to those with diabetes, including

- **Locally developed physical activity programmes**
- **Structured education available to you**
- **Understanding the 15 healthcare essentials to receive as part of your diabetes care**

www.swindondiabetes.co.uk