



Bristol  
Community  
Health



# Diabetes Structured Education (DSE)

Courses and sessions for  
people with type 1 diabetes



## Diabetes and You

This is for anyone who would like to meet other people with type 1 diabetes and learn more about how to self-manage their condition.

**Diabetes and You** is a rolling course of sessions each quarter including:

**Carbohydrate Awareness Refresher** is a three-hour session for people with type 1 diabetes who want to learn about the role of carbohydrate and insulin in managing their diabetes, or for those who have completed a carbohydrate programme and would benefit from a refresher session on the subject.

There will be opportunity to speak to a diabetes specialist nurse and diabetes dietitian.

**Every Day with Type 1 Diabetes** is a three-hour session that includes managing type 1 diabetes every day, hypoglycaemia, diabetes and illness, driving and diabetes, exercise and diabetes.

There will be an opportunity to speak with a diabetes specialist nurse and dietitian.

**You can attend any combination of sessions, dependent on individual choice.**



## Food Freedom

This course is designed for anyone who would like to meet other people with type 1 diabetes and learn more about how to self-manage their condition through carbohydrate counting.

Based on a national course, this three-day course will teach you how to adjust insulin dose according to your food intake and other aspects of self-management.

It will take place one day a week for three weeks and is run by a dietitian and a diabetes specialist nurse.



# Contact us

To access our education courses we accept self-referrals or referrals from any healthcare professional.

To self-refer call **0117 959 8970**

Healthcare professionals can access a referral form on our website.

## How are we doing?

We really value what our patients have to say about us. With your feedback, we can continually improve our services.

To request a 'How are we doing?' leaflet call **0117 440 9179** or feed back online: **[bit.ly/Diabetesed](https://bit.ly/Diabetesed)**

Find out more about the services we provide at:  
**[briscohealth.org.uk](https://briscohealth.org.uk)**

Watch our educational videos on YouTube at:  
**[youtube.com/briscohealth](https://youtube.com/briscohealth)**

### **Is this leaflet hard to read?**

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