

Your Health Your Neighbourhood

This monthly newsletter aims to focus on the health needs of our local population. It provides information on schemes available in your area to promote self care and better health for the future. For advertising requests or enquiries, please email: rbcca.winvateshc@nhs.net

DIABETES UK KNOW DIABETES. FIGHT DIABETES.

Diabetes Prevention Week 1st - 7th April 2019

www.diabetes.org.uk

Around 200,000 people are diagnosed with **Type 2 diabetes** every year, but there are things you can do to reduce your risk.

Making small changes to your lifestyle now can make a big impact on your future health. This means you can reduce your risk of developing Type 2 diabetes and the risk of serious complications that can come with it.

This April, the NHS Diabetes Prevention Programme (NHS DPP) is holding a Diabetes Prevention Week. Diabetes UK have teamed up with them to raise awareness of their *Healthier You* programme. This is a free service run by the NHS to help reduce the risk of developing Type 2 diabetes.

You are eligible for this free service if you are 18+, with high glucose levels, and are able to take part in light to moderate physical activity.

If you have been told you are at risk of diabetes and meet the criteria, you can access your local Healthier You: NHS Diabetes Prevention Programme service by getting a referral from your GP or Practice Nurse.

For more information visit www.preventing-diabetes.co.uk



Use the free online tool to find out your risk of developing Type 2 diabetes. It only takes 3 minutes! Visit:

www.riskscore.diabetes.org.uk

Did you know you can get a free NHS health check to check your risk of Type 2 diabetes, cardiovascular disease and other conditions (available for those aged 40 to 74). Contact your GP Surgery to book a Health Check appointment.

Christ Church Lunch Club

A warm welcome to our friendly group for over 55's every Thursday.

Enjoy a two course home-cooked meal with tea or coffee for £4.50 a week.

Also activities, board games and regular day trips.

Dial-a-ride available.

For more information, call Geraldine on 01527 528601 or 07790047573. Alternatively call the church office on 01527 460400.

What is yoga?

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

What are the health benefits of yoga?

Most studies suggest yoga is a safe and effective way to increase physical activity, especially strength, flexibility and balance.

There's some evidence that regular yoga practice is beneficial for people with high blood pressure, heart disease, aches and pains, depression and stress.

Community Yoga Class
Oakenshaw Community Centre
Thursdays at 12.30pm

Did you know that as well as calling your GP Surgery you can also:

1



Call 111 for free advice 24/7 or to be referred to out of hours

2



Speak to your local pharmacist regarding minor ailments and self care

3



Visit the NHS choices website for health information and services