Diabetes Education & Awareness for Life

A programme of structured education for people diagnosed with Type 2 diabetes
Diabetes is a serious and lifelong condition. Learning about diabetes and how to manage the condition yourself is essential.

DEAL is a group self-management course uniquely designed for people newly diagnosed with type 2 diabetes.

Attending DEAL provides you with an opportunity to:

• meet other people diagnosed with type 2 diabetes
• gain an in-depth understanding of diabetes and your health results
• learn how to manage your diabetes.

You are welcome to bring your partner, relative, carer or friend to the session.
The course consists of two 3-hour sessions. You will gain the most out of the course if you attend both sessions.

Topics that will be covered include:

- What is Type 2 Diabetes
- Management of your Diabetes, including looking at the different medications used
- Foot Care
- What to and how much to eat
- How to manage your weight
- Goal planning

You will learn about your diabetes by sharing knowledge and experiences with other people in a similar situation.

We hope to provide an informal atmosphere which allows you to ask questions at any time.

Refreshments will be provided.
How can you attend DEAL?

Your practice nurse or GP can refer you to DEAL.

You will receive a letter which will enable you to contact the DEAL coordinator to book on to DEAL. DEAL is available at venues in Windsor, Maidenhead, Slough and Bracknell.

For further information contact the DEAL Coordinator on
01753 636370

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