

Diabetes Smart

Support for people with type 1 or type 2 diabetes

With the FREE Diabetes Smart Programme you'll learn how to:

Think Smart: think differently about your diagnosis.

Act Smart: make informed lifestyle choices.

Live Smart: manage your lifestyle and diabetes on a daily basis

How the course is delivered

The course is run in venues across Wirral and is an opportunity for you to learn how to make positive lifestyle changes and manage your condition.

The course includes a core session and a number of practical sessions to get involved with. You can choose which practical sessions you want to attend, but the more you attend, the more you will benefit.

Whether you have type 1 or type 2 diabetes, we recommend you book onto the core session first. It focuses on what diabetes is and how you can manage your condition. You can then choose which practical sessions you would like to attend, at a time and date to suit you.

Practical sessions include:

- **healthy lifestyle** - healthy food choices and support to manage your weight
- **carbohydrate awareness** - what carbohydrates are and how they can affect your blood glucose (blood sugar) levels
- **reading and understanding food labels** - using food labels to guide your food choices

- **keeping well with diabetes** - how to prevent potential health problems linked with your condition
- **physical activity** - benefits of physical activity and ways you can get more active
- **insulin management** - for people with type 1 or type 2 diabetes treated with insulin
- **review session** - an opportunity to review how you are managing your condition

How to book a place on the course

Booking a place is easy. You can now self-refer by calling the team on **0151 604 7271** or by completing the simple online referral form from wchc.nhs.uk/smart

For more information about Diabetes Smart or to view the course timetable visit our website.



If you would like this information in another language or format, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexperience@nhs.net

For general enquiries please ring: 0151 514 2888



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