

## Information

The course will be held from 9.00 – 3.30.

Lunch, tea and coffee will be provided.

The date will be given to you in advance for you to arrange time off work, childcare etc.

It will be held at a Hotel in Torquay. There is free parking in the hotel's car parks.

## Can I bring someone with me?

We realise it can often be helpful for partners/carers to attend; however, the aim is for the person with Diabetes to understand and gain knowledge to look after their own health. Therefore, requests for extra attendees need to be discussed on an individual basis.

If you wish to discuss anything further please contact the

Diabetes Specialist Nurses on 01803 655525 or

Email: [diabetesnurses.sdhct@nhs.net](mailto:diabetesnurses.sdhct@nhs.net)

Diabetes Specialist Dieticians on 01803 654384 or

Email: [tsdft.dmwtdiet@nhs.net](mailto:tsdft.dmwtdiet@nhs.net)

## Contact details

✉ [email@nhs.net](mailto:email@nhs.net)

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[www.torbayandsouthdevon.nhs.uk/](http://www.torbayandsouthdevon.nhs.uk/)

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

## PATIENT INFORMATION

# TT1DE – Torbay Type 1 Diabetes Education Course

Working with you, for you

## **Aim of the course**

At the end of the course you will be better able to understand and manage your diabetes to suit you and your lifestyle. TT1DE is offered as part of an existing range of structured education programmes for people with Type 1 Diabetes.

## **What is TT1DE?**

This course is designed for a group of about 6-10 people – all of whom have Type 1 diabetes.

It is delivered by a team consisting of a Diabetes Consultant (DC), Diabetes Specialist Nurse (DSN) and Diabetes Specialist Dietician (DSD).

## **What will be covered in the course?**

The course will look at the practical aspects of living with diabetes, including foods which affect blood glucose levels, exercise, alcohol and travel.

It is delivered informally with a combination of talks, quizzes, practical exercises around eating and adjusting insulin doses and discussion on various topics.

You will have plenty of opportunity to get your questions answered.

The focus will always be on helping you understand your own needs.

## **What is on the Agenda?**

What is diabetes?

Your insulin and blood sugar

Carbohydrate awareness

More about the food you eat

How it feels to have diabetes

Experiencing life with diabetes

## **Expectations**

Following your diagnosis of Type 1 Diabetes it is expected that you attend the TT1DE course so you are able to consolidate all that you have learnt about diabetes so far. This course is also available for those who have had Type 1 Diabetes for a while and would like to update their existing knowledge.

It is important that you are able to attend the whole day.