

The Diabetes Information and Education Team

THE DIABETES INFORMATION AND EDUCATION TEAM

Contact us on:

Email: cddft.diabeteseducation@nhs.net

Phone: 0191 569 2844

For more information or to book a place on a course



[@cddftdiabetes](https://twitter.com/cddftdiabetes)



[CDDFTDiabetes](https://www.facebook.com/CDDFTDiabetes)

Diabetes UK Helpline:

Call: 0345 123 2399, Monday to Friday, 9am to 6pm

Email: helpline@diabetes.org.uk



Supporting those with
Type 2 Diabetes to improve their
health and wellbeing



Your diabetes education referral

Lifestyle change and dietary advice for Type 2 Diabetes

**You have been referred to the
Diabetes Information and Education Team
as part of your treatment plan**

Why?

Diabetes education will provide you with the knowledge, tools and skills to not only manage your condition but also give you the best chance of achieving remission.

What to expect from the team:

A member of the team will be in touch to discuss the education options with you, and help you decide which course would be best for you.

They can also signpost to a range of services that may help you to manage your diabetes.

"I feel much more equipped to deal with my diabetes and much less daunted by my diagnosis"

with you  all the way



XPERT Diabetes Course

WHAT'S INVOLVED?
Six (2.5 hour) weekly
group-based sessions



DESMOND Diabetes Course

WHAT'S INVOLVED?
One day (sometimes 2 half days)
group based session



'I will always be grateful to the person who ran the diabetes course.'

The advice and support was, and continues to be, amazing. In less than a year I have achieved remission!

with you  all the way