

Online Type 2 Diabetes Education

West Hampshire Community Diabetes Service



Introduction and refresher sessions

West Hampshire Community Diabetes Service are running online sessions for people with type 2 diabetes. The session will provide you with up-to-date information and advice to help you manage your diabetes.



What will the course include?

A series of short education videos to watch in your own time, plus a 90 minute interactive online Zoom session. To include:

- A recap on what type 2 diabetes is
- Living with diabetes; how sleep, stress, activity and food can affect your blood sugars, and easy ways of managing them.
- How to look after your feet
- An open forum for your diabetes questions
- Eating well with diabetes and updates on dietary advice
- Tips from psychology to help you change your habits and deal with cravings.



Our 'New2Type2' course for those newly diagnosed runs on Tuesday and Thursday mornings. The refresher (WISER) education runs on Tuesday and Thursday afternoons.

Ask your Practice Nurse or GP to sign you up for this course via NHS e-Referral. Please contact your surgery for more details.

For type 2 diabetes education videos on YouTube, scan the QR code or visit www.southernhealth.nhs.uk/diabetes-type-2-videos

Scan the QR code to see our free type 2 education videos!

