

## Locally available resources

The following services are locally available in the respective places to support people who have been diagnosed with type 2 diabetes. Available services may differ from Place-to-Place, however, they broadly cover areas such as support with remission, diabetes self-management, health coaching and physical activity, mental health and stopping smoking.

### Calderdale

- **Weight loss:** [Lose weight eat well | Calderdale Council](#)
- **Healthy Eating/Weight Management/ Physical Activity - Better Living Service:**
- [www.calderdale.gov.uk/betterliving](http://www.calderdale.gov.uk/betterliving)
- **Mental Wellbeing - Andy's Man Club:** [www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)
- **Mental Wellbeing – VitaMinds:** [www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/calderdale](http://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/calderdale)
- **Mental Wellbeing - Healthy Minds:** [www.healthymindscalderdale.co.uk](http://www.healthymindscalderdale.co.uk)
- **Stop Smoking - Yorkshire Smokefree Calderdale:**  
<http://calderdale.yorkshiresmokefree.nhs.uk/>
- **Drugs & Alcohol - Recovery Steps:**  
[www.calderdaleinrecovery.com/services/recoverysteps](http://www.calderdaleinrecovery.com/services/recoverysteps)
- **Social Wellbeing - Staying Well:** <http://stayingwellhub.com/>

### Kirklees

- **Kirklees Wellness Service:** The service aim is for people living healthier, happier lives and feeling more able to look after themselves. We support adults 18 years+ on a one-to-one basis to develop personally tailored health and wellbeing goals. Wellness Coaches work with people using motivational interviewing and health coaching techniques to refine goals and plan change. Access to smoking cessation also available via the wellness service.  
<https://kirkleeswellnessservice.co.uk/>
- **Kirklees Community Directory:** On online service directory where you can search by subject matter and services local to you.
- <https://communitydirectory.kirklees.gov.uk/communityDirectory/localOrganisations.aspx>

### Wakefield

- **Live Well Wakefield:** The General Self-Management Programme is a peer led programme supporting local residents aged 18+ to help them manage the impact of any long-term health condition. The programme runs as mixed groups with others living with a variety of conditions but all sharing similar issues/difficulties (fear about the future, anger, frustration etc). [Live Well Wakefield](#)

- **Turning Point:** A leading social enterprise, designing and delivering health and social care services in the fields of substance use, mental health, learning disability, autism, acquired brain injury, sexual health, homelessness, healthy lifestyles, and employment. <https://www.turning-point.co.uk/>
- **Turning Point Talking Therapies:** Turning Point provides free Talking Therapies to support people to develop the skills and personal resources needed to navigate challenges. Qualified therapists talk with you about what you are facing and what coping strategies could be useful in managing stress and negative thoughts or building resilience. <https://talking.turning-point.co.uk/>
- **Stop Smoking:** <https://wakefield.yorkshiresmokefree.nhs.uk/>
- **Sport and Leisure:** <https://www.wakefield.gov.uk/sport-and-leisure/>