

Type 2 Diabetes Courses

Free local courses run by diabetes specialists for anyone with Type 2 Diabetes registered with a GP in Airedale, Wharfedale and Craven

"I am more at ease with diabetes from what I have learnt and able to control it better"
(X-PERT participant)



"Found the class excellent. Covered many details I did not understand before"
(Diabetes Made Easy participant)

A specialist course is a core part of diabetes treatment.

It will help you better understand your diabetes and how to manage it.

People who attend a course tend to have better diabetes control and fewer complications.

Our courses



Recommended full course

2 ½ hour session once a week for 6 weeks exploring: what is diabetes? carbohydrate awareness, food labelling, supermarket tour, possible complications, weight management

Diabetes
Made
Easy

If X-PERT is not for you right now

A 2 hour introductory session
Less detailed than X-PERT but useful if you are waiting for X-PERT or as a one-off or refresher

Tailored courses are available in other languages including Urdu and Punjabi

Information overleaf on where and when courses will be held.

Feel free to bring a friend or family member with you.

Book direct:  01535 294290  diabetesED@anhst.nhs.uk

Or fill in the form overleaf and ask your surgery to refer you.

For more information about our courses call us on 01535 294852

Type 2 Diabetes Courses

When and where?



Our recommended course

This 6 session course runs during the daytime, midweek. We can provide a letter for your employer explaining the importance of attending.

Courses in Keighley, Ilkley, Skipton and Settle



If X-PERT is not for you right now

Choices of midweek daytime, midweek evening and Saturday morning sessions

Courses available in Keighley, Haworth, Silsden, Skipton, Grassington, Settle, Ilkley and surrounding areas

Book direct:



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Or fill in the booking form below and ask your surgery to refer you.

Booking form for Type 2 Diabetes Courses

If you don't want to book direct, hand this in to your doctor's surgery requesting a referral.

On receipt of the referral, our booking centre will call you to book you on to the next suitable course.

My name: _____

My date of birth: _____

My GP surgery: _____

Which course? (please tick ✓ one) X-PERT (6 weeks) Diabetes Made Easy

Please tick ✓ the box if you plan to bring a friend or family member

Please tick ✓ if you prefer a course in South Asian language

Telephone or Email address: _____

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