



Patient Information

Diabetes Education for Type 2 Diabetes in Swindon

Course	About	When?	Where?	How?
<p>Desmond (Ongoing)</p> <p>Desmond (Newly diagnosed)</p> <p>Swindon Community Diabetes Service</p>	<p>Six hours of structured self-management education. Two modules are available:</p> <p>Newly diagnosed for individuals diagnosed in the past 12 months, and the Ongoing module for those with established diabetes.</p> <p>Course content includes: Food choices and exercise, understanding risk factors and diabetic complications and understanding monitoring and medication.</p> <p>The patient will be involved in their own individualised care planning.</p>	One day or two half days.	Various venues	<p>Self-referral by calling:</p> <p>01793 69 66 22</p> <p>or</p> <p>GP/practice nurse can refer by completing a referral form</p>
<p>Living well with Type 2 Diabetes</p> <p>LIFT Psychology service, Avon and Wiltshire</p>	<p>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.</p> <p>There will be some group</p>	6:30pm—8:30pm	Old Town Surgery, 2nd floor	<p>Self-referral by calling:</p> <p>01793 836836</p> <p>Visit: https://lift-swindon.awp.nhs.uk</p>



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Mental Health Partnership NHS Trust	discussion, it is up to you how much you get involved.			
Diabetes Drop in Sessions Swindon Community Diabetes Service	2 hour drop in session with no referral needed. A local Diabetes Specialist Dietician and a Diabetes Specialist Nurse will be available to answer general questions regarding Diabetes care, food and lifestyle with further information and resources to be available to take away	Monthly, Every 3 rd Tuesday 10:00am-12.00 noon	Eldene Health Centre, Colingsmead, Eldene, Swindon SN3 3RZ	Tel: 01793696621 Swiccq.CommunitydiabetesService@nhs.net
Learning Zone Diabetes UK, Free online training course	Learning Zone has been created by Diabetes UK in partnership with people living with diabetes. It combines the expertise of diabetes professionals with the wisdom of everyday people living with diabetes. It's a new and simple way to learn more about your condition.		Online	https://learningzone.diabetes.org.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 patient.information@gwh.nhs.uk

Document Control

Division: Swindon Community Health Services
Department: Diabetes Service
Approved Date: May 2017
Next Review Date: May 2019
Document Number: SCHS-PIL0070