

Book a free place!

Speak to our friendly SPA (Single Point of Access) Team who will arrange your booking or answer any questions you may have.

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, Centre for Diabetes and Endocrinology

Barnsley Hospital

Gawber Road

S75 2EP

FREE
COURSE



ONLINE Xpert Diabetes Course

Six one-hour sessions over six weeks online

This course will provide you with the information you need to manage your diabetes

Barnsley Integrated Diabetes Service

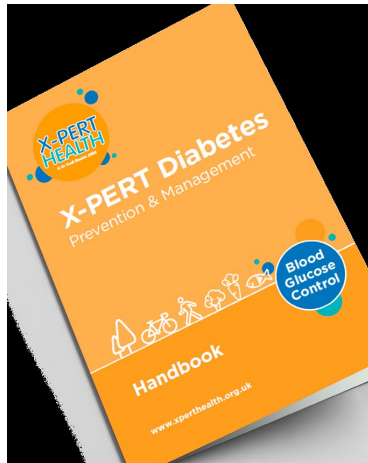
Is a partnership between Barnsley Hospital, Barnsley Healthcare Federation and GP practices providing your diabetes care closer to home.



**Barnsley Integrated
Diabetes Service**



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Diabetes Service**



Do you have Type 2 diabetes?

The X-PERT Diabetes Programme will provide you with the information you need to manage your diabetes.

It is based on the latest scientific evidence and can help you to improve your health and quality of life. You may even be able to put your diabetes into remission.

This course can be attended in the comfort of your own home without the need to travel to a classroom and you will still get the benefits of group learning.

The Programme:

Week 1: What is Diabetes?

Week 2: Nutrition for Health

Week 3: Carbohydrate Awareness

Week 4: Understanding Food labels

Week 5: Possible Complications

Weeks 6: Maintenance and Questions

Attendance to this course is six one-hour sessions over six weeks online. Here you will learn as part of a small group with opportunities to ask questions and discuss the weekly topics further to gain a better understanding of Diabetes.

All you need is internet access and an email address. We currently use Microsoft Teams for the online group sessions so your device will need to allow you to do video calls. Instructions on how to use Teams will be sent to you if you choose to do this course.

You will need to watch a series of short videos and read the book provided, in your own time.

Each week prior to your group session we send you a short video to watch which will support your learning along with information from the book. These relate to the weekly topic covered in the group sessions.