



Diabetes Education for People with Type 1 Diabetes in Swindon

Course	About	When?	Where?	How?
<p>SWIFT (Swindon Insulin for Food Treatment) Diabetes department, GWH</p>	<p>This course consists of three once weekly sessions and is for those wishing to learn more about carbohydrate counting, insulin, and management of diabetes on a daily basis.</p> <p>You will have the opportunity to learn from other people with type 1 diabetes.</p> <p>To be eligible for this course you must be under the care of a Diabetes consultant at GWH</p>	9:30am— 2:30pm	Great Western Hospital	Contact the DSN secretary on: 01793 604 054
<p>SNDT1: Newly Diagnosed Type 1 Diabetes GWH</p>	<p>The SNDT1 education programme consists of four sessions spread over the first year post diagnosis and will cover: Carbohydrate awareness, adjusting insulin, measuring blood glucose levels, managing hypos, exercise and driving, stress and coping and medical</p>	3pm— 5pm These sessions run 4 times per year	The Academy, Lower Ground Floor, Great Western Hospital	Contact the DSN secretary on: 01793 604 054



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	<p>aspects of diabetes.</p> <p>It is run in a group, giving participants the opportunity to meet others who have recently been diagnosed with Type 1 Diabetes.</p>			
<p>Carbohydrate Awareness Workshops</p> <p>GWH</p>	<p>Three hour sessions run by diabetes specialist dieticians. This is a practical course aimed at those who want to understand a bit more about carbohydrate counting.</p> <p>To be eligible for this course you must be under the care of a Diabetes consultant at GWH or be referred by the Community diabetes team</p>	<p>Varies please contact Trudy the DSN secretary</p>	<p>The Academy, Lower Ground Floor, Great Western Hospital</p>	<p>Contact the DSN secretary on: 01793 604 054</p>
<p>Living Well with Type 1 Diabetes</p> <p>LIFT Psychology Service, Avon and Wiltshire Mental Health Partnership NHS Trust'</p>	<p>Four once weekly sessions which will help you to think about your diabetes differently in order that you can better manage it.</p> <p>It is based on Cognitive Behaviour Therapy (CBT) and has been shown to be helpful for many people with diabetes.</p> <p>There will be some group discussion which you can get involved in if you wish.</p>	<p>6:30pm—8:30pm</p>	<p>Old Town Surgery, 2nd floor</p>	<p>Call 01793 836836 OR Visit https://lift-swindon.awp.nhs.uk</p>



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Online recourses		
BERTIE Type 1 Diabetes Education	Modular online learning for managing Type 1 Diabetes from BERTIE (Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust). Key module 2 allows you to learn about the basics of carb counting in a step by step approach, using simple instructions and interactive exercises for assessment	www.bertieonline.org.uk
Runsweet	A website targeted at those diabetics wishing to take part in any kind of physical activity, not just running. Offers advice regarding calculating your energy use, avoiding hypos and nutritional advice	www.runsweet.com
ExCarbs	A website for diabetics on insulin who would like help in feeling comfortable to take up some exercise. The advice available covers basic facts, insulin adjustments for exercise, and information on aerobic and anaerobic exercise.	www.excarbs.com
Carbs and Cals	For those who are wishing to carbohydrate count, the carbs and cals website will show you thousands of food photos with the carb values clearly shown for each image. The website also offers information on weight loss, the 5:2 diet and healthy eating	www.carbsandcals.com
T1 Recourses	T1 Resources is a website created by both healthcare professionals and people living with diabetes to offer a selection of valuable resources designed to be helpful and informative while offering practical support	www.t1resources.uk/home/

Leaflet prepared by Dr H Raja GPST1 and
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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

Document Control

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