



Bristol
Community
Health



Diabetes Structured Education (DSE)

Courses and sessions for
people with type 2 diabetes



Eat Well

This is a two-hour session for small groups of people who have been newly diagnosed with type 2 diabetes.

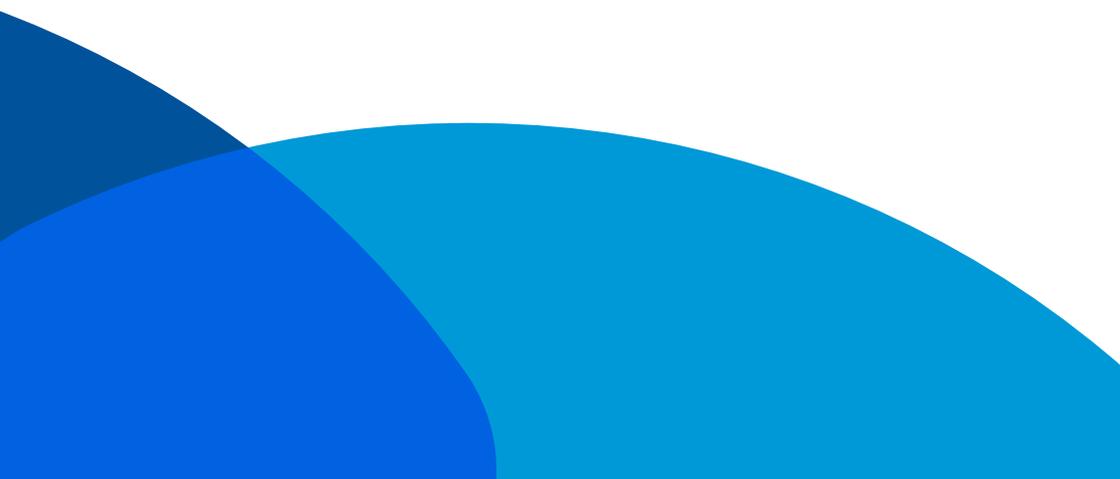
It can provide quick access to a dietitian whilst you're waiting to attend the **Living with Diabetes** course.

Eat Well offers practical, evidence-based advice to support you to make decisions about potential changes to your lifestyle and diet and to help you feel confident in self-managing your diabetes.

Living with Diabetes

This half-day session is for anyone who has been diagnosed with type 2 diabetes within the last 18 months and is facilitated by trained educators, including a dietitian and diabetes specialist nurses.

Topics include:

- What is diabetes and how it could affect you
 - What kind of care you should expect and how to ask for it
 - How to manage your diabetes
 - Living life with type 2 diabetes
 - Local support and information
 - Dispelling myths and more
 - Opportunity to ask questions.
- 

Diabetes and You

This is for anyone who would like to meet other people with type 2 diabetes and learn more about how to self-manage their condition.

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

Understanding Insulin is a four-hour session for people with type 2 diabetes who use insulin, and topics include:

- How to manage your diabetes on a daily basis
- Understanding blood glucose levels
- Making healthy lifestyle choices with your insulin
- Blood tests and understanding results
- Living life with type 2 diabetes
- Driving, travel and illness
- Local support information
- Dispelling myths and more
- Opportunity to ask questions.

Every Day with Type 2 Diabetes is a three-hour session, with topics including:

- Managing type 2 diabetes every day
- Hypoglycaemia
- Managing diabetes during illness
- Making positive changes to your lifestyle
- Medications used to support management of type 2 diabetes.

Mood and Food is a three-hour session that aims to explore how mood can impact what, when and how much we eat, to support weight management for those who emotionally eat.

Attendees can attend any combination of the programme, dependent on individual choice.

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**

Find out more about the services we provide at: **briscomhealth.org.uk**

Watch our educational videos on YouTube at: **youtube.com/briscomhealth**



Is this leaflet hard to read?

Please email briscomhealth.comms@nhs.net or call 0117 440 9090 to ask for it in another format or language.