GIG CYMRU NHS WALES | Partneriaeth Cydwasanaethau Shared Services Partnership

Ein cyf / Our ref:

Private & Confidential

By Email Only:

E-bost/Email:
AllWales.Alerts@wales.nhs.uk

Dyddiad / Date: 2nd November 2026

Please share with Patients: Information Regarding Online Peer Support Session

NWSSP Cascade:
All Wales GP Practice Managers
All Wales Sessional GPs
All Wales GP OOHs
All Wales Medical Committees
All Wales HB Primary Care Managers

All Wales Heads of Primary Care & Primary Care Leads/Managers

Dear colleagues,

The Tackling Diabetes Programme team are contacting you to inform you off a one-off opportunity coming up for patients living with type 2 diabetes. On November 24th we are running an online peer support session.

It will include a session from a NHS diabetes psychologist to help people to consider how best to self-manage, as well as a talk from a Education Programme for Patients (EPP) tutor and opportunities to share tips and advice in facilitated break out rooms.

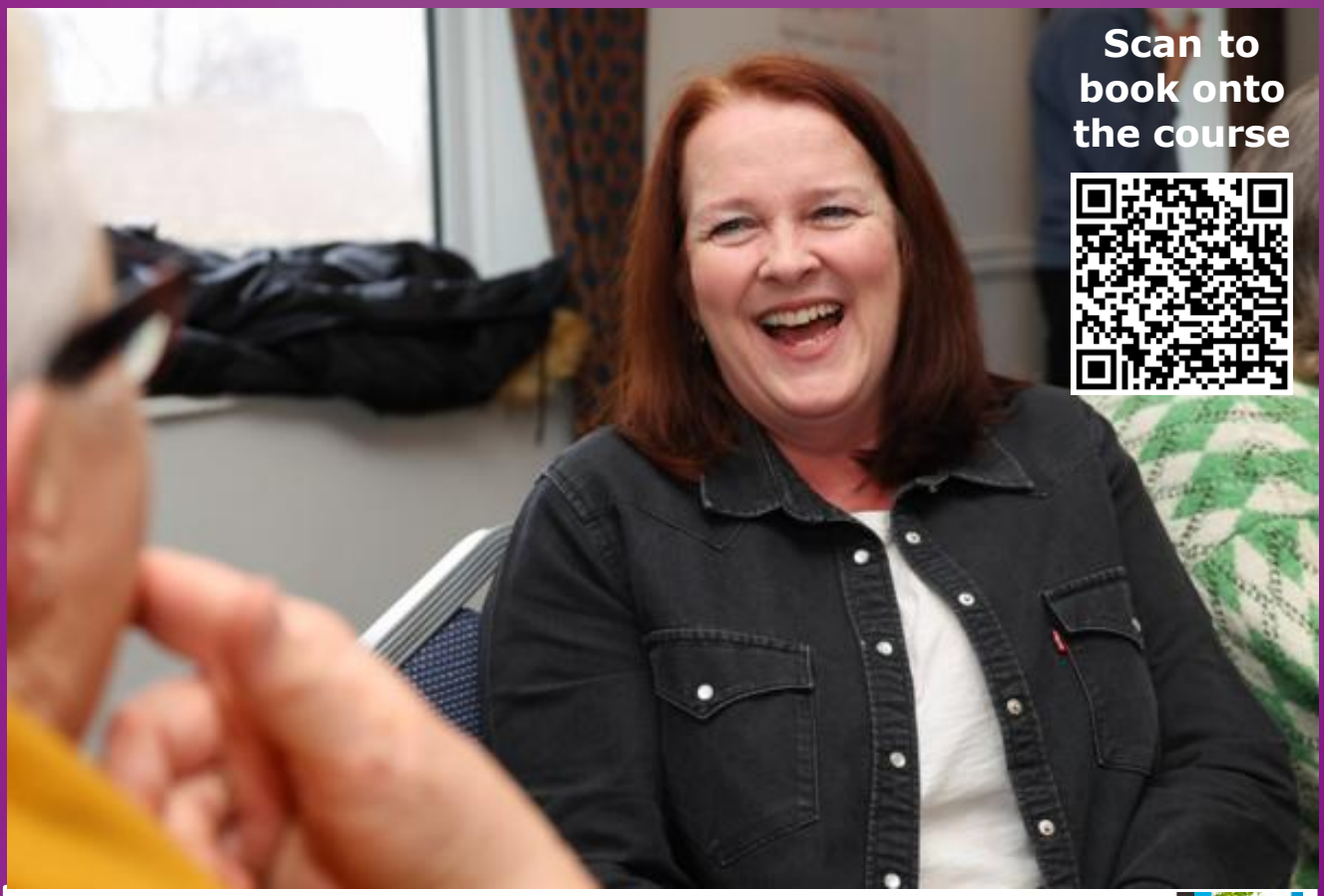
Spaces will be limited for this Wales-wide initiative. We encourage you to either share either the JPEG or PDF docs attached with patients, along with the booking link: Diabetes Peer Support
https://forms.cloud.microsoft/pages/responsepage.aspx?id=uChWuyjjgkCoVkM8ntyProTXhJdool9IvJyP1dHHDmpUMEpFOUI4QURDNkEzTzBQTVdFOVVaUTNUMC4u&origin=QRCode&qrcodeorigin=presentation&route=shorturl

