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**Type 2 Diabetes - Group Education/Information Sessions**

*Do you have a new diagnosis of type 2 diabetes?*

*Have you had diabetes for a while but need a diabetes update?*

*Would you like more information to support a family member with type 2 diabetes?*

The Diabetes Essentials package provides a variety of half day, patient education sessions that provide encouragement, support and information to help manage your condition. You are very welcome to bring a family member or friend with you.

The session is delivered by the Countess of Chester NHS Foundation Trust in Partnership with Halton Clinical Commissioning Group.

**Why should I attend this session?**

* Do you need to learn more about diabetes?
* The session will give you the time to learn the essentials of diabetes management from a healthcare professional
* The information will be delivered in an easy to understand manner
* You will have the opportunity to have all your questions answered
* You will meet other people with the same condition and learn from their experiences
* You will find out about additional ongoing support in your local area.

**What topics will be covered?**

Diabetes Essentials aims to provide information on:

* What your diagnosis is
* How type 2 diabetes is monitored and managed
* Practical solutions to help manage your condition, including healthy lifestyle advice

**When and where are the sessions held?**

Sessions last approximately 2 ½ hours and are available across Runcorn and Widnes as follows:

* The Old Police Station, Mersey Road, Runcorn
* Castlefields Medical Centre, Runcorn
* Hough Green Medical Practice, Widnes
* Kingsway Learning Centre, Widnes

Sessions times vary depending upon location, however we have morning, afternoon and evening sessions available so you can choose the session to suit your schedule.

**Is there a cost?**

The session is a free NHS service. All venues have free parking available.

**To book a session which is convenient to you please contact:**

Therapy Services by telephone: 01244 365234 or email: Diabetes.Essentials@nhs.net

 Check out our latest news on Facebook.com/DiabetesEssentialsRuncornandWidnes