

Do you want to know more
about living with Diabetes?



Why not try
Diabetes Essentials



Diabetes Essentials is a group education session specially designed for people diagnosed with Type 2 diabetes. This 2 ½ hour session will support the advice provided by your Practice Nurse when you were first diagnosed.

The session is delivered by a Dietitian, who will help you to learn how you can manage your diabetes care.

Why should I attend this session?

Diabetes Essentials is a relaxed and informal group education session.

- It will give you the time to learn the essentials of diabetes management from a health professional specialising in diabetes.
- You will meet other people with diabetes and have the opportunity to share experiences.
- You will have the chance to ask questions regarding your diabetes.

Diabetes is a lifelong condition. When you develop diabetes your body can no longer control your blood sugar levels. Diabetes can cause other serious health problems if poorly controlled.

This session could help you to understand more about your diabetes and enable you to make positive life choices to reduce the risk of these health problems occurring.





At your **Diabetes Essentials** session we will talk about:

- Type 2 diabetes
- How your diabetes can be treated
- How your diabetes will be monitored
- Diet and Type 2 diabetes
- Living with Type 2 diabetes

During the session we will also discuss:

- Prevention of long term health problems
- Foot care
- Driving
- Travel
- Coping with illness
- Life insurance
- Dental care



Feedback from people who have attended:

The venue was very good and I enjoyed the afternoon. Very informative.

I have learnt the full extent of being a diabetic and all its pitfalls.

I found hearing the groups experiences and suggestion useful.

I found the games useful and was staggered by some of the answers!

The session was very clearly explained and I was able to ask questions.

I found the information about checking labels useful when shopping.



When and where is the session held?

There are a number of venues within the Mid Cheshire area. Sessions are held in the morning and afternoon. You will be able to choose the session most convenient for you.

We also offer virtual sessions

Is there a cost?

Diabetes Essentials is a free NHS service. Remember you may have to pay to park.

Do I need to bring anything?

You may wish to bring a drink and a snack to have during the session.

Can I bring anyone with me?

Yes, feel free to bring one other person with you.

If you would like to attend **Diabetes Essentials**, the next step is to book your place.

Please call:
Diabetes Essentials reception
on 01270 273411
Tuesday - Thursday
from 8.00am - 4.00pm

We will try to arrange a date & time convenient for you.