Kind Regards,
The Tackling Diabetes Programme Team

Diabetes Peer Support

Are you prediabetic or living with type 2 diabetes? Join this friendly and practical peer support session. Topics include:

- ✓ **The latest patient support pack**
- ✓ **Nutrition and exercise from a qualified Diabetes specialist**
- ✓ **Helping you live well with Diabetes**
- ✓ **Hear a personal success story from someone living with Diabetes**



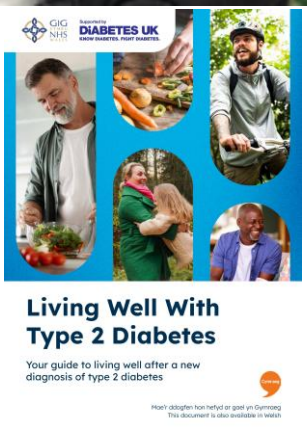
Scan to book onto the course

When:
Tuesday the 24th of November 2026

Time:
10am – 1pm

Taking place Online

To enquire or book a place:
Scan the QR code or email:
eppcymru@wales.nhs.uk



Please reserve your place at the earliest opportunity, as spaces are expected to fill quickly.

eppcymru

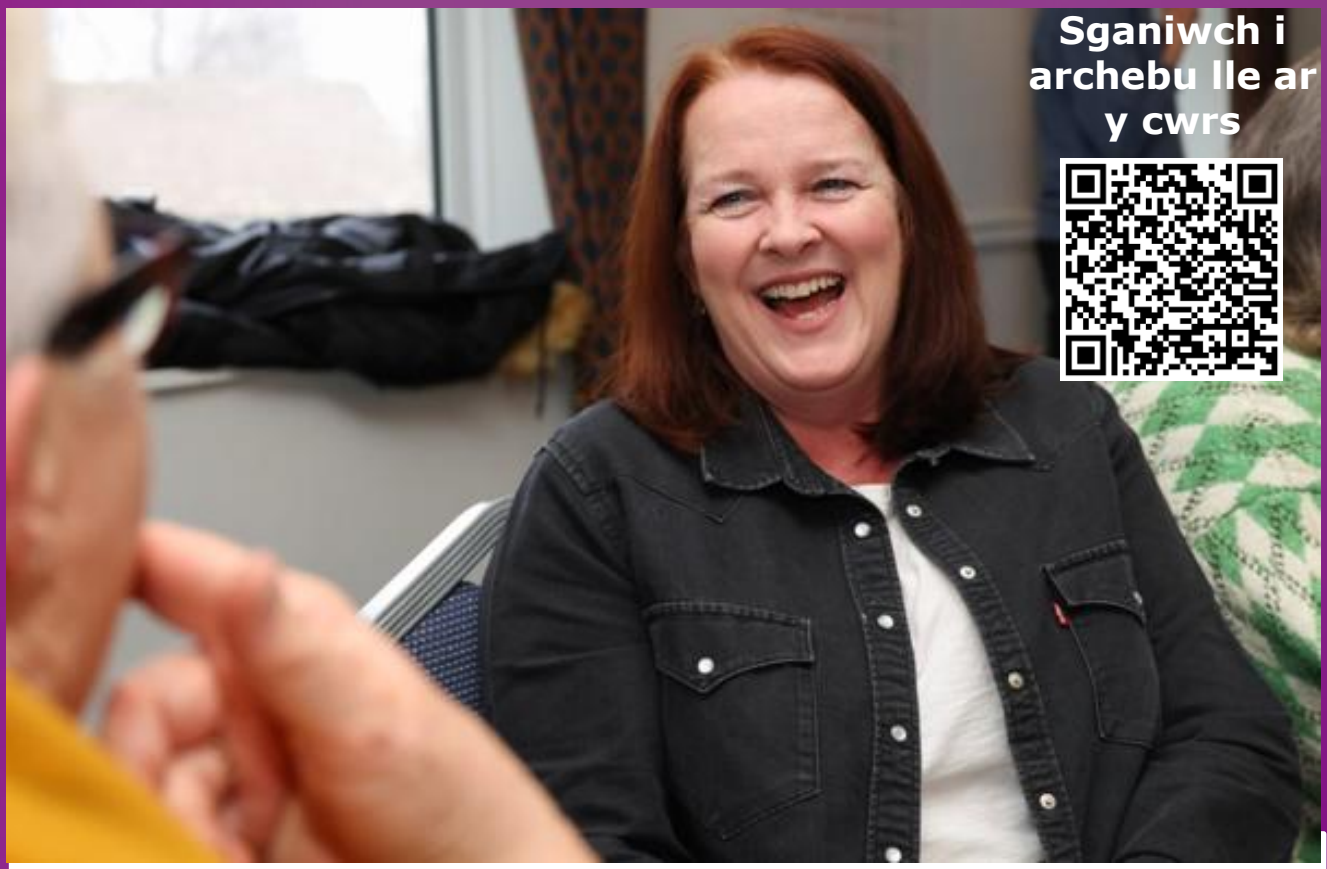
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Iechyd Cyhoeddus Cymru
Public Health Wales

