



Barnsley Integrated Diabetes Service

Do you have
type 1 diabetes?

Take control

Join the Barnsley DAFNE
programme for

FREE



What is DAFNE?

DAFNE stands for **Dose Adjustment For Normal Eating**.

The course teaches you how to work out the amount of carbohydrate in your food, and the right dose of insulin to take.

It also teaches you how to manage hypoglycaemia and make insulin adjustments for illness and exercise.

DAFNE reduces the guesswork involved in managing diabetes. It gives you more freedom at the same time as improving your health and your quality of life.

Our aim is to help you work towards your personal diabetes-related goals so you may lead as normal a life as possible while controlling your blood glucose, hence reducing the risk of long-term complications related to diabetes.

Less guesswork, more freedom, better health.



Book your free place!

Speak to one of our friendly
SPA Team who will arrange
your booking.



Call: 01226 240 086

Monday - Friday 9am to 5pm

Send us a message by email:
BarnsleyDiabetes.SPA@nhs.net

Send post to:
Diabetes SPA, Centre for Diabetes
and Endocrinology, Barnsley
Hospital, Gawber Road, S75 2EP

Please provide the following info:

1. Inform us you would like to attend DAFNE
2. Confirm your diagnosis of type 1 diabetes
3. Your Name, date of birth and address
4. Your GP and their surgery

One of our friendly SPA Team will respond to arrange your booking as soon as possible.

DAFNE is proven to:

- Improve your HbA1c
- Decrease severe hypoglycaemia
- Decrease diabetes distress
- Decrease diabetic ketoacidosis
- Decrease average insulin doses
- Improve quality of life
- Improve treatment satisfaction

What the locals say

“

This course should be available to everyone in Barnsley with Type 1 Diabetes.

”

“

Loved it. It was a great week and met lovely people all with diabetes.

”

“

With DAFNE you're able to help yourself rather than relying on somebody else. I can take back the control that I lost.

”

The programme

- What is diabetes?
- Carbohydrate counting
- How to manage snacks
- Working out CPs from food labels
- Healthy eating and weight management
- Eating out
- How does alcohol affect blood glucose?
- Blood glucose checks and targets
- How does insulin work?
- Insulin adjustment
- How to “correct” blood glucose
- Managing hypoglycaemia
- Illness management and sick day rules
- Managing the effect of physical activity and exercise
- Annual review and screening checks
- Tips on work, travel, and a healthy pregnancy
- Insulin pumps
- Setting long term goals and action planning



DAFNE

Where?

DAFNE is delivered at Barnsley Metrodome

LOCATION

Barnsley Metrodome

Queens Rd, Barnsley, S71 1AN

1 WEEK COURSE

Monday to Friday, 9am to 5pm

5 WEEK COURSE

9am to 5pm, one day a week for five weeks

To qualify for DAFNE, you will need to attend a pre-assessment clinic and a follow-up appointment.

The venue is accessible using public transport and has free parking.

Barnsley Integrated Diabetes Service is a partnership between Barnsley Hospital, Barnsley Healthcare Federation, and GP practices providing your diabetes care closer to home.