

Dear Group Leader,

We are pleased to share the **Simple Steps Toolkit**, a set of materials designed to support you deliver training to group members on how to maintain healthy feet when living with diabetes.

As you may know, seemingly minor foot conditions can worsen in people with diabetes and, if left untreated, can lead to more serious complications, such as ulceration and even amputation.

The **Simple Steps Toolkit** is being rolled out nationwide, to support people with diabetes look after their feet and help prevent complications arising.

## What is Simple Steps?

Simple Steps is a campaign between Diabetes UK and Flexitol that helps people with diabetes look after their foot health. You can find more information and resources from the Simple Steps campaign at [www.flexitol.co.uk/simple-steps](http://www.flexitol.co.uk/simple-steps) or by contacting [enquiries@flexitol.co.uk](mailto:enquiries@flexitol.co.uk)

## What is the Simple Steps Toolkit?

The toolkit includes:

### Three training aids

Each training aid offers a range of information that you can present to your group, as well as some tips for you on how to deliver the training most effectively.

There are three training aids that cover:

1. Why and how people with diabetes should look after their feet, including a simple three-step daily routine
2. How often people with diabetes should visit a healthcare professional to have their feet checked
3. What foot conditions to look out for and what actions can be taken

### Information leaflet

There is also a Simple Steps leaflet available which you can share by email with your members which they can download or print off. The leaflet includes information on why people with diabetes need to look after their foot health, the daily routine they should follow and what conditions to look out for. The leaflet is also available in Polish, Urdu and Arabic. Visit [www.flexitol.co.uk/simple-steps](http://www.flexitol.co.uk/simple-steps) to view and download.

Best wishes,

**Diabetes UK & Flexitol**

You and your group members can also reach Diabetes UK via a telephone helpline and by email using the details below:

Call: **0345 123 2399**, Monday to Friday, 9am to 6pm.

Email: [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)

If you're in Scotland:

Call: **0141 212 8710**, Monday to Friday, 9am to 6pm.

Email: [helpline.scotland@diabetes.org.uk](mailto:helpline.scotland@diabetes.org.uk)

You can also find more information on looking after your feet here:

[www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet](http://www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet)