Torbay and South Devon
NHS Foundation Trust

PATIENT INFORMATION

TT1DE – Torbay Type 1 Diabetes Education Course

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, Diabetes Specialist Nurse and Diabetes Specialist Dietician.

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 have your questions answered.

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

Expectations

Following your diagnosis of Type 1 Diabetes it is expected that you attend the TT1DE course, so you can 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 can attend the whole day.

What is on the agenda?

- What is diabetes?
- How it feels to have diabetes.
- Your insulin and blood sugar.
- Carbohydrate awareness.
- Experiencing life with diabetes.
- More about the food you eat.

Information

The course will be held from 9am to 3.30pm. 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 Dieticians on 01803 654384 or email:
tsdft.diabetesdietitians@nhs.net

Diabetes Specialist Nurses on 01803 655525 or email:
tsdft.diabetesnurses@nhs.net

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

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