

How can you join this course?

For further details of the Self Management Course in your area and how you can become part of this exciting new initiative please call:

020 7288 3154

If you require more information or would like a copy of this leaflet in large print please contact Elena Patton, Co-Creating Health Project Manager on:

020 7288 3154

Please note that evaluation of this course is part of a research study undertaken by staff at The Whittington Hospital. You will receive information about this in the post. If you do not wish to take part in the research study, you can still attend this course.

A Co-Creating Health Initiative

working in partnership with

The Whittington Hospital and Haringey & Islington Community Services

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Learning to manage your diabetes



**A free
self- management
course for people
with Type 2
diabetes**

SELF MANAGEMENT COURSE FOR PEOPLE WITH TYPE 2 DIABETES

What is the Self Management Course?

The course will provide the opportunity for people living with Type 2 diabetes to understand more about their condition and to develop the knowledge, confidence and skills to help them manage their diabetes more effectively.

With the help and support of this course and your increased knowledge, you can feel more confident in helping yourself take control of your life and make positive behaviour changes.



Does it cost anything?

No, it is FREE

How many sessions are there?

The course runs over 7 weekly sessions, lasting three hours each session. The sessions will be delivered by two specially trained self management tutors, one being a clinician with experience of working with diabetic patients and the other a lay person living with diabetes.

Courses will be available on different days and times to suit most people.

How many people will be on the course?

12-14 participants

Who can take part?

Anyone who has had Type 2 diabetes longer than 1 year and is a resident in Haringey or Islington

By taking part in this course you can:

- Increase your confidence in self managing your diabetes
- Improve your emotional well being
- Improve your quality of life
- Feel more able to make decisions in partnership with clinicians
- Improve your communication skills
- Feel more confident about planning ahead
- Increase your knowledge about your health
- Improve your diabetes control .
- Meet others and share similar experiences