

Understanding Diabetes

A range of information sessions are available locally, to discuss or book please contact: 0345 241 3313 (option2) or email: education@diabetesneeds.org.uk

Courses for Type 1



Helps you keep your blood glucose levels in range while managing everything that comes up in daily life such as illness, exercise, eating out, alcohol, driving, pregnancy, hormone changes, etc. You can attend a face-to-face group or a virtual group.

Type 1 CLIMB

This group session helps you to make carbohydrate counting easier, and will improve your confidence with carb counting, so that you can achieve more stable blood glucose levels. Understand how and why to change insulin doses in this 3-hour interactive group session.

Type 1 Essentials

Understand how and why to change insulin doses for balanced blood glucose, how to manage illness and ketones, and how to adjust insulin and carbs for exercise, eating out, and drinking alcohol / social events. This 1-day group teaches you DAFNE principles to achieve your goals. Basic knowledge of carb counting required.

BERTIE Diabetes

Free online course where you will learn more about living with type 1 diabetes. This easy-to-use course will empower you to manage your diabetes well. When you register, you have access to bite-sized videos on topics like carbohydrate counting, exercise, insulin pumps, and more. Register here: www.bertiediabetes.com

SCAN
TO SIGN
UP



Courses for Type 2

Conversation Maps

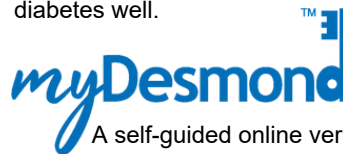
A 2-hour small group information session which gives you a first introduction to type 2 diabetes. Delivered by a diabetes team member who can answer your questions on how to manage and live a healthier life with diabetes.

Type 2 CLIMB

This is for you if you use two different types of insulin (basal-bolus). A 3-hour interactive group session that teaches you about carbohydrates and how they impact blood glucose. You will also learn how your insulin works and how to safely adjust your doses for balanced blood glucose levels.

DESMOND

1-day interactive group helping you to manage diabetes on a daily basis. Includes information on medication, diet and food choices, blood glucose monitoring, exercise, and how to prevent the complications of diabetes. It helps you to improve your knowledge and empowers you to manage life with type 2 diabetes well.



A self-guided online version of DESMOND. It uses a variety of different formats, including short videos, articles and interactive activities. With MyDesmond chat forums you also get access to a community of like-minded people.

NHS Healthy Living

Free online service designed to give you advice and information to help you better manage your type 2 diabetes. Sign up at: www.healthyliving.nhs.uk