

## What people say...

*"The course has been a real plus to my diabetes. After five years of living with diabetes this is the first time I have had/ found good knowledge and how to live appropriately with diabetes. Not let diabetes control you!!"*

**-Ashit**



**CONTROL**

*"It was a very interesting programme, the instructors were very good and explained everything in an easy way – I would recommend people go to the class!"*

**-Paul**



**LEARN**

*"It's nice to know people can receive help for diabetes in a friendly and helpful way"*

**-Pushpa**



**WELCOMING**

People who have been on the course rate it highly - 99% of people would recommend EMPOWER to their friends and family if they were diagnosed with type 2 diabetes.

**DEDICATED FREE SUPPORT LINE**

**0800 8527 460**

[www.empowereastlancs.co.uk](http://www.empowereastlancs.co.uk)

Delivery of EMPOWER in East Lancashire is supported by Spirit Healthcare Ltd.



**SPIRIT**  
HEALTHCARE



**NHS**  
East Lancashire  
Clinical Commissioning Group

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1. Data on file. EMPOWER participants 2016.

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## Diabetes Education

For people with type 2 diabetes in East Lancashire

Patient Information Leaflet



## What is EMPOWER?

EMPOWER is a group education course that provides support and advice on how to better manage your diabetes – **it's FREE, paid for by the NHS and lasts three hours.**

The sessions are held in a variety of local venues so you can choose the time and the place that is most convenient for you. You will be part of a small local group who will be able to discuss topics in a friendly, engaging and interactive manner.



DIET



LIFESTYLE



MEDICATION



GOALS

## Benefits to attending...

Attending a session will help you to:

- Learn about what diabetes is and how it can affect you
- Find ways to manage your diabetes more effectively
- Understand the complications diabetes can cause
- Learn how to improve your blood sugar levels

## How does it work?

EMPOWER courses are usually run during the week, at different times of the day including evenings - so hopefully you will find one that suits you!

You will be offered a choice of courses that are delivered in different venues and are accessible by public transport.

## EMPOWER near you

We run EMPOWER courses in:

- Accrington
- Bacup
- Barnoldswick
- Burnley
- Colne
- Clitheroe
- Great Harwood
- Nelson
- Rossendale



## How do I take part?

To join an EMPOWER session you must be:

- 17 years of age or over
- Diagnosed with type 2 diabetes within the past 12 months (or have not received diabetes education before)
- Registered with a GP within East Lancashire

To register, speak to your GP or Practice Nurse, or you can book online yourself at [www.empowereastlancs.co.uk](http://www.empowereastlancs.co.uk)  
A member of the EMPOWER team will be in touch to get you started.