

**To book a place or for further
Information contact:**

Better Blood Sugars
Administrator
Tel: 07817 018 747
DCHST.BBS@nhs.net

Clare Reynolds
07584145528
clarereynolds@nhs.net

Comments, concerns or complaints?

If you have any comment, concerns or complaints and you would like to speak to somebody about them please telephone 01773 525119

Are we accessible to you?

This publication is available on request on other formats (for example, large print, easy read, Braille or audio version) and languages. For free translation and or other format please call 01773 525099 ext. 5587, or email us at:
DCHST.communications@nhs.net

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How can Better Blood Sugars help me?

People who have been on a programme have said

Really useful to have the opportunity to look at my blood glucose readings and understand them

It has been a very enlightening experience

Information about lifestyle, activity and meal planning has helped me lower my HbA1c

Call or email now for more information

DCHST.BBS@nhs.net

Better Blood Sugars

A group education programme for people with Type 2 Diabetes



Is your Type 2 diabetes under control?

Has your GP or Practice Nurse talked to you about the possibility of needing insulin injections to lower the amount of glucose in your blood vessels?

If you would like to learn more about how diabetes is affecting you, before making any decisions about further treatment, this course is for you.

What is Better Blood Sugars?

Better Blood Sugars is a group education programme for people who have Type 2 diabetes. It is aimed at people who are taking tablets to help lower blood sugar levels but these are not working effectively enough to reduce the risk of long-term problems with diabetes such as heart disease and stroke.

It aims to help you understand how diabetes is affecting you as an individual and help you and your GP/practice nurse devise a plan for future management.

Who can attend the programme?

You are welcome to bring a guest, ideally a person who is interested and willing to support you with your diabetes management, for example your partner, a family member or friend.

How many sessions do I need to attend?

Better Blood Sugars is run;

- over three sessions, a month apart
- 3hrs per session
- either 9.30 – 12.30 or 1.30 – 4.30pm
- at your own surgery or in a local community venue.
- with 8 participants plus guests



Do I need to manage my diabetes differently prior to the course?

If you are not doing so already, your practice nurse will show you how to check your blood sugars at home and provide you with a meter and some strips to do this.

It would be helpful if you recorded your blood sugar levels, ideally before;

- breakfast
- lunch
- evening meal
- and bed

If you want to record your food intake prior to the first session this would also be helpful.

We will provide a diary for you to write down your readings, food intake and any activity you do at the first session of *Better Blood Sugars*.

You should take your medication as usual and have a think about how you feel about your diabetes and how you manage it at present.

Who will run the course?

Better Blood Sugar sessions are facilitated by an experienced diabetes nurse educator and diabetes dietician. We may also invite local practice nurses to be involved in the sessions and learn more about diabetes with you.



What aspects of diabetes will be covered?

- Your concerns and issues around diabetes
- How food directly affects your blood glucose levels
- The benefits of activity, and local availability of services.
- Medication
- Planning your diabetes care and much more....

Please note:

Better Blood Sugar sessions are **not** suitable for people who have Type 1 diabetes or for people who have Type 2 diabetes and are treated with **insulin**.

If you are newly diagnosed with Type 2 Diabetes please ask your GP/ practice nurse about the '*Diabetes and You*' course or phone the diabetes education team on 01246 515159 or email DCHST.DiabetesandYou@nhs.uk

There are 1 day courses across the north of the county