

Ken Tait BA (Hons) MNRHP MNSTT
Psychotherapist-Hypnotherapist
Diabetes Advocate

Type 2 Diabetes & Me









Living with Type 2 Diabetes



Describe your diabetes in 3 Words

By Mysugr

- **▶**Isolated
- Struggling
- ► Fearful



Isolated

Struggling



Fearful





What would I like to see in the future?

- Obviously a cure
- Peer support groups
- Removing the stigma by
 - ► Media
 - ► HCP's
 - ► And other People with diabetes
- Not having a two tier system of care where some PwD's get tech and others don't

Life is for living

Prof Johnny McKnight

► Help us to manage our diabetes and not the diabetes managing us.

► Working together HCP's and PwD