

# 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](mailto: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