



DO YOU HAVE OR KNOW SOMEONE WHO HAS DIABETES?

*COME AND
LEARN
MORE
ABOUT
DIABETES*

We provide a variety of free structured education for people with Type 1 and Type 2 diabetes – and prevention of Type 2 diabetes

Courses Provided by the Hackney Diabetes Centre

For Prevention of Type 2 Diabetes:

X-POD

A 6 session lifestyle course, for people who may be 'at risk' or **worried** about getting Type 2 Diabetes.
Come and learn about how you can reduce **your** risk

For Type 2 Diabetes:

Newly Diagnosed?... **EDDI** (Education for Diabetes)

For people newly diagnosed for **less than 12 months**.
Two session course (3 hours morning or afternoon)

Diabetes for over 6 months?... **X-PERT Diabetes**

A longer, more detailed course. Welcome to attend even if you have attended before. Come and update your knowledge!

Six session course (3 hours morning or afternoon) **OR**

Try the X-PERT Taster Session

The Taster will provide key information for diabetes self-management. The session will help you understand more about the full 6 week course. If you find the Taster session interesting, you will be able to register on the full programme.

One 3 hour session (morning or afternoon)

Turkish or Orthodox Jewish?...

X-PERT Diabetes in Turkish or X-PERT Diabetes for the Orthodox Jewish (OJ) community

Six sessions course (3 hours morning or afternoon)
OJ X-PERT delivered by OJ Link Worker

For Type 1 Diabetes:

BHICEP

A **four** session course over 4 weeks. This course includes intensive self-monitoring of blood glucose levels, learning how to consider factors such as exercise, injection technique, carbohydrate counting, illness and more to improve your skills and confidence in self-management.

Practical Carbohydrate Counting workshop

One 3 hour session with practical activities to practice carbohydrate counting, with real food, label reading & recipes. This workshop is open to friends and family and to patients with type 2 diabetes who are on a basal, bolus insulin regimen.

Newly Diagnosed course

A **one** day course, for people who have recently been diagnosed with Type 1 diabetes, covering key essential information for self-management.

Insulin Pump Demonstrations

A **half-day** session to learn all about insulin pump therapy, which insulin pumps are available, whether you meet the criteria, their benefits, potential drawbacks and more!

FreeStyle Libre Demonstrations

A **half-day** session to learn more about the FreeStyle Libre and whether you meet the criteria for sensors on prescription.

FOR MORE INFORMATION:

Please contact the Hackney Diabetes Team if you would like more support with your diabetes:

Tel: 0208 510 5920/7875 OR email with your name, date of birth and course interest to: huh-tr.diabetes.structured.education.referrals@nhs.net

For Type 2 Diabetes continued:

On Insulin? X-PERT Insulin

Learn how you can improve your diabetes management if you are taking insulin, as part of your treatment. You will need to have completed the X-PERT Diabetes programme first.

Six session course (3 hours morning or afternoon)

Diabetes Remission.... Low Calorie Group (LCD)

Anyone who has been diagnosed with type 2 diabetes for less than six years and is registered with a Hackney GP Practice.

Twenty group sessions over 12 months (2 hours Friday mornings or afternoon)

Patient Advice and Liaison Service (PALS)

PALS can provide information and support to patients and carers and will listen to your concerns, suggestion or queries. The service is available between 9am and 5pm

Tel: 0208 510 7315

Email: PALS@homerton.nhs.uk

Hackney Diabetes Centre

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Homerton Row

London

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Tel: 020 8510 5920

Fax: 020 8510 5015

Website:

<https://www.homerton.nhs.uk/diabetes>