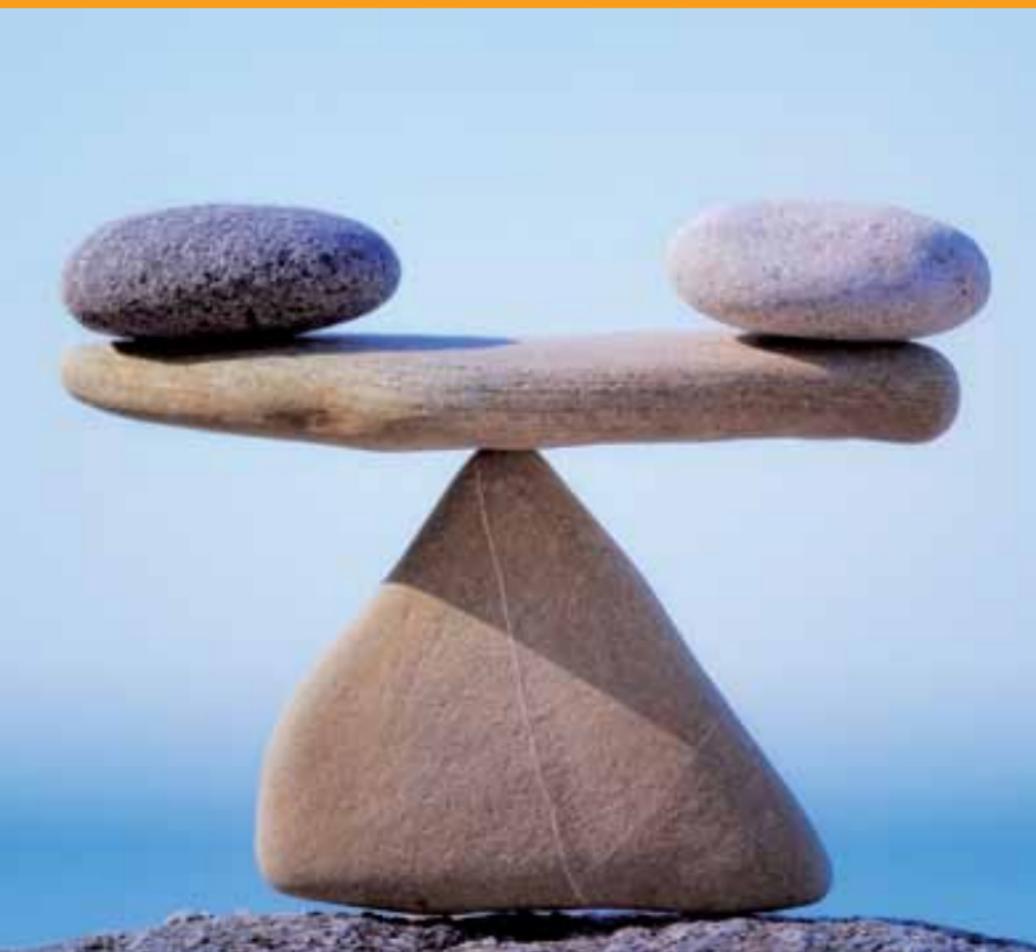


A FREE COURSE to help you
manage your diabetes

**Helping balance
diabetes
with daily life**



**Learn to manage the
day-to-day issues
associated with living
with diabetes.**



**Expert Patients
Programme**

Community Interest Company

Course information



What is the X-PERT Course?

The X-PERT course is a **FREE** 6 week course aimed at anyone diagnosed with diabetes.

The course has been shown to improve long-term control of your diabetes, and give you the tools to feel in control of the condition.

Topics that the course covers include:

- What is diabetes?
- The eatwell plate and energy balance
- Carbohydrate awareness and glycaemic index
- The benefits of physical activity
- Supermarket tour and understanding food labels
- Possible complications of diabetes and their prevention
- Care Planning: the lifestyle experiment
- Are you an X-PERT? game

Who can take part?

Anyone diagnosed with diabetes. Partners and carers are also welcome to attend and encouraged to join with activities.

Practicalities

The X-PERT course is run over 6 weekly sessions with each session lasting 2 hours 30 mins in local community venues. It is facilitated by trained educators who work as a specialist in diabetes or have experience of living with diabetes.





How can it help you?

By taking part in the X-PERT course you will:

- Learn new skills to understand and manage your diabetes
- Develop confidence in eating well with diabetes
- Meet others who share similar experiences
- Be empowered to work with your healthcare professionals to manage your diabetes long-term

How has it helped other people?

People who have taken part in the X-PERT course have:

- Improved diabetes control and body weight
- Reduced risk of long-term complications of diabetes
- Increased self-management skills
- Improved lifestyle and quality of life
- Reduced blood pressure and cholesterol levels



“This is the first time in 10 years of being a diabetic that anybody has told me these things.”



“Don’t feel as frightened as I did... feel more confident in myself... things explained so that anybody can understand.”



“This course was really helpful in helping me understand diabetes as all demonstrations were in layman’s language – programme should have been implemented years ago.”



For details about courses in your area contact:

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For more information on
the X-PERT Programme visit
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Or visit www.expertpatients.co.uk
www.xperthealth.org.uk