



**A STRUCTURED PATIENT EDUCATION PROGRAMME FOR PEOPLE WITH TYPE 2 DIABETES**

**Do you want to increase your skills, knowledge and confidence in managing your diabetes?**

X-PERT Diabetes is a six-week group diabetes education programme. Each week you will learn the skills to better manage your own diabetes. You will also have the opportunity to explore and address any issues that you may have with your diabetes.

**Comments from patients:**

- 'This is the first time in 10 years of being a diabetic that anybody has told me these things'*
- 'I am more at ease with diabetes from what I have learnt and able to control it better'*
- 'Don't feel as frightened as I did.....feel more confident in myself...things explained so that anybody & everybody can understand'*
- 'This course was really helpful in helping me understand diabetes as all demonstrations were in laymen's language the programme should have been implemented years ago'*

If you would like to attend, please either ring Pergul or Nazmin on 020 8510 7875/5920 OR return the reply slip below to:

**Diabetes Lay Educators, Hackney Diabetes Centre, HOMERTON UNIVERSITY HOSPITAL, Homerton Row, London E9 6SR**

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**I have Type 2 diabetes and would like to attend the X-PERT Diabetes programme starting on Friday 20 October 2017 PM at the Lawson Practice**

Name.....DOB .....  
Address.....  
.....Postcode .....  
Tel.....Mobile .....  
GP name..... GP surgery.....