

## Booking a place on the course

Booking a place is easy. You can now self-refer, call the team on **0151 604 7271** or complete the self-referral form on our website or scan the QR code.

For more information about Diabetes Smart or to view the course timetable visit [wchc.nhs.uk/diabetessmart](http://wchc.nhs.uk/diabetessmart)



*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 format or language, please contact the Your Experience Team on freephone **0800 694 5530**. Alternatively you can email [wcnt.yourexp@nhs.net](mailto:wcnt.yourexp@nhs.net)

[wchc.nhs.uk](http://wchc.nhs.uk) | [@nhsbuzz](https://www.facebook.com/nhsbuzz) | [@wchc\\_nhs](https://twitter.com/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 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
- **review session** - an opportunity to review how you are managing your condition