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Perfformiad a Gwella
Performance and Improvement

Cymorth Cymheiriaid Diabetes

Ydych chi'n cynddiabetig neu'n byw gyda diabetes math 2? Ymunwch â'r sesiwn cymorth cymheiriaid cyfeillgar ac ymarferol hon. Mae'r pynciau'n cynnwys:

- ✓ **Y pecyn cymorth cleifion diweddaraf**
- ✓ **Maeth ac ymarfer corff gan arbenigwr Diabetes cymwysedig**
- ✓ **Eich helpu i fyw'n dda gyda Diabetes**
- ✓ **Clywed stori lwyddiant bersonol gan rywun sy'n byw gyda Diabetes**

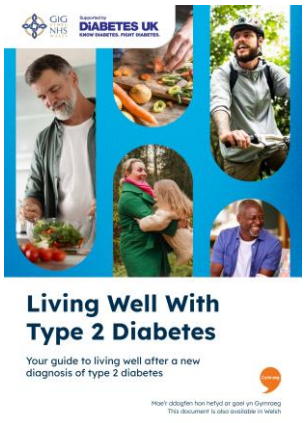


Pryd:
Dydd Mawrth y 24ain o Tachwedd 2026

Amser:
10yb – 1yp

Yn cymryd rhan Ar-lein

I holi neu archebu lle:
Sganiwch y cod QR neu anfon ebost i:
eppcymru@wales.nhs.uk



Cadwch eich lle mor fuan â phosibl, gan y disgwylir i leoedd gael eu cymryd yn gyflym.

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Performance and Improvement

Do you live with type 2 diabetes or pre-diabetes?

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Come along to a one-off event online where you can:

- Get the latest information and advice from NHS professionals, including tips from a diabetes psychologist
- Meet other people with similar experiences and learn from each other



eppcymru

Online via Microsoft Teams

Tues 24th November 2026

10am-1pm

Ydych chi'n byw gyda diabetes math 2?

Dewch draw at ddigwyddiad unigryw ar-lein lle gallwch:

- Cael y wybodaeth ddiweddaraf a chyngor gan weithwyr proffesiynol y GIG, gan gynnwys awgrymiadau gan seicolegydd diabetes
- Cyfarfod â phobl eraill gyda phrofiadau tebyg a dysgu oddi wrth eich gilydd



Ar lein (Microsoft Teams) 24.11.26

10am-1pm