

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.

Found out all I needed to know. It covered all my concerns regarding diabetes.

It's changed my attitude to diet. Very well explained and clearly made points about healthy lifestyle.

The programme is really good and points you in the right direction.

I'd recommend this to everyone. You learn things you don't think about and are encouraged to try different foods.

Every part was useful. I'm glad I attended - the advice was brilliant.

I've completed all of the sessions - they're great!

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.yourexp@nhs.net

wchc.nhs.uk | @nhsbuzz | @wchc_nhs

Diabetes Smart is a Healthy Wirral initiative.

Support for people with Diabetes



Diabetes
SMART

ThinkSmart ActSmart LiveSmart

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 delivered online or face-to-face (adhering to guidelines where required) 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.

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

