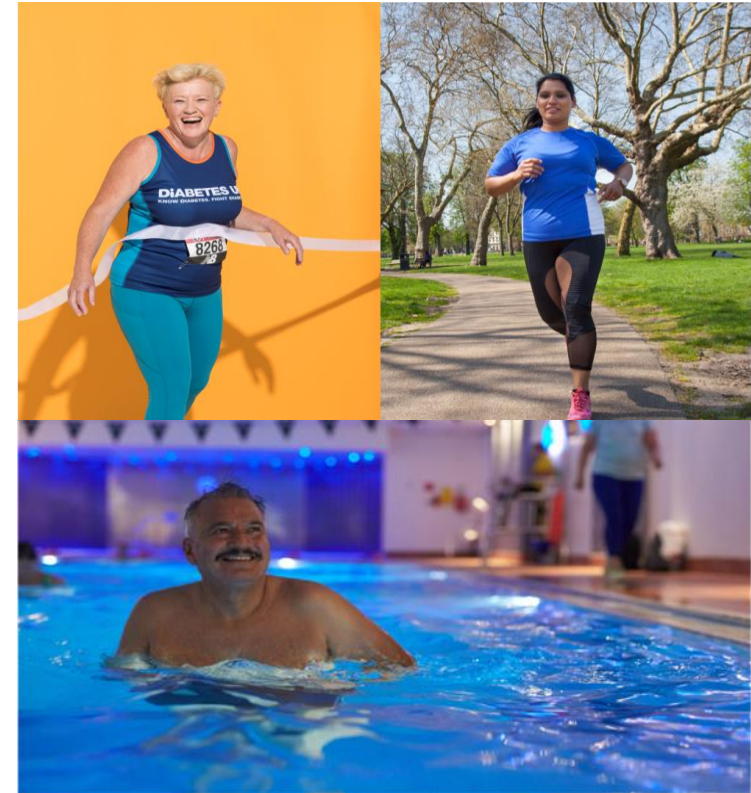




Get Moving

- a programme of services and support for people living with diabetes who want to move more

Funded by Sport England



Three ways to get moving when you have diabetes:

If you're living with diabetes and looking for new ways to move more in your day-to-day life, you can:

1. Call Diabetes UK's Physical Activity Helpline (0345 123 2399) for practical and supportive advice that's specific to you.
2. Join 10 weeks of free online physical activity classes run by Diabetes UK's Physical Activity Coordinators.
3. Visit diabetes.org.uk/get-moving to get inspired and download your free guide to help you plan your physical activity.

Physical Activity Helpline

Diabetes UK's Physical Activity Helpline offers practical advice and support to help you move more in your day-to-day life.

If you're doing less than 30 minutes of exercise a week we may be able to offer you ongoing support over a few months.

Call 0345 123 2399 to arrange a chat with one of our Physical Activity Helpline Advisors.

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.



Get Moving *Online*

- Free, 10 week online physical activity courses for people living with diabetes who are doing less than 30 minutes of exercise a week
- Try a different, gentle physical activity each week, such as gentle yoga, Tai Chi and moving to music
- Chair-based options
- Diabetes discussion topics and Q&As with guest speakers
- Warm and welcoming group coordinators from Diabetes UK
- Call 0345 123 2399 to register your interest

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.



Free physical activity classes online
for people living with diabetes

- Try a different gentle activity each week
- Small online groups
- Diabetes information and support
- A chance to chat to other people living with diabetes

If you are:

- Over 18
- Living with diabetes
- Able to take part in gentle physical activity
- Committed to moving more
- Doing less than 30 minutes of physical activity a week, for example walking

**Every movement matters
and we're here to help
you every step of the way.**

Please get in touch to register your interest,
and the group co-ordinator will give you
a call.

To find out more:
Call: Diabetes UK Helpline on 0345 123 2399
Monday to Friday, 9am – 6pm
Email: helpline@diabetes.org.uk



10 weeks of classes

The following courses are starting in May. Each class is an hour long and will run at the same time for 10 weeks.

