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- Our new Health Inequalities training
- Type 2 Diabetes Prevention Programme
- A spotlight on Expert Citizens CIC

Health Inequalities Training

We keep hearing the phrase “health inequalities”, but what does it actually mean? We have partnered with Mike Oliver to deliver a workshop especially for Community Health Champions on understanding health inequalities. Interested in attending? Chat to your Community Health Champion!



Type 2 Diabetes Prevention Programme

Type 2 Diabetes is becoming more common. But health choices can be made to prevent it. The Diabetes Prevention Programme is a nine-month support service that will help people at risk of Type 2 Diabetes to learn about how they can eat healthier, exercise more, and manage their weight. At risk of Type 2 Diabetes? Call 0800 092 1191.



Spotlight on Expert Citizens



"Expert Citizens are a community interest company built by and for people with lived experience. They exist because we care about people and the world we live in. Their belief is that we can make a difference and that everyone has potential. Find out more at their regular coffee morning, every Friday 10am – 12pm. This is a safe warm space where people can come to meet like minded people and relax.



We have lots more information available. If you're looking for local health information or support, chat with your local champion.

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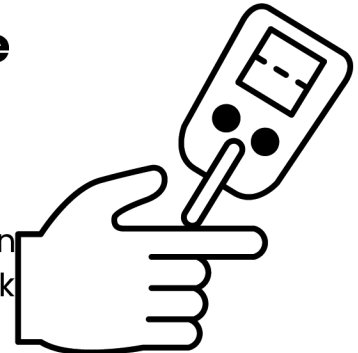
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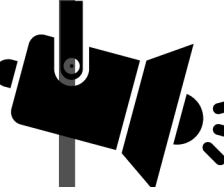


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