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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. | Various venues | Self-referral by calling:  **01793 69 66 22**  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 836 836** |
| **Diabetes: Living with, Living well**  Swindon Borough Council | This 10 week project will support you by aiming to contribute to improving the self-management of Type 1 or Type 2 diabetes and increasing your physical fitness and confidence.  You will have a go at some fun activities, from resistance exercise circuits to indoor puck croquet, meet like-minded people, make new friends, and share best practices.  There is a range of guest speakers, such as individuals talking about their experiences managing Type 1 or Type 2 diabetes, Dietitians, Diabetes Specialist Nurses, GPs, and Psychologists. | Daytime project: Tuesdays 10am-11:30am  Evening project: Tuesdays 7pm-8:30pm | Pine Trees Community Centre  or  Central Community Centre | Self-referral by calling Live Well Hub:  T: **01793 465513**  E: [livewell@swindon.gov.uk](mailto:livewell@swindon.gov.uk)  or  [livewellswindon@nhs.net](mailto:livewellswindon@nhs.net) |
| **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 |

**Contact us**

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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** [**gwh.pals@nhs.net**](mailto:gwh.pals@nhs.net)

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