- Monday at 10am, starting on 17th May
- Monday at 7pm, starting on 17th May
- Tuesday at 2.30pm, starting on 18th May
- Wednesday at 4pm, starting on 19th May
- Thursday at 6pm, starting on 20th May
- Saturday at 9.30am, starting on 21st May



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Get Moving *in the Community*

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- Saima, Steve and Celene are Diabetes UK's Group Coordinators, based in the Midlands
- 'Get Moving' 10 weeks courses are being run throughout 2021 and early 2022 in:

Walsall
Wolverhampton
Sandwell

Leicester
Derby
Coventry

- Some courses will be delivered in Urdu & Punjabi
- Call 0345 123 2399 to register your interest



	AM	PM	Evening
Monday	10.30am Zoom - Ladies only		7pm Zoom
Tuesday	9.30am – Broad Street Meeting Hall, Foleshill, Coventry	2.30pm - Chair-based class Zoom TBC Wolverhampton	
Wednesday	9.30am - Greet's Green, West Bromwich - (Closed Group 9.30am - Ladies only- Indian Community Centre, Derby 11.30am - Indian Community Centre, Derby	4pm Zoom – Ladies only	
Thursday	9.30am - The Grove Community Hub in Braunstone, Leicester 11.30am - The Grove Community Hub in Braunstone, Leicester	2.30pm Portway Lifestyle Centre, Sandwell	6pm Zoom
Friday	11am - Ladies only - Aaina Community Hub, Walsall – (Closed Group)		
Saturday	9.30am Zoom		
Sunday			

Get Inspired to Move More

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

- Download Your Guide to Moving More
- Lots of information about diabetes and exercise
- Exercise videos and tips
- Stories from people living with diabetes
- New resources being added all the time

Visit www.diabetes.org.uk/get-moving



“Before being diagnosed I was a bit of a couch potato but since then, I’ve completed the NHS couch to 5k, which I really enjoyed. It helped a lot with my mental health as well, which was an unexpected but nice bonus.”

Sean



FAQs for Get Moving 10 week courses

I have [health-condition], can I still take part?

The group coordinator will go through some questions with you about your suitability to join the classes. They may ask you to speak to a healthcare professional before accepting you onto the course.

I have problems with my knees/back/arms, can I still take part?

The group coordinator will speak to you about any existing health conditions to assess your suitability to take part. All activities will have varying levels, e.g. options to do them sitting down.

Is there a waiting list?

Yes, there will be/is a waiting list and we will be running classes throughout the year so if you don't get on this course we will contact you about a future course.

What will we do in the classes?

You will try a different gentle exercise each week. Your group coordinator will tell you more but the 10 week programme we may include basic stretching, gentle yoga, cycling (bikes provided), gentle martial arts, and bhangra dancing.

Each week we will also discuss a different diabetes related topic, like diabetes and food, how to look after your feet etc.

What happens after the 10 weeks?

We hope you will have found an activity you enjoy that you can do from home or join in a local group. We will support you with your efforts to stay active.

Do I have to come each week?

You are signing up to a 10 week course, but we realise sometimes you will be unwell or not able to make it, we just ask that you let the group coordinator know.

Do I need to wear gym clothes?

No – loose, comfortable clothes

What COVID precautions will be in place for the courses in the community?

Your group coordinator will tell you the specific arrangements for your course but we are doing all we can to make these sessions as safe as we can, and so any equipment will be sanitised pre- and post- use, hand sanitiser will be available and masks worn. However we will consider going online if that's the group's preference.

To contact the Physical Activity Helpline or to register an interested in our 'Get Moving' 10 week courses please call our Helpline on **0345 123 2399**

To view our resources and information please visit
www.diabetes.org.uk/get-moving

If you would like further information on any of our services, please email **livewellmovemore@diabetes.org.uk**