

Venues and Times

St Chads Health Centre

St Chads Drive
Kirkby
Liverpool L32 8RE
Tuesday Evening 5 - 7pm

The Bluebell Centre

Blue Bell Lane
Huyton
Liverpool L36 7XY
Wednesday Morning 10-12 midday
Wednesday Evening 5.45-7.45pm

The Halewood Centre

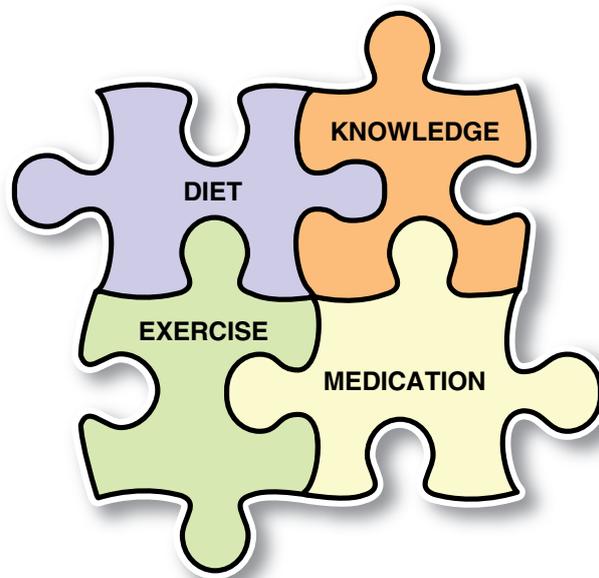
Roseheath Drive
Halewood
Liverpool L26 9UH
Tuesday Afternoon 1 - 3pm

Please be aware that you need to be booked onto this course before attending.

If you have any enquiries please contact **0151 676 5103** and leave your name, number and query and someone will contact you.



Ask your GP or Practice Nurse to refer you to this programme



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If you require a special edition of this leaflet it is available in large print, Braille, on audio tape or disk and in other languages on request.

Please contact:
0151 529 8564
listening@aintree.nhs.uk

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CG APPROVED ★

Aintree University Hospital **NHS**
NHS Foundation Trust



KNOWSLEY COMMUNITY DIABETES SERVICE

Have you recently been diagnosed with **Type 2 diabetes ?**

Would you like to learn more about your diabetes?

If yes...

Why not come along to 'Diabetes and You'



Ask your GP or Practice Nurse to refer you to this programme



Getting it right for every patient every time

What is involved

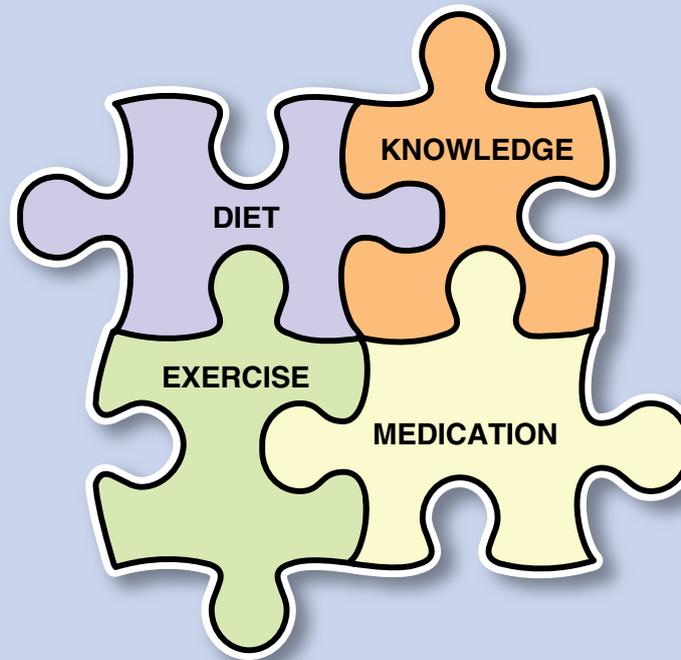
- The programme consists of 2 group sessions
- Each session will last approximately 2 hours
- Delivered by a Diabetes Nurse and a Dietitian from The Knowsley Community Specialist Diabetes Service
- A family member, friend or carer are welcome to come along



Week 1 Introduction

• What is Diabetes ?

The four cornerstones of diabetes:-
Diet, Medication, Exercise and Knowledge



Week 2

- Looking after yourself with diabetes
- Foot Care
- Weight
- Cholesterol (blood fats)
- Blood Pressure and Salt
- Enjoying Life

What others have said.....

“Great Instructors”

“Opened my eyes”

“Refreshed my memory on treatment”

“Friendly atmosphere”

“Very educational and informative”

“Chance to ask questions”

“Handouts very useful”

“General information given was excellent”

“I wish I had this information when first diagnosed”

