



Diabetes Essentials

Welcome to the Diabetes Essentials Team's half day information sessions. These sessions are designed for people with type 1 and type 2 diabetes and will give information and support to increase knowledge and skills to manage diabetes.

Why should I attend this session?

Do you have a new diabetes diagnosis?

Have you had diabetes a while but need an update?

Are you confused by diet headlines?

Have you been told that you need more diabetes medication but you would like to try lifestyle changes first?

If the answer is YES then come and have all your questions answered by a trained health professional!

Group information sessions for people with diabetes

Organised by the Countess of Chester hospital in collaboration with NHS Cheshire & Merseyside ICB





What is available?

Diabetes Essentials: Type 1

Diabetes Essentials: Type 2

Topics covered in the type 1 session:

- Understanding carbohydrate counting
- Understanding the different types of insulin
- Understanding sick day rules and ketones
- How to understand the functions of continuous glucose monitoring (CGM) and how to interpret the results.
- How to manage the effects of alcohol and exercise

Topics covered in the type 2 session:

- What is type 2 diabetes?
- What can you do to look after yourself?
- What do your test results mean?
- What can you expect from the NHS?
- Guidance on healthier food options

When and where are the sessions held?

- > Beehive Healthcare, Chester, CH2 2DX
- > Ellesmere Port Sports Village
- > Tarporley War Memorial Hospital, CW6 0AP
- > Neston Youth Community Centre, CH64 9RE
- > Countess of Chester Hospital, CH2 1UL

Which session should I attend?

Ask your doctor or nurse to send a referral saying that you want to join our group. If you can't access groups or use computers, tell the doctor or nurse, and we will help you differently.

Is there a cost?

The session is a free NHS service, Parking is available at all venues.

Can I bring anyone with me?

You are welcome to bring a friend or family member with you.

