

Sign up now:

To find out more contact the team on
bor.diabetesprevention@borders.scot.nhs.uk
or 01896 827236

Learn in your own time

You can complete the programme at your own pace using a free online platform that works like an app on any smart device. You can access information, videos and interactive goal trackers. You can ask questions of experts and share your experiences in a safe forum.



Find out more about the course & local support at
www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/general-services/borders-adult-weight-management-team/

“ I thoroughly enjoyed the sessions which I found to be very supportive.

“ Relieved my worries having had gestational diabetes. They were brilliant – in terms of their knowledge and being supportive and positive.

Icons 'Plan' by Dima Lagunov, 'Meal' by Zaman Khan and 'Exercise' by Koson Rattanaphan from Noun Project.



Let's Prevent Diabetes



Let's Prevent Diabetes can help you reduce your risk of Type 2 Diabetes.

If you are an adult at risk of developing type 2 diabetes or you have pre-diabetes we can help.

Join a group where our friendly NHS staff trained in type 2 diabetes prevention will share practical, tried and tested advice.

Small groups

Groups have no more than 10 people, giving you the chance to get to know other people in the same situation.

Need help?

You can bring a friend. Courses will be in accessible venues but if you need help to attend let us know.

We can organise an interpreter to attend if English is not your preferred language. Courses may be run in your preferred language – please check with the team.

When & Where?

You can meet online or learn in your own time via an app.

The courses run regularly in 2hr or 3hr sessions. The complete course is 6 hours in total.

What does the course cover?



Easy to understand science

Learn about the science behind glucose, insulin, blood sugar and your health.



Ways to get active

Set personal goals and find ways to include physical activity into your daily routine.



Food choices

Learn the basics to help your personal food choices.



Time for you

Time to get to know your group, reflect on the course and ask questions.



Plan for the future

Develop a personal plan with clear goals and solutions to overcome common barriers.