

Online education for people living with type 2 diabetes

You have recently been told by your GP or Practice Nurse that you have type 2 diabetes.



We understand that there is a vast amount of conflicting information about diabetes available to you.

As part of your treatment, we have an online education option that will give you honest, up-to-date, evidence-based information regarding the management of type 2 diabetes.



This education is a free, nationally-approved education package, provided by Southern Health NHS Foundation Trust.



Please read on to find out more about 'New2Diabetes', our online education option, then contact us by phone or email to book yourself a place.



**We look forward to
hearing from you.**

For enquiries or booking:

02382 311832 or 02382 311833
sediabetesoffice@southernhealth.nhs.uk

New2Diabetes

Is 'New2Diabetes' for me?

If you have been diagnosed with type 2 diabetes within the past 12 months and you live in the South East Hampshire region, then you can register for this online course.



What is the learning format of the course?

You will receive a link to some online education videos about type 2 diabetes, which you can watch in your own time. You will then join a scheduled online group education session on Zoom. All you need is a device which allows you to access the internet, such as a smartphone, laptop or tablet.



What does the course cover?

- What is type 2 diabetes?
- Why me?
- What do all the tests mean?
- What treatments are there?
- What should I eat?
- What are the possible long-term effects?
- How can I take care of my diabetes?



I don't feel unwell, so should I still book a place?

Many people diagnosed with diabetes feel absolutely fine, but please don't ignore your diagnosis. High blood sugar levels can damage your blood vessels and lead to complications over time. Attending this course will equip you with the right knowledge, so that you can reduce your blood sugars and live well with diabetes.



For enquiries or booking:

02382 311832 or 02382 311833
sediabetesoffice@southernhealth.nhs.uk