



Diabetes Structured Education (DSE)

**Courses and sessions for
people with type 1 diabetes**

Service provided by

Sirona
care & health

Would you like the opportunity to...

Meet with other people who have been diagnosed with type 1 Diabetes and share your experiences?

We believe that many people can be helped by being provided with up to date information about their condition and can learn well in a informal and relaxed environment.

Diabetes and You

Diabetes and You Type 1 is a one day course that seeks to give the opportunity to share experiences and explore many different aspects of living with type 1 diabetes. It is designed for anyone living with type 1 diabetes regardless of duration.

Topics covered include:

- What care to expect
- Latest updates around type 1 diabetes
- Management of your diabetes day to day - practical top tips
- Emotional Wellbeing

There will be an opportunity to speak with a diabetes specialist nurse and dietitian.



Food Freedom

This course is designed for anyone who would like to meet other people with type 1 diabetes and learn more about how to self manage their condition through carbohydrate counting and dose adjustment of insulin.

Based on a national course, this three-day course will support you in how to adjust insulin dose according to your food intake and other aspects of self-management.

It will take place one day a week for three weeks and is run by the diabetes specialist team of a dietitian and specialist nurse.

“The course was fantastic, brilliant teachers
– a real credit to the NHS. I’ve learnt a lot and also met wonderful people who listen, give advice and share experiences.”

“Fantastic course – a literal life saver! I had battled to get on a course for 15 years and can’t praise it highly enough.
Thank you so much! The support has been a blessing.”

“It’s been really refreshing to meet other diabetics and get to know them over the weeks. Each session was very useful and covered everything in depth. I’ve learnt a lot from this course and feel more confident with managing my diabetes.”

To access our education courses we accept self-referrals or referrals from any healthcare professional.

To self-refer call **0300 124 5908**



Healthcare professionals can access a referral form on our website

Find out more about the services we provide at:
sirona-cic.org.uk

Contact us

Diabetes and Nutrition Services

Tel: **0300 124 5908**

Email: **sirona.dans@nhs.net**

**Let us know what you
think and get involved**

T: 0300 124 5300*

E: sirona.hello@nhs.net

W: www.sirona-cic.org.uk

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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