

S.W.E.E.T REFERRAL FORM
SOUTH WEST ESSEX EDUICATION & TRAINING FOR **DIABETES**

First Name:

Surname:

Date of Birth:

Address:

Telephone number (home):

Telephone number (mobile):

Email:

Name of Gp:

Please tick the education session you would to attend

SWEET TYPE 1 DIABETES

- 3 day carb counting and insulin dose adjustment education

SWEET TYPE 2 DIABETES basics

- Introduction to diabetes including medications, healthcare essentials and basic dietary advice

SWEET TYPE 2 ADVANCED

- Diet and carbohydrate advice. Insulin titration education

Please return to:
Your GP or pharmacist or return yourself by post, fax or email

Education Co-Ordinator, LTC Team, Diabetes Care Centre, Mayflower Community Hospital,
Blunts Wall Road, Billericay CM12 9SA
Telephone: 0300 300 1509
Fax: 0300 300 1589
Email swe.diabetes@nhs.net

SWEET type 2 basics

SWEET 2 basics is a half day group session led by healthcare professionals and nurses from our adult diabetes service.

Who can attend SWEET type 2 basics?

Anyone with type 2 diabetes can attend. Ideally it is good to attend as soon as possible after diagnosis but it can be of benefit to anyone with an interest in improving their understanding and self-management of type 2 diabetes

What will be discussed?

- Understanding diabetes
- Medications for diabetes
- Understanding monitoring and targets
- Diabetes complications and how to avoid them
- What to eat and personal meal planning

Where and how long is the course?

SWEET type 2 basics is run at various venues across south west Essex once or twice a week. It is a half-day session with the session typically being from 9am to 12.00pm or 1pm to 4.00pm. Evening or weekend sessions may also be held.

SWEET 2 advanced

SWEET type 2 advanced is a half day group session led by healthcare professionals and nurses from our adult diabetes service.

Who can attend SWEET type 2 advanced?

Anyone with type 2 diabetes who is taking medication and insulin to control their diabetes. It can be of benefit to anyone with an interest in improving their understanding and self-management of type 2 diabetes.

What will be discussed?

- Understanding diabetes
- Detailed discussion about different insulin regimes for diabetes, how they work and timing of insulin doses
- Discussion on diet with a focus on identifying and counting carbohydrates
- Analysis of your own diet
- Education and information on how to titrate (change) insulin doses yourself

Where and how long is the course?

SWEET type 2 advanced insulin is run at various venues across south west Essex approximately once a month. It is a half day session with the session typically being from 9am to 12.00pm or 1pm to 4.00pm. Evening or weekend sessions may also be held.

SWEET type 1

SWEET type 1 teaches the skills of insulin adjustment in a range of situations such as eating out, drinking alcohol, during activity and when unwell. It is also good to refresh your carbohydrate counting skills. Most importantly you may be able to pass on your knowledge and share experiences with others.

To attend SWEET type 1 you should:

- Aged 17 or over
- Have had diabetes for at least six months
- Using a long acting and mealtime insulin regime
- Be prepared to test your blood glucose levels at least four times a day

Where and how long is the course?

SWEET type 1 is run at various venues across south west Essex every 4-6 weeks. It is a three day course with days typically lasting from 9.30am to 4pm. There is also a follow up half day session run every three months.