Diabetes Education for Type 2 Diabetes in Swindon

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 OR Visit: www.seqol.org/lift-psychology
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: live-well@swindon.gov.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