

Solent Wellbeing: Type 2 Diabetes Exercise Project

Patient Information Sheet

- The purpose of this **pilot scheme** is to improve the health and wellbeing of individuals living with Type 2 Diabetes, who will benefit from exercise, applied knowledge and support from structured and holistic intervention to encourage long-term lifestyle change.
- To be **eligible**, you must have a diagnosis of Type 2 Diabetes and are registered with a GP in Southampton or Southwest Hampshire.
- The **pilot will recruit 80 participants** in total.
- This **pilot is a research project** run by Solent University. Results of fitness testing and screening will be collated. Consent to publish results in a peer reviewed journal, will be obtained from the participants. All results will be anonymous.
- The Pilot is supported by Southampton and Southwest Hampshire Place—part of Hampshire, Southampton and IoW CCG.

What can patients expect from the scheme?

- Detailed pre-and post-exercise assessment consultations and fitness testing/screening.
- A full induction where participants will be shown how to use equipment and exercise effectively.
- An 8-week, 1-2-1 exercise programme with qualified Level 3 Personal Trainer and Level 3 Exercise Referral staff.
- Motivational and behaviour change approaches for improving diabetes management.
- Ongoing, professional support throughout the 8-week scheme with follow-up support post-intervention.
- A supportive and sociable environment in which to share information and experiences with people with similar conditions.

What are the benefits to taking part?

Patients will benefit from the project in several ways:

- Patients may expect to lose weight and learn how to maintain a healthy weight through exercise.
- Blood pressure may reduce as well as blood glucose levels.
- Mood, confidence and physical activity levels may increase.
- Quality of life may increase.
- Stress levels may decrease.

How do I take part?

The scheme is **free** via **self-referral**. You can start sessions from week beginning 26th July 2021.
Sessions will run for 8 weeks, depending on your start date.

Sessions will be based within the Solent Sports Complex at Solent University:
Solent Sports Complex, Solent University, East Park Terrace, SO14 0YN.

To take part, please contact Amy Woodford who will check your eligibility and book you in for an initial consultation.

Tel: 023 8201 3671 – Please call between 9am and 5pm- Mon-Fri or

Email: amy.woodford@solent.ac.uk