

If you wish to discuss your appointment please call:

01744 646200 option 1.

Our course is run within the following venues:

Department of Diabetes
St Helens Hospital
Marshalls Cross Road
St Helens
Merseyside
WA9 3DA

The Millenium Centre
Corporation Street
St Helens
Merseyside
WA10 1HJ

Please check your appointment letter carefully to see which venue you should attend.

Both venues have facilities should you wish to purchase food or hot drinks, however please feel free to bring lunch with you.

Type 2 Live Well programme

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Diabetes patient advice and support programmes

Being diagnosed with diabetes can be a worry. On average, a person with diabetes spends less than three hours a year with a healthcare professional, meaning they must manage their own diabetes almost 100% of the time. You may not know where to start or how to manage. Often people believe type 2 diabetes is not serious. But it is, you can stop many of the complications from happening by acting now.

All people diagnosed with diabetes should be offered advice and support, to help them manage their diabetes and prevent long term complications.

Benefits of attending our programme are:

- ◇ It will help you manage your blood sugars and prevent complications.
- ◇ Attending diabetes education is as important as taking medication.
- ◇ Small groups allow for personalised sessions in a relaxed, non-judgmental setting.
- ◇ You will get to speak to people in the same situation as yourself.
- ◇ Advice is reliable and based on latest evidence.

Type 2 Live Well

The Type 2 Live Well programme was developed by the specialist diabetes team at St Helens Hospital. It meets national standards for diabetes education and has been developed with local people with diabetes. We have updated our programme to a 1 day course following feedback from patients.

The programme is designed not only to teach you about your diabetes, but to reduce anxiety, help you feel more in control and better able to deal with your diabetes. The Type 2 Live Well programme, will give you the skills to manage your diabetes in a relaxed atmosphere.

What does the Type 2 Live Well programme involve?

Our programme will take approximately 6 hours and runs over 1 day. We understand that the idea of group education can feel intimidating. Please do not worry. Our programme has been designed to make you feel relaxed and you will be with a small number of other people, who also have type 2 diabetes. You can even bring a family member/carer.

The sessions are run by a diabetes nurse or specialist. You will learn everything you need to know, about how to manage your diabetes. The courses are enjoyable and they help you deal with your diabetes.

What will I learn?

The sessions usually run 9.30am - 1pm with a short lunch break before resuming 2pm - 4.30pm. To gain the full benefit of the programme, you need to attend the full day.

We will cover the following:

- ◇ What is type 2 diabetes and why you
- ◇ Myth busting
- ◇ Illness & diabetes
- ◇ Preventing complications
- ◇ What to expect from health care professionals
- ◇ What you can do
- ◇ Driving and travelling with diabetes
- ◇ Medications and new technologies to help manage diabetes
- ◇ How to include healthy lifestyle changes and still have fun (this is important)
- ◇ Mental health and diabetes
- ◇ Healthy meal and snack swaps on a budget.