



# Diabetes Essentials

The Diabetes Essentials package offers a variety of half day education sessions that provide encouragement, support and information. These sessions would help people with type 1, type 2 diabetes or borderline diabetes.

## Why should I attend this session?

*Do you have a new diabetes diagnosis?*

*Have you had diabetes 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?*

*Are you a close friend or relative of someone with diabetes and keen to help?*

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

- Information provided will be practical.
- You can meet other people and learn from their experiences.
- You will learn what other services are available locally (& often free) to help you.



**Group  
education  
sessions  
for people  
with  
diabetes**

Organised by the Countess of Chester hospital in collaboration with West Cheshire Commissioning Group

## Topics covered in the session: What is available?

- What is diabetes?
- What can you do to look after yourself?
- What do your test results mean?
- What can you expect from the NHS?

- Diabetes Essentials: Borderline
- Diabetes Essentials: Type 1
- Diabetes Essentials: Type 2
- Diabetes Essentials: Kidney
- Diabetes Essentials: Foot care

## When and where are the session held?

- Beehive Healthcare, Chester, CH2 2DX
- Ellesmere Port Hospital, Ellesmere Port, CH65 6SG
- Bunbury Medical Practice, Bunbury, CW6 9PE
- Princeway Health Centre, Frodsham, WA6 6RX

## Which sessions should I attend?

You are welcome to attend any session. If you are unsure which condition you have, please speak to your GP or nurse.

## Is there a cost?

The session is a free NHS service. There is free car parking available at all venues.

## Can I bring anyone with me?

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

To save a place on a convenient course please contact:

Therapy Services

Countess of Chester Hospital

Phone: 01244 365234

Email:

[Diabetes.essentials@nhs.net](mailto:Diabetes.essentials@nhs.net)



@DiabetesEssentials

