

# WISER



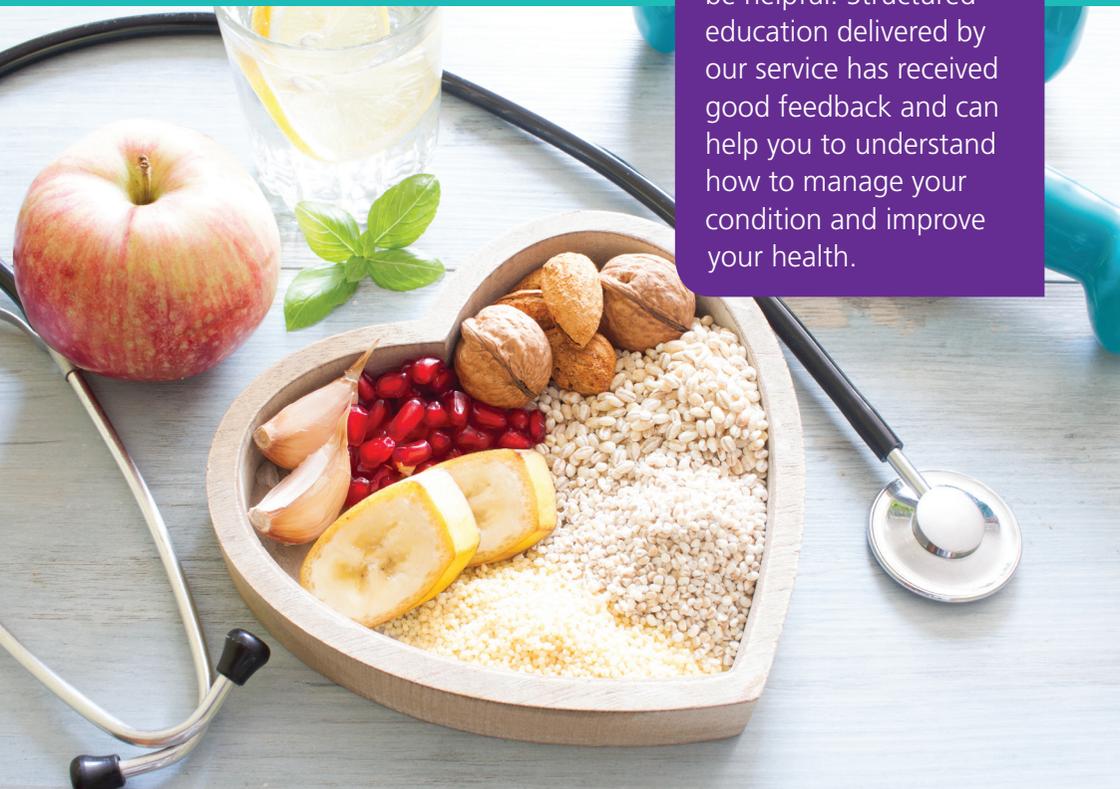
North Hampshire  
Clinical Commissioning Group

## Interactive Structured Education Refresher

Your diabetes service are pleased to announce that we are running a session for people with Type 2 Diabetes diagnosed over 1 year. The session will provide you with up to date information and advice to help you to manage your diabetes.

### Why are we providing this?

Feedback from people living with diabetes shows us that many have not received structured education for a long time or at all and that a short refresher session would be helpful. Structured education delivered by our service has received good feedback and can help you to understand how to manage your condition and improve your health.



## What will the course include?

### A 3hr session

A session led by a Diabetes Educator to include:

- A recap on what diabetes is
- Living with diabetes; symptoms and complications and how to manage and reduce these with lifestyle changes, medication and your annual diabetes review
- Improving your blood pressure, cholesterol and blood sugar levels; why is this important when you have diabetes?
- How to look after your feet
- An open forum for your diabetes questions



**A session led by a dietitian to include:**

- Eating well with Diabetes and updates on dietary advice
- How to read food labels
- Using food to help manage cholesterol, blood pressure and blood sugar levels
- Open forum for questions

**A session led by a psychologist to include:**

- Why we behave the way we do
- How to manage unhelpful behaviours
- How to make a lifestyle change that lasts

## Who can attend?

Anyone with Type 2 Diabetes diagnosed 1 year and over

## How do I sign up?

Your Practice Nurse or GP can sign you up to the course via NHS e-Referral. Contact your surgery for more details.

Delivered in partnership with North Hampshire CCG and West Hampshire Community Diabetes Service.