

Who can take part?

Anyone living with Diabetes or caring for someone who has Diabetes.

How can it help you?

By taking part, you will:

- Gain/extend knowledge about how to live with Diabetes.
- Feel confident and more in control of your life.
- Manage your condition and treatment together with healthcare professionals.
- Be realistic about the impact of Diabetes on yourself and your family.
- Use your new skills and knowledge to improve your quality of life.
- Meet others who share similar experiences.



Diabetes Self Care Management Programme

If you are living with Diabetes, why not join the Diabetes Self Care Management Programme and take better care of yourself.

We can help 01922 605490

All courses are free of charge

For more information about the Diabetes Self Care Management Programme please call:
01922 605490

or email:
selfcare@walsallhealthcare.nhs.uk



@WalsallHcareNHS

www.walsallhealthcare.nhs.uk

What is a Diabetes Self Care Management course?

It's a FREE six week course for anyone living with Diabetes. The programme aims to help you take more care of your health by learning new skills to manage your Diabetes better on a daily basis.

Is this you?

- Diabetes affects the quality of your life.
- You feel you have little control over your life.
- You would like to rebuild your confidence and improve the quality of your life.
- You would like to meet others in a similar situation.
- You would like to share experiences and help others at the same time.

Diabetes Self Management Tool Box

Healthy Eating	Medication
Physical Activity	Using Your Mind
Monitoring	Avoiding Complications
Action Planning	Communication
Stress Management	Decision-Making
Problem Solving	Not Smoking
Understanding Emotions	
Working with Health Professionals	

How can it help you?

By taking part, you will learn:

- Techniques to deal with the symptoms of diabetes such as fatigue, pain, hyper/hypoglycaemia, stress and emotional problems such as depression, anger, fear and frustration.
- Appropriate exercise for managing blood glucose and for maintaining and improving strength, flexibility and endurance.
- Healthy eating and menu planning for your condition.
- How to communicate effectively with family, friends and health professionals.

Courses are held virtually and locally and run for six weekly sessions, each session lasts for two and a half hours.

With mutual support patients can build the confidence in their ability to manage their health and maintain active and fulfilling lives.

