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| **Course** | **About** | **When?** | **Where?** | **How?** |
| **Desmond**  **(Ongoing)**    **Desmond**  **(Newly diagnosed)**  Swindon Community Diabetes Service | Six hours of structured self-management education. Two modules are available:  **Newly diagnosed** for individuals diagnosed in the past 12 months, and the  **Ongoing** module for those with established diabetes. Course content incudes: Food choices and exercise, understanding risk factors and diabetic complications and understanding monitoring and medication.  The patient will be involved in their own individualised care planning. | One day or two half days. | Eldene Health Centre  or  Priory Road | Self-referral by calling:  **01793 463 843**  or  GP/practice nurse can refer by completing a referral form |
| **Living well with Type 2 Diabetes**  LIFT Psychology service,  Avon and Wiltshire Mental Health Partnership NHS Trust | This group course of four sessions (One session per week) teaches you to understand thoughts, feelings and behaviours—this will help you to think about things differently and do things differently.  There will be some group discussion, it is up to you how much you get involved. | 6:30pm—8:30pm | Old Town Surgery,  2nd floor | Self-referral by calling:  **01793 836836**  Visit:<https://lift-swindon.awp.nhs.uk> |
| **Type 2 Diabetes and Me**  Diabetes UK,  Free online training course | A free e-learning programme consisting of five modules designed to help understand and manage diabetes successfully.  You can complete it at your own pace and don’t have to do it all in one go. You will learn about diet, treatment, complications and where to get support. |  | Online | [www.type2diabetesandme.co.uk](http://www.type2diabetesandme.co.uk) |

**Contact us**

Swindon Community Diabetes Service

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**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email** [**patient.information@gwh.nhs.uk**](mailto:patient.information@gwh.nhs.uk)

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