

Media Release

For immediate release

Sign up for new diabetes support group in Thurrock

Following on from a successful 'Living with Diabetes Day' last month where over 50 people with Type 2 diabetes benefited from advice and support -- Thurrock Clinical Commissioning Group identified the need for a local support group for people with diabetes.

Diabetes is a serious, lifelong condition which can be treated with diet, exercise, medication and/or insulin. Evidence shows that participation in self-help groups reduces use of health services, improves treatment adherence, increases positive health behaviours and enhances a sense of wellbeing. (1).

Kehinde Adeniji, Senior Commissioning Manager for NHS Thurrock CCG said:

“We are working with a local support group to set up a dedicated group for people in Thurrock. We know from the recent Diabetes Day and Living Well in Thurrock event, that residents are keen to meet up with like-minded people who are living with the condition. This group will be informal but will be supported by the CCG and Diabetes UK.

“There are around 7,500 people diagnosed with Type 2 diabetes and 840 with Type 1 diabetes in Thurrock and we know that being diagnosed with the condition can have a life-changing effect on people. Being able to share common problems and get ideas on how to manage the condition, best practice in care and social events can really help a person to live well with their diabetes.”

The group is expected to start in September. Anyone with diabetes is welcome to sign up. Interested people could contact Thurrock CCG on thurrock.ccg@nhs.net or call 01375 365810 and ask for details.

1. See Lorig, k. 2002, Pisani V.D. 1993, Humpheys, K. & Moos, R.H. 1996

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For further media information please contact louise.banks3@nhs.net or call 01375 810365

Notes to Editor:

About Thurrock Clinical Commissioning Group

Thurrock Clinical Commissioning Group (CCG) is responsible for the commissioning and delivery of local health care services. The CCG buys healthcare from hospitals, community and mental health services and some specialist services (service contracts with GPs, dentists, pharmacists and opticians are managed by [NHS England](#)).

Driven by clinicians, the CCG is supported by a wide range of professionals and strategic partners, to commission and deliver joined up seamless quality services to the public, patients and carers of Thurrock. Our vision is that the health and care experience for the people of Thurrock will be improved as a result of our working together. Further information about Thurrock Clinical Commissioning Group is available from www.thurrockccg.nhs.uk