

Diabetes Essentials



A group education session for people with diabetes or borderline diabetes

The Diabetes Essentials package provides a variety of half day specially designed patient education sessions to provide encouragement, support and information to help you manage your condition. Organised and run by the Countess of Chester Hospital NHS Foundation Trust.

Why should I attend this session?

- It will give you the time to learn the essentials of diabetes/borderline diabetes management from a health professional.
- Information will be presented in a simple and easy to understand manner.
- You will have the opportunity to have all your questions answered.
- You will meet other people with the same condition and learn from their experiences.

What topics will be covered?

Diabetes Essentials aims to provide information on:

- What your diagnosis is.
- How it is monitored and managed.
- How you can manage your condition, including healthy lifestyle advice.
- Other relevant information related to your condition.

What is available?

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

Which sessions should I attend?

You are welcome to attend any session that is relevant to you. If you are unsure which session you should attend please speak to your GP or nurse.

When and where are the sessions held?

There are a number of venues within Chester, Ellesmere Port and the surrounding locality. Groups are held in the morning, afternoon and evening.

Is there a cost?

The session is a free NHS service. Some venues may have a parking fee.

Can I bring anyone with me?

Feel free to bring one other person with you.

To book a session which is convenient to you please contact:

Therapy Services

Countess of Chester Hospital

Telephone: 01244 365 234