



Diabetes Essentials

The Diabetes Essentials package offers a variety of half day education sessions that provide encouragement, support and information. These sessions would help people with type 1, type 2 diabetes or borderline diabetes.

Why should I attend this session?

- Do you have a new diabetes diagnosis?*
- Have you had diabetes but need an update?*
- Are you confused by diet headlines?*
- Have you been told that you need more diabetes medication but you would like to try lifestyle changes first?*
- Are you a close friend or relative of someone with diabetes and keen to help?*

If the answer is YES then come and have all your questions answered by a trained health professional!

- Information provided will be practical.
- You can meet other people and learn from their experiences.
- You will learn what other services are available locally (& often free) to help you.



Group education sessions for people with diabetes

Organised by the Countess of Chester hospital in collaboration with West Cheshire Commissioning Group

Topics covered in the session: What is available?

- What is diabetes?
- What can you do to look after yourself?
- What do your test results mean?
- What can you expect from the NHS?

- Diabetes Essentials: Borderline
- Diabetes Essentials: Type 1
- Diabetes Essentials: Type 2
- Diabetes Essentials: Kidney
- Diabetes Essentials: Foot care

When and where are the session held?

- Beehive Healthcare, Chester, CH2 2DX
- Ellesmere Port Hospital, Ellesmere Port, CH65 6SG
- Bunbury Medical Practice, Bunbury, CW6 9PE
- Princeway Health Centre, Frodsham, WA6 6RX

Which sessions should I attend?

You are welcome to attend any session. If you are unsure which condition you have, please speak to your GP or nurse.

Is there a cost?

The session is a free NHS service. There is free car parking available at all venues.

Can I bring anyone with me?

You are welcome to bring a friend or family member with you.

To save a place on a convenient course please contact:

Therapy Services

Countess of Chester Hospital

Phone: 01244 365234

Email:

Diabetes.essentials@nhs.net



@DiabetesEssentials

