

Harrogate Initiative for Education on Type 2 diabetes

HARRIET is a **structured education programme** for people newly diagnosed with **Type 2 diabetes** (within 6 months) enabling you to meet the **Diabetes UK 15 Healthcare Essentials** (no 9)

(diabetes.org.uk/15-essentials, NICE 2015 [NG28]).

Structured education benefits patient experience, improving knowledge, self- management skills, glycaemic control & reducing body weight (Steinbeck et al 2012).

The HARRIET course

HARRIET is delivered by the Specialist Diabetes Team in **2 sessions**

Course dates

Venue & Time	Dates
North House Surgery, Ripon Thursday 09:30 – 12:00	15 February 2018
	22 February 2018
Mowbray Square Medical Centre, Harrogate Monday 13:30 – 16:00	19 February 2018
	26 February 2018
Mowbray Square Medical Centre, Harrogate Monday 13:30 – 16:00	19 March 2018
	26 March 2018
Mowbray Square Medical Centre, Harrogate Monday 13:30 – 16:00	16 April 2018
	23 April 2018
Harrogate Hospital Wednesday 16:30 – 18:00	16 May 2018
	23 May 2018
North House Surgery, Ripon Thursday 09:30 – 12:00	7 June 2018
	14 June 2018
Mowbray Square Medical Centre, Harrogate Monday 13:30 – 16:00	18 June 2018
	25 June 2018
Mowbray Square Medical Centre, Harrogate Monday 13:30 – 16:00	23 July 2018
	30 July 2018

Mowbray Square Medical Centre, Harrogate	17 September 2018
Monday 13:30 – 16:00	24 September 2018
North House Surgery, Ripon	11 October 2018
Thursday 09:30 – 12:00	18 October 2018
Mowbray Square Medical Centre, Harrogate	15 October 2018
Monday 13:30 – 16:00	22 October 2018
Harrogate Hospital	21 November 2018
Wednesday 16:30 – 18:00	28 November 2018
Mowbray Square Medical Centre, Harrogate	10 December 2018
Monday 13:30 – 16:00	17 December 2018

Referrals

A written referral can be made via Therapy Services HDFT.

Contact

For any queries please contact the Diabetes Structured Education Co-ordinator on
01423 554602 or email DiabetesStructuredEd@hdfnhs.uk.

For further information please follow the link to the Trust's website:

<https://www.hdfnhs.uk/services/endocrinology/diabetes-service/structured-education-courses/>