

Diabetes Essentials

Group education sessions for people with Type 2 diabetes

The Diabetes Essentials package provides a variety of half day specially designed patient education sessions to provide encouragement, support and information to help manage your condition.

Why should I attend this session?

- It will give you the time to learn the essentials of diabetes management from a healthcare professional
- The information will be delivered in a simple and easy to understand manner
- You will have the opportunity to have all your questions answered
- You will meet other people with the same condition and learn from their experiences

When and where are the sessions held?

Sessions are held at various dates throughout the year, groups are held on mornings, afternoons and evenings. There are a number of venues within Runcorn, Widnes and the surrounding locality.

Including:

- Kingsway Learning Centre, Victoria Road, Widnes, WA8 7QY
- Castlefields Health Centre, Village Square, Runcorn, WA7 2JF
- Hough Green Health Park, 47-57 Hough Green Road, Widnes, WA8 4NJ

What is available?

- Diabetes Essentials: Type 2
- Diabetes Essentials: Foot Care
- Diabetes Essentials: Lifestyle and You
- Diabetes Essentials: Foundations

See back of leaflet for more information on the sessions.

Is there a cost?

The session is a free NHS service. Some venues may have a parking fee.

Can I bring anyone with me?

Feel free to bring one other person with you.

To book a session which is convenient to you please contact:

Therapy Services
Telephone: 01244 365234

Email:
Diabetes.essentials@nhs.net



Check us out on Facebook:
Diabetes Essentials - Runcorn & Widnes

Diabetes Essentials

Who is it for?

Everyone with type 2 diabetes

What is it?

A two & half hour session to support you to manage your diabetes

Find out more about:

- What Type 2 diabetes is & its causes
- Treatments used in type 2 diabetes
- What your test results mean
- Food and healthy eating
- Physical activity in diabetes
- Myths and facts around diabetes
- Long term health risks of diabetes
- Good foot care
- What care you need from the NHS
- What you can do to control your diabetes

Diabetes Essentials: Lifestyle and You DELAY

DELAY is suitable for anyone who has Type 2 diabetes & wants:

- To know more about what foods affect blood glucose/sugar levels
- To know more about the importance of healthy weight in Type 2 diabetes
- Advice on different ways to lose weight

What is it?

A two hour information session to support you to manage your diabetes

Find out more about:

- Which foods affect blood glucose levels
- How weight affects diabetes
- How physical activity affects diabetes
- Different ways to lose weight
- Practical considerations if you should progress to injectable diabetes medication in future

Diabetes Essentials: Foot Care

Who is it for?

- Anyone with diabetes
- Anyone who wants to know more about how diabetes affects their feet

You do not need to have a foot problem to attend

What is it?

A two hour information session to support you to manage your diabetes

Find out more about:

- Reasons for foot care and how to care for your feet
- What you can expect from the NHS
- Possible consequences of neglecting your feet
- What increases your risk of foot disease
- Importance of controlling your diabetes & cholesterol levels
- Management of your symptoms
- When and where you can seek advice

Diabetes Essentials: Type 2 Foundations

Who is it for?

- Anyone with type 2 diabetes and a learning disability and their carer(s)

What is it?

A tailored and interactive 90 minute session to support you to manage your diabetes

Find out more about:

- What Type 2 diabetes is & its causes
- Treatments used in type 2 diabetes
- Food and healthy eating
- Physical activity in diabetes
- Myths and facts around diabetes
- Long term health risks of diabetes
- Good foot care
- What care you need to get from the NHS
- What you can do to control your diabetes