

Contact details:

Diabetes Structured Education Co-ordinator
Diabetes Resource Centre
Harrogate District Hospital
Lancaster Park Road
Harrogate
HG2 7SX
01423 554602

If you require this information in an alternative language
or format (such as Braille, audiotape or large print),
please contact the Structured Education Co-ordinator on:

Telephone 01423 554602

Email DiabetesStructuredEd@hdfn.nhs.uk

www.hdfn.nhs.uk

Produced by: Diabetes Team

Date: February 2018

Approved by: Specialist Diabetes Team

Review date: February 2018



HARRIET

Harrogate Initiative for Education on Type 2 Diabetes

Group Educators include:

Diabetes Specialist Nurse

Specialist Dietitian

Podiatrist



What can I expect?

- Attend 2 education sessions over a **2 week period**
- Sessions offer an opportunity to **learn about your diabetes**, ask any **questions** you may have and **meet others** who have recently been diagnosed

Venue and times

Venue	Day	Time
Mowbray Square Medical Centre, Harrogate, HG1 5AR	Monday	1:30-4pm
Harrogate District Hospital, Lancaster Park Road, HG2 7SX	Wednesday	4:30-6pm
North House Surgery, Ripon,	Thursday	9:30-12pm

For a full list of course dates, please refer to the diabetes section of the Trust's website www.hdft.nhs.uk

Referrals

Written referrals accepted within 6 months of diagnosis from your GP, Practice Nurse or Healthcare Team

What will I learn?

- All aspects of diabetes care

Topics include:

- Understanding diabetes
- Healthy eating and carbohydrate awareness
- Lifestyle choices and making changes
- Achieving a healthy weight and being active
- Monitoring—what do your results mean?
- Medications and living with diabetes
- Putting Feet First—looking after your feet
- Going forwards—your ongoing care

Contact

If you have any queries please contact the Diabetes Structured Education Co-ordinator by phone

01423 554602 or email DiabetesStructuredEd@hdft.nhs.uk

**This is an important part of
your diabetes care**