



# Community Engagement Forum Flyer

## Eastern Community Engagement Forum

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Venue:	Hemingbrough Methodist Church, Main Street, Hemingbrough, YO8 6QE
Date:	Thursday, 27 September 2018
Time:	6.30 pm

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The flyer for the forum is attached below.

For enquires relating to this forum, please contact Dawn Drury on 01757 292065  
[ddrury@selby.gov.uk](mailto:ddrury@selby.gov.uk).

You are warmly invited to the Eastern CEF Public Forum

# Body Talk



Eastern Area  
Community Engagement Forum

This event will include presentations and practical advice about new services to address and prevent diabetes, as well as health support available.



## Speakers

**Alison Wimbles:** Selby District Parish Nurses

**Scott Walker:** Diabetes Project Officer, Humber, Coast & Vale Health & Care Partnership

The Parish Nurses will be available to carry out blood pressure checks.

Also the opportunity to speak to your Councillors, staff from Selby District Council, North Yorkshire Highways, North Yorkshire Police, and other Community and Voluntary Organisations

**Hemingbrough Methodist Church,**  
**Main Street, Hemingbrough, YO8 6QE**  
**Thursday 27<sup>th</sup> September 2018 from 6.30pm**

**Free Food and Refreshments**

Please contact the Democratic Services team for further information on **01757 705101** or **DemocraticServices@selby.gov.uk**

To find out more about the work that we do and the community funding that is available please visit

**[www.selby.gov.uk/cefs](http://www.selby.gov.uk/cefs)**

# Reduce your risk of Type 2 diabetes.



## *“Healthier You — NHS Diabetes Prevention Programme”*

can help you put your health back in your hands by supporting you to make changes to your diet, weight and the amount of physical activity that you do.

Taking this kind of action now is very important as it can reduce your risk of, or even stop you, developing the very serious health condition of Type 2 diabetes.



**STAGE 1**  
Initial Assessment



**STAGE 2**  
Nutrition and physical activity sessions



**STAGE 3**  
Build on sustaining lifestyle changes



**STAGE 4**  
Six and nine month one-to-one review

To find out more about this exciting, free, healthy lifestyle programme please come along to meet with Scott Walker — Diabetes Project Officer (Humber, Coast & Vale Health & Care Partnership) & Jan Gould Martin (ICS Health & Wellbeing)

**HEALTHIER YOU**  
NHS DIABETES PREVENTION PROGRAMME

