

Sign up now:

To find your nearest course contact the team on MEHIS@nhslothian.scot.nhs.uk or 0131 536 9544

Prevent Cardiovascular Disease and Type 2 Diabetes



“ I thoroughly enjoyed the sessions which I found to be very supportive.



“ Relieved my worries having had gestational diabetes. They were brilliant - in terms of their knowledge and being supportive and positive.



Some Ethnic minority groups are at higher risk of Type 2 Diabetes and Cardiovascular Disease.

If you are an ethnic minority adult at risk of developing Type 2 Diabetes, Cardiovascular Disease or you have pre-diabetes we can help

Join a group where our friendly, trained, bilingual NHS staff will share practical, tried and tested advice.

MEHIS@Nhslothian.scot.nhs.uk
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Small groups

Groups have no more than 10 people, giving you the chance to get to know other people like you in the same situation.

You can bring a Friend, Family member or your Carer.

Courses will be in accessible venues but if you need help to attend let us know.

When & Where?

You can meet online or face to face

The courses run regularly from 2hr to full day sessions. The complete course is 6 hours in total.

What does the course cover?



Easy to understand science

Learn about the science behind glucose, insulin, blood sugar, blood cholesterol, your heart and blood vessels



Ways to get active

Set personal goals and find ways to include physical activity into your daily routine



Food choices

Learn the basics to help you make healthy food choices in your traditional and cultural diet



Time for you

Time to get to know your group, and reflect on the course and ask questions



Plan for the future

Develop a personal plan with clear goals and solutions to overcome common barriers and reduce your risk