**Tips for getting the most out of your Let’s Prevent Diabetes Group**

**Ahead of Attending any of the educator led sessions** there is some important information that we need you to understand to help you get the most out of the programme:

* **You need to attend the full 6 hours of education as arranged.** You need to do this to get all of the information to know how to make suitable changes which apply to you. Please aim to arrive early for your appointment as the sessions will start on time.
* Reading the **'Preparing for Let’s Prevent Diabetes'** leaflet which will be posted to your home address prior to your session beginning, is important as we ask you to complete a couple of tasks within it such as thinking about ***any questions you wish to ask us?*** This means we are not putting you on the spot on the day.
* If you are joining us in person, please remember:
* **Lunch is not provided,** andwe recommend you bringing refreshments and a packed lunch for personal use to our one-day sessions.  (Please don’t bring any nuts in case others have allergies to them)
* **Please Bring a face mask with you so you can follow current guidance for Covid-19**. Respecting any guidance in place at the venue you will be attending. Please be mindful of any physical distancing measures and utilise the hand gel available.

If you are joining us within any virtual groups, please remember:

* We use the free NHS approved platform [‘Near Me’](https://youtu.be/7w2SspHUHWg). **You will need a quiet and confidential room to take part** (please think of these as appointments you have booked).
* Make sure you have read and followed all information on the Near Me website which will help you understand [what you need](https://www.nearme.scot/what-do-i-need-to-use-near-me)? And [How to make a Call](https://www.nearme.scot/what-do-i-need-to-use-near-me)? You can [make a test Call](https://www.nearme.scot/make-a-test-call) now ahead of time to ensure everything is working correctly with your device and you are able to access the online platform, on the day your waiting room address will be detailed within your appointment letter.
* We recommend logging in 15 minutes early to session 1, to overcome any IT issues before the session is due to begin.