EPUT Adult Diabetes Service Programme of Education for People living with Type 1 diabetes (T1D) 2025

\***please email** [**epunft.diabetes.one@nhs.net**](mailto:epunft.diabetes.one@nhs.net) **to book**

**Newly Diagnosed T1D (within 12 months of diagnosis)**

This 3 hour course is designed for people who are just starting their journey of living with Type 1 diabetes. The course aims to empower you on your life long journey of living with diabetes. Subjects covered on the course are – what is type 1 diabetes, what do the blood tests mean, basics on insulin and carbohydrate counting.

Max group size 15, Location: Hawthorn Centre, Rochford

**Dates**

**18th March 9.30 – 12.30**

**4th July 9.30 – 12.30**

**5th August 9.30 – 12.30**

**14th October 9.30 – 12.30**

**Dose Adjustment for Normal Eating** (DAFNE)

We are an established DAFNE centre with 4 qualified DAFNE educators within the team. DAFNE aims to help adults with type 1 diabetes lead as normal a life as possible, whilst also maintaining blood glucose levels within healthy targets, to reduce the risk of long-term diabetes complications.

There are different ways in which you can complete a DAFNE course, either on a face-to-face DAFNE course or a Remote DAFNE course – a blend of online learning with virtual group sessions. Please contact our DAFNE admin Amanda to enquire for more information and availability:- [epunft.diabetes.one@nhs.net](mailto:epunft.diabetes.one@nhs.net)

Max group size 6-8, Location varied

**Carbohydrate counting for T1D**

This course is delivered over 3 hours and can be used as a refresher for people already carbohydrate counting for their meals and would like an update, or for people new to carbohydrate counting and want an initial insight.

Max group size 15, Location: Hawthorn Centre, Rochford

**Dates**

**8th April 1.30 pm – 4.30 pm**

**8th July 9.30 am – 12.30pm**

**7th October 1.30 pm – 4.30 pm**

**New for 2025**

**Gastroparesis support group**

Navigating life with delayed gastric emptying.

This support group is dedicated to individuals living with T1D and gastropareses. The group aims to offer a compassionate and informative space to connect with others facing the challenges of managing gastroparesis, share experiences and learn strategies for improving daily life. We are very pleased to advise that Dr Kadirkamanathan distinguished lead in research and treatment of gastroparesis will be in attendance on the 18th March.

**Max group size 15,** Location: Hawthorn Centre, Rochford

**Date**

**18th March 2025 2pm – 16.30 pm**

**T1D and weight management for people with a BMI >35**

This 3 hour session is specifically for those of you living with T1D and are seeking support with weight loss. Hosted by one of our specialist dietitians, this course provides an exploration of the relationship between T1D and weight management. It covers the physiological and metabolic effects of T1D on the body, emphasising how insulin therapy, dietary choices, physical activity, and other lifestyle factors influence both blood glucose levels and body weight.

Max Group size 15, Location: Hawthorn Centre, Rochford

**Dates:**

**30th April 9.30 am -12.30 pm OR 13.30 pm– 16.30 pm**

**1st September 9.30 -12.30 pm**

**T1D and Exercise**

This support group is designed for individuals living with T1D who are interested in integrating exercise into their daily lives in a safe and sustainable way. This group provides a space for sharing experiences, tips and challenges relating to managing blood glucose levels during physical activity

Max group size 15, Location: Hawthorn Centre, Rochford

**14th April 13.30 – 16.30**

**8th September 9.30 – 12.30**

**Recognising the early signs of diabetes burnout –** run in collaboration with Therapy for you services

This course is designed to help individuals with Type 1 diabetes identify the early signs of diabetes burnout and develop effective strategies to manage it. Diabetes burnout occurs when the emotional, mental and physical demands of managing the condition become overwhelming. Recognising the early warning signs is crucial to enable you to seek support and improve wellbeing

Max group 10, Location Hawthorn Centre, Rochford

**Date**

**16th May 9.30 -12.30 or 1.30 – 16.30**

**T1D and Peri-Menopause and Menopause**.

This course is designed for women who are navigating the challenges of menopause. Menopause can significantly impact glucose control, hormonal balance, and over all wellbeing, and understanding how these challenges intersect with T1D is essential for maintaining health during this transitional phase of life. We aim to provide practical tools, evidence based insight and emotional support for managing both conditions simultaneously

Max Group size 15, Location: Hawthorn Centre, Rochford

**Date**

**26th September 9.30 – 12.30 or 1.30 – 4.30 pm**

**T1D and illness management**

Managing illness with T1D; strategies for optimal health.

This course is designed to help individuals with T1D understand how to effectively manage their condition during periods of illness. Whether dealing with common colds, flu, infections or more serious illnesses, this course provides essential knowledge on how illness can affect blood glucose levels, insulin needs and overall diabetes management. Participants will learn practical strategies for maintaining control of their diabetes during times of illness.

Max group size 15, Location Hawthorn Centre, Rochford

**Date**

**13th October 9.30 – 12.30**

**Supporting a loved one with Type 1 diabetes? This course is for you!**

This session is designed for carers, family members, and loved ones who support individuals living with diabetes. The course focuses on building awareness about diabetes, recognising and learning key terms and concepts (e.g. hypoglycaemia, hyperglycaemia) and how to support and promote better health outcomes.

Max Group size 15, Location Hawthorn Centre, Rochford

**Date - June 9th 9.30 – 12.30 or 1.30 -16.30**