

Comments from previous courses

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“The course seemed to bring together many of the pieces of information I have learned along the way”

“I feel I now have all the information I need - the rest is up to me”

“Absolutely superb, thank you. The session was a great help and motivation”

“I found the session very useful and now fully understand my condition and what I can do to help myself”

How can I attend a session?

Contact the Oxfordshire Community Diabetes Service online at www.oxfordshirediabetes.nhs.uk

Or by e mail diabetes.education@nhs.net

Or by telephone on 01869 604091

Please let us know if you have any special needs and we will do our best to help.

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسيق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

DO YOU HAVE TYPE 2 DIABETES?

and are registered with an Oxfordshire GP



A guide to local courses for people with newly diagnosed and longer standing Type 2 diabetes

The main aim of our courses is to increase your understanding of diabetes by providing you with the skills and knowledge you need to manage your condition and live a healthy life. We hope that having completed the session you will be able to make changes to your lifestyle with the on-going support of your Practice Nurse or GP at your own surgery.

There are 2 courses – they are both free and offer the chance to share your experiences, if you would like to, with other people with Type 2 diabetes.

Both are 3 hours long and delivered by specialist diabetes educators. Group size is between 6-12 and you are welcome to bring along a friend or relative for support.

You will be provided with a handbook to take away that contains information including signposting to other local support services.

There are regular courses in a variety of locations across the county. All venues are on a bus route, have disabled access and parking either at the venue or nearby.

THESE
COURSES ARE
FREE

**It could be a
life changing experience!**

DIABETES²GETHER

**If you have recently been diagnosed
or never attended a course**

Diabetes2gether is ideal for people who are newly diagnosed or who have never previously attended a diabetes education session. Topics discussed include:

- Understanding diabetes and dispelling some common myths
- Why eating well and keeping active are a vital part of managing your diabetes
- Tips for healthy eating and being aware of which foods raise blood sugar levels
- Blood sugar monitoring and an overview of diabetes treatments
- Diabetes and driving (DVLA)
- Opportunity to discuss emotional wellbeing and adjusting to new diagnosis
- Explaining the importance of blood sugar levels, blood pressure and blood fats in reducing your risk of long term complications
- Signposting to other relevant local supporting services

Comments, suggestions and complaints

We are committed to providing a high standard of professional support and advice. To help us maintain this we welcome any feedback that you have regarding your experiences of our service. Please share your comments, suggestions or complaints with a member of the Community Diabetes Team. Alternatively you can contact the Patient Advice and Liaison Service (PALS).

PALS provides advice and support to patients, their families and carers and can help to resolve any problems, concerns or complaints that you may have.

You can contact PALS on Telephone 0800 328 7971.

DIABETES⁴WARD

A follow on session

Diabetes4ward is a follow on from Diabetes2gether but is also suitable for people who have not attended previous education, have had Type 2 diabetes for longer and are on more complex diabetes medications, including insulin. Topics discussed include:

- A recap of diabetes and the differences between Type 1 and 2 diabetes
- looking at food choices, portion size and weight management
- What keeping active really means and overcoming obstacles to keeping active
- Looking at diabetes medications in more detail
- How to recognise and manage low blood sugar levels
- What to do if you are unwell
- The importance of your annual review, eye screening and looking after your feet
- Practical tips for reducing your risk of long term complications