

First Steps - diabetes education

Attend a 2½ hour session led by a diabetes nurse or dietitian.

A choice of dates, venues and times available.

Meet other people with diabetes and find out:

- About type 1 and type 2 diabetes and insulin action
- Your health results and blood tests, their meaning and target ranges
- The AMOUNT of carbohydrate has a much greater impact on blood glucose than the TYPE
- Energy balance and long-term lifestyle change to manage weight
- Common myths and misconceptions regarding food and diabetes
- What is involved in a diabetes annual review and why
- The need to take responsibility for diabetes self-management and accept that self-care choices have the greatest impact on health and well-being.



Learn about the options for on-going education and support:

X-PERT Diabetes



Six week programme

Mapmydiabetes



Online learning and support

Self-directed learning

Books, apps and 1:1 support with your nurse or GP