

Control IT Plus

Information on your
Control IT Plus Sessions



Control IT

Eat IT





Control It Plus is a lifestyle programme which aims to give you a better understanding of Type 2 Diabetes and how to self-manage your condition. Remember that you play the most important role in self managing your diabetes!



What to Expect

The Control it Plus programme is delivered across two online group sessions by our team of Diabetes Nurses, Dietitians and Podiatrists.

The programme is made up of six sections:

- Know IT Plus
- Eat IT
- Move IT
- Toe It
- Plan IT
- Live It



Turn the page to find out what you can expect to learn about and discuss in each section.

Session 1

Know IT Plus

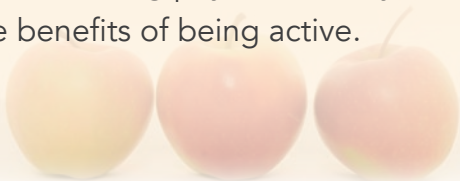
- Types of Diabetes and how common diabetes is.
- The importance of controlling your blood glucose, blood pressure and cholesterol and how to do this.
- What checks to expect to monitor your Diabetes.

Eat IT

- What is remission.
- Portion guidance for weight loss.
- Myths and facts.
- How to increase physical activity and what is out there to plan changes.

Move IT

- Understanding physical activity.
- The benefits of being active.



Session 2

Eat IT

- Eatwell guide.
- Food labelling.
- What's out there to plan changes.

Toe

- How diabetes can affect your feet.
- How to monitor and manage your feet to prevent complications.
- When and how to self refer to podiatry.

Plan IT

- Creating an action plan.
- Goal setting.

Live IT

- Other services and information to support you.





Control It Plus is an interactive programme and is your chance to get all the information you need to help you self-manage your condition. This is your session so we want to make sure you get the most out of it. Please feel free to ask any questions you have throughout the sessions. If you prefer, you can also just listen to others.



Need help getting online?

If you are unsure about, or unable to join online sessions, please get in touch with our Hub using the details on the back of this leaflet. We have people in your area who can provide additional support to help you get online and join the programme.

Feedback from Control It Plus Participants

“ I thought that the sessions were excellent and I really liked being able to participate.”

“ I enjoyed the session and the ladies were so nice that it made me feel so comfortable to ask questions as I am a shy person.”

“ I found the sessions very relaxed and the medical team took time to explain various topics related to diabetes.”

“ I particularly liked the use of the videos, which were easy to understand.”

“ It was also good to interact with other patients to share some of their experiences.”

Get In Touch



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