

Sessions will include

- *Opportunities for you to ask questions*
- *Opportunities for you to participate in the session or just sit back and listen*
- *A pack of information for you to take away*
- *Opportunities for you to meet other people with diabetes and share ideas and information*

What next.....

- Learning more about your diabetes and how you can keep well is important if you want to stay in control
- If you want to find out more about living with diabetes, why not come to our "Pick 'n' Mix" sessions
- Further details available at this session or from your GP, practice nurse or diabetes centre

Starting out with diabetes

An education session to help you understand more about Type 2 diabetes.





The session will last for three hours with a 20-minute break in the middle

- Morning sessions run from 9.30am – 12.30pm
- Afternoon sessions will run from 1pm – 4pm

Sessions will include:

- What is diabetes?
- Why have you got diabetes?
- Why blood sugar control is important and the related problems
- What symptoms did you have and how did you feel when you were told you had diabetes?

Healthy Lifestyles

- What does 'healthy eating' mean?
- Practical help on choosing what to eat and what to avoid
- Why weight is important and tips on how to lose weight
- How does food and activity affect blood sugar levels and weight

Looking after yourself

- Tips for blood sugar monitoring and what results mean
- Explanation of the different medications you may need to help control your diabetes
- What about driving, holidays and special occasions?
- What is an annual review and why is it important?
- How can you reduce the risk of developing long-term complications of diabetes?
- What help and support can you get?

Find out what services are available to help you look after yourself and stay healthy

- Footcare education session
- Your choice - a weight management group
- SMILE - to help you get started and support your increased activity levels
- Expert Patient Programme - a course to help you take more control of your health