

A place has been reserved for you...



Diabetes Essentials

A group education session for people with diabetes

Diabetes Essentials is a specially designed half day patient education programme for people diagnosed with diabetes.



Why should I attend this session?

- To learn the essentials of diabetes management
- It will give you time and the opportunity to learn from a health professional specialising in diabetes
- To meet other people with diabetes and learn from their experiences
- Information will be presented in a simple and easy to understand manner
- You will have the opportunity to have all your questions answered



Will I be able to get a medical certificate for time off work?

Certainly. Just ask for this at the end of the session



What topics will be covered?

- What diabetes is
- Types of diabetes
- Monitoring and management of diabetes
- Prevention of long- term health problems
- Healthy eating
- Physical activity
- Foot care
- Coping with diabetes in everyday life



When and where is the session held?

There are a number of venues within the Chester locality. Groups are regularly held in the morning, afternoon and evening. Contact the appointment line for a convenient time



Can I bring anyone with me?

Feel free to bring one other person with you. Please let the appointment clerk know if you are intending to bring someone when you make your appointment.



Is there a cost?

The session is a free NHS service. Some venues may have a parking fee.

To book a session which is convenient to you please contact:

Therapy Services
Countess of Chester Hospital
Telephone: 01244 365234