

Wellbeing: Understanding Diabetes

Course overview

Diabetes is a lifelong condition of both adults and children, which affect people physically as well as emotionally. 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, its management and what those around some-one with diabetes can do to support 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?

You will:

- Cover what diabetes is
- Recognize 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

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

Entry requirements

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

What should I bring with me?

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

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

Possible next steps

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

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk

call: 020 8270 4722

