

To:
Diabetes Self Management
Programme,
Whittington Health,
Partnership Primary Care Centre,
331 Camden Road,
London N7 0SL

Take part in the Self Management Programme
 a free course for people living with Type 2 Diabetes



Stamp
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 Please

How can you join this course?

For further details of the Diabetes Self Management Programme in your area and how you can become part of this exciting initiative please call:

020 7527 1189 (Islington)

020 7527 1707 (Haringey)

"The DSMP gave me the tools to seek help and advice from my health carers and to find the solutions to the various problems. I now have improved health, take less medication and feel a lot better. The feeling that I was alone and did not have anyone who cared or listened to me has gone. I feel in control of my own health."

A course participant



Diabetes Self-Management Programme for people with Type 2 Diabetes

For more information and to join contact:

Whittington Health
 Partnership Primary Care Centre
 331 Camden Road London N7 0SL

Tel: 020 7527 1189 (Islington) 020 7527 1707 (Haringey)

E-mail: whh-tr.self-management@nhs.net

If you have a question or concern about Whittington Health Services, please contact our Patient Advice and Liaison Service (PALS):

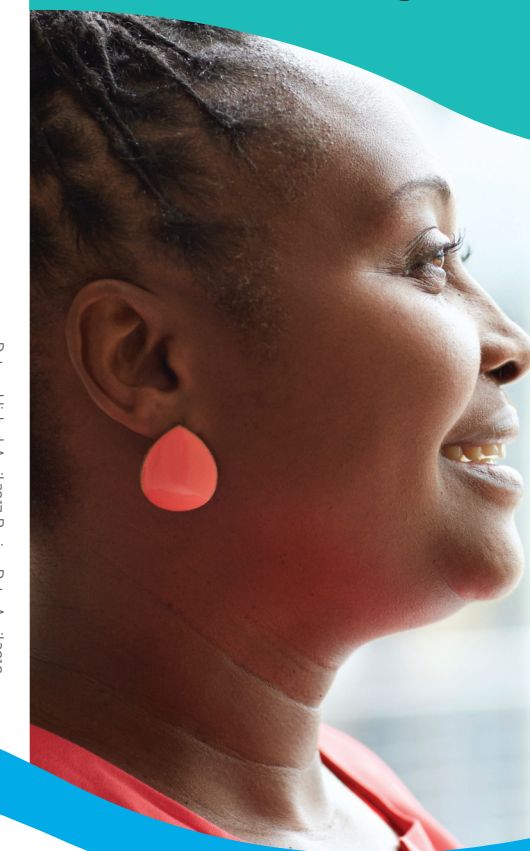
PALS and Complaints Service, Patient Relations Office,
 Whittington Health, Whittington Hospital,
 Magdala Avenue, London N19 5NF

Tel: 0207 288 5551 Fax: 0207 288 5822 Text 07825 420944

E-mail: whh-tr.whitthealthPALS@nhs.net



Whittington Health **NHS**



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Want to live healthy with your diabetes?

Diabetes Self-Management Programme (DSMP)
For people with Type 2 diabetes
Islington/Haringey



Diabetes Self-Management Programme for people with Type 2 Diabetes

The Diabetes Self-Management Programme is a seven-week course for people living with Type 2 diabetes. It is designed to help you better manage your diabetes and gain control of your health.

The course will give you the support you need to find practical ways to deal with your condition and feel more confident to manage it on a daily basis.



Does it cost anything? No, it is FREE

How does it work?

- The course runs for 7 weeks
- Each session lasts three hours.
- The course is delivered by two specially trained self-management tutors (one healthcare professional with experience of supporting people with diabetes and one lay person living with diabetes).
- Courses will be available on different days and times to suit most people.

BOOK EARLY TO AVOID DISAPPOINTMENT

How many people will be on the course? 12-16 people

Who can take part?

Anyone who has Type 2 diabetes and is a resident, or has a GP, in Islington or Haringey.

By taking part in this course you can:

- Feel more confident to manage your diabetes
- Improve your emotional wellbeing
- Improve your quality of life
- Feel more able to talk to your healthcare professionals and family about your health and make decisions together
- Feel more confident about planning ahead
- Increase your knowledge about your health
- Improve your diabetes control
- Meet others and share similar experiences



Call us or post this form back to us

For more information or to register on a Diabetes Self-Management Programme please call:

The Self-Management Co-ordinator

on 020 7527 1189 (Islington)

020 7527 1707 (Haringey)

or email whh-tr-self-management@nhs.net



Alternatively, please fill in the form, tear this section off and post it to us (stamp required). Please add the appropriate information:

First name
Surname
Telephone
Address
Post code