



## Diabetes Education for Type 2 Diabetes in Swindon

Course	About	When?	Where?	How?
<p><b>On Track with Type 2 Diabetes</b></p> <p>Swindon Community Diabetes Service</p>	<p>Improving your knowledge of diabetes puts you in control and could transform your life. A diabetes course is a key part of your treatment and is crucial to the care you should receive.</p> <p>On Track with Type 2 Diabetes sessions are two hours long and are run at various locations across Swindon.</p> <p>We encourage all people to attend an initial course, which includes all the basic information on type 2 diabetes, followed by a second course focusing on food and lifestyle changes.</p>	<p>2hr sessions with a choice of dates, evening sessions available.</p>	<p>Various venues across Swindon</p>	<p>Self-referral by calling: <b>01793 69 66 22</b></p> <p>or</p> <p>GP/practice nurse can refer by completing a referral form</p>
<p><b>Living well with Type 2 Diabetes</b></p> <p>LIFT Psychology service, Avon and Wiltshire Mental Health</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>	<p>6:30pm—8:30pm</p>	<p>Old Town Surgery, 2nd floor</p>	<p>Self-referral by calling: <b>01793 836836</b></p> <p>Visit: <a href="https://lift-swindon.awp.nhs.uk">https://lift-swindon.awp.nhs.uk</a></p>



# Diabetes Education for Type 2 Diabetes in Swindon

Partnership NHS Trust	discussion, it is up to you how much you get involved.			
<b>Diabetes Drop in Sessions</b> 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 <sup>rd</sup> Tuesday 10:00am-12.00 noon	Eldene Health Centre, Colingsmead, Eldene, Swindon SN3 3RZ	<b>Tel: 01793 696621</b> <a href="mailto:Swiccq.CommunitydiabetesService@nhs.net">Swiccq.CommunitydiabetesService@nhs.net</a>
<b>Learning Zone</b> 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	<a href="https://learningzone.diabetes.org.uk">https://learningzone.diabetes.org.uk</a>

## Contact us

Swindon Community Diabetes Service  
 Eldene Health Centre  
 Colingsmead  
 Eldene  
 Swindon  
 SN3 3RZ  
**Telephone:** 01793 696621

*Leaflet prepared by Dr H Raja GPST1 and Dr V Vaks Consultant in Diabetes/Endocrinology, Great Western Hospitals NHS Foundation Trust, August 2016, Updated November 2018*



## Diabetes Education for Type 2 Diabetes in Swindon

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)

**Document Control**

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