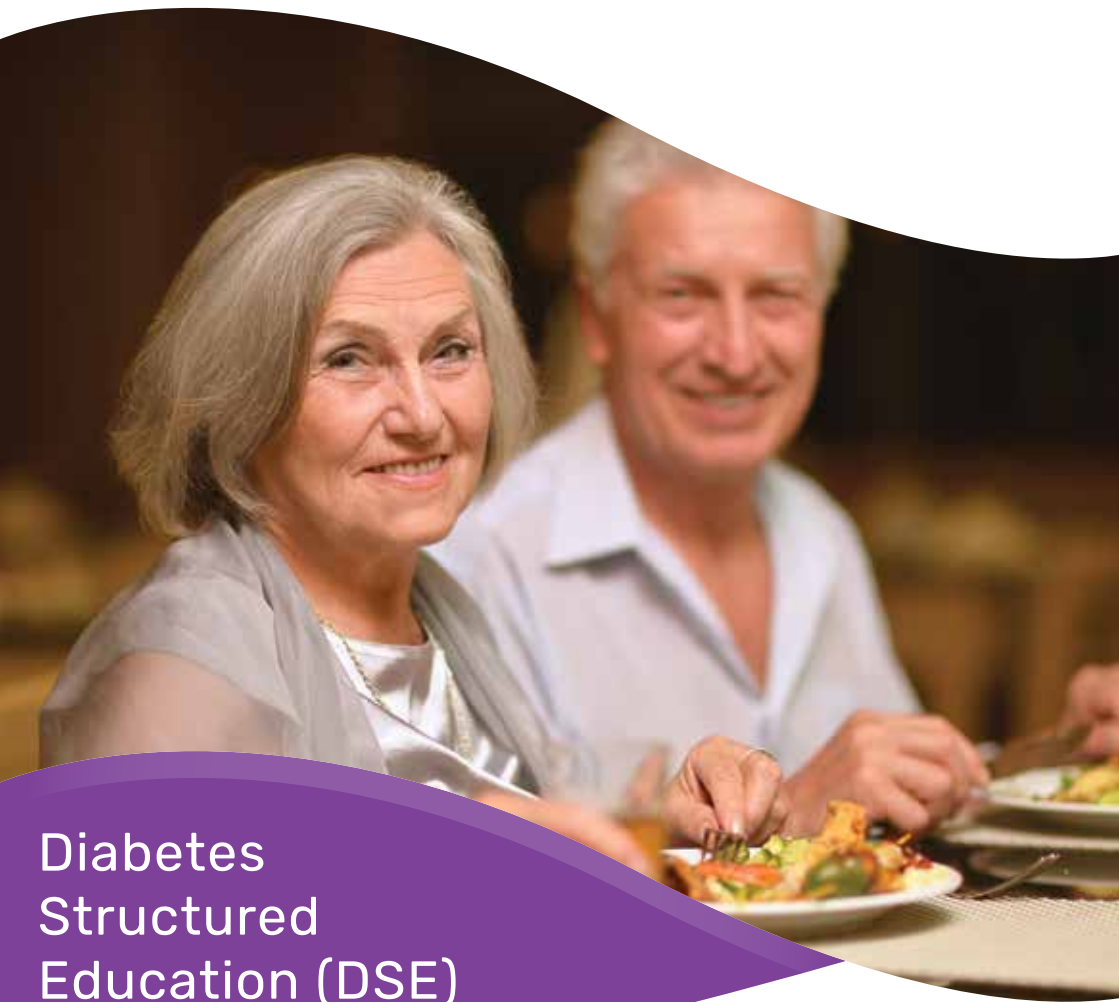




Diabetes Structured Education (DSE)

**Courses and sessions for
people with type 2 diabetes**

Service provided by

Sirona
care & health

Living with Diabetes

This session is for anyone who has been diagnosed with type 2 diabetes within the last 18 months and is facilitated by trained educators, including a dietitian and diabetes specialist nurses.

Topics include:

- What is diabetes and how it could affect you
- What kind of care you should expect and how to ask for it
- How to manage your diabetes
- Living life with type 2 diabetes
- Local support and information
- Dispelling myths and more
- Opportunity to ask questions.





Diabetes and You Type 2

This is for anyone who would like to meet other people with type 2 diabetes and learn more about how to self-manage their condition.

Topics include:

- Local support information
- Dispelling myths and more
- Opportunity to ask questions.
- Managing type 2 diabetes every day
- Managing diabetes during illness
- Making positive changes to your lifestyle
- Medications used to support management of type 2 diabetes
- Emotional Wellbeing

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.

This document can be provided in other formats and languages, please contact us for more information.

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