

What is X-PERT?

X-PERT is a free nationally recognised training programme that will give you all the information you need to look after your diabetes.

All over the country thousands of people with type 2 diabetes have gained the skills, knowledge and confidence to manage their condition by completing X-PERT!

The programme is delivered by a specialist diabetes nurse and dietitian. You will attend 1 session per week for 6 week sessions please do not hesitate to contact us.



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

Book your free place!

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



Call: 01226 240 086

Monday - Friday 9.00am to 5.00pm

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

Send post to:
Diabetes SPA, Oaks Park Primary Care Centre, Thornton Road, Kendray, Barnsley, S70 3NE

Please provide the following information:

1. Inform us that you would like to attend X-PERT
2. Confirm your diagnosis of type 2 diabetes
3. Your Name, date of birth and address
4. Your GP and their surgery
5. One of our friendly SPA Team will respond to arrange your booking as soon as possible.

NHS

Barnsley Integrated Diabetes Service

Do you have type 2 diabetes?

Take control

Join the Barnsley X-PERT programme for

FREE



X-PERT is proven to:

- Reduce diabetes medications
- Increase self management skills
- Improve your lifestyle and quality of life

What the locals say

“The advice and information I received will be a big help in combating diabetes.”

“I didn't know anything when I first came. Now I know so much more.”

“I learned something new every week. The nurse and dietitian were so helpful.”

“Everyone with diabetes should be offered the chance to attend X-PERT so that they can gain knowledge of their health issues and how to manage their condition and their quality of life better.”

The programme

Week 1: What is diabetes?

- How the body digests food
- Blood glucose control
- What do my test results mean?
- 7 lifestyle factors for optimal health

Week 2: Nutrition for health

- How the body digests food
- Blood glucose control
- What do my test results mean?
- 7 lifestyle factors for optimal health

Week 3: Carbohydrate awareness

- What are carbohydrates?
- How do they affect blood glucose?
- How much should I eat?

Week 4: Understanding food labels

- How to read food labels
- Understanding nutritional claims

Week 5: Complications

- How to avoid complications with diabetes.

Week 6: Recap and questions

- Gather details of local services available in Barnsley
- Answers to questions you may have

Where?

X-PERT is delivered throughout Barnsley in the following locations:

MONDAYS

Barnsley Metrodome

Queens Rd, Barnsley, S71 1AN

TUESDAYS

Royston Civic Hall

Station Rd, Royston, S71 4EQ

THURSDAYS

The Thurnscoe Centre

Holly Bush Drive, Thurnscoe, S63 0LT

FRIDAYS

Apollo Court Medical Centre

High Street, Dodworth, S75 3RF

Courses are available in the morning, afternoon and evening.

All venues are accessible via public transport and have free parking.