

# Wellbeing: Understanding Diabetes

## Course overview

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Diabetes is a lifelong condition that causes a person's blood sugar level to become too high. It can affect both adults and children and have an impact on physical and emotional wellbeing. Living with it can be difficult as there are many factors to consider. This means that not everyone manages their diabetes well. This workshop will increase your understanding of diabetes and suggest ways for an individual (and the people around them) to manage it well.

This is an essential workshop for anyone who has or is living with someone with who has recently been told they are diabetic or pre-diabetic, for those who may work with adults or young people with diabetes or live or work with people who struggle to manage their diabetes effectively.

## What will I study?

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You will:

- cover what diabetes is
- recognise the signs of poorly managed diabetes
- discuss how food and exercise can support diabetes management
- discuss how those around can support effective diabetes management

## Assessment method

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You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout the workshop.

## Entry requirements

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This course is open to all. You will need a good understanding of English.

## What should I bring with me?

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You will need to provide your chosen method of note-taking such as a notepad and pen or a tablet.

## Key information

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Code	Date	Time	Location	Full Fee	Concessionary Fee
7020CPT	Wednesday 9 June 2021	9.30am to 12.30pm	Dagenham	£0.00	£0.00

## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to other wellbeing or enrichment courses or signposted to another course suitable for you.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722