

Improve your lifestyle and manage diabetes more effectively

Registration is free and the
course is simple and fun

X-PERT is a five-week group education programme for people with type 2 diabetes. You will learn all about the up-to-date treatments, management of diabetes and have the opportunity to explore and address problems, or issues, that you may have with your diabetes.

The programme has been shown to improve diabetes control, reduce diabetes tablets and insulin useage, increase self-management skills, improve lifestyle and quality of life.

Comments from patients

- *This is the first time in 10 years of being diabetic that anybody has told me these things.*
- *Very glad to be offered the course, much appreciated, (thank you X-PERT!). I feel more encouraged to deal with diabetes myself and much more knowledgeable.*
- *I am more at ease with diabetes from what I have learnt and am able to control it better.*
- *Don't feel as frightened as I did... feel more confident in myself... things explained so that anybody can understand.*
- *This course really helped me understand diabetes, as all demonstrations were in plain English - these programmes should have been implemented years ago.*

Booking options

1. Attend the full five-week
X-PERT Programme

Typical sessions include:

WEEK 1

- What is diabetes?
- Self monitoring
- Medication
- Healthy results - what do they mean?
- Setting goals for change

WEEK 2

- Weight management
- Energy balance
- Healthy eating with physical activity

2. Attend the new
X-PERT Taster - one session only

- Suitable for those not wanting to commit to the full programme
- Based around "week 1" of the full programme
- Take away the X-PERT handbook

Sessions last for 2¹/₂ hours and include a 20 minute refreshment break.

For more information call the
Bexley Diabetes Education team on
0208 269 3401 or email
bexleydiabetes@nhs.net

Register NOW for your FREE diabetes programme

- Yes I would like to be invited to attend the full X-PERT education programme for adults with type 2 diabetes
Yes I would like to be invited to attend the new X-PERT TASTER session
(Please complete as much of this form as possible)

Name:

NHS Number:

Please confirm that you have type 2 diabetes

Date of diagnosis: / /

Address:

Postcode:

Tel. No:

Date of birth:

GPs details Name:

Tel. No:

Where did you obtain this leaflet from?

Diabetes?

We can help



Please complete the form
on the reverse of this page
and post it back to:

Diabetes Team - Bexley Health Ltd
Block A - Level 1
Queen Mary's Hospital
Frogna Avenue
Sidcup
Kent
DA14 6LT



X-PERT Health Community
Interest Company (CIC) is a
not-for-profit social enterprise with
the vision of improving the health
and wellbeing of the population.

X-PERT HEALTH CIC
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Diabetes?

We can help



X-PERT Programme

A structured patient education
programme for people with
type 2 diabetes.

REGISTER NOW FOR YOUR

FREE

DIABETES PROGRAMME