

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!!"*¹

-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!"*¹

-Paul



LEARN

*"It's nice to know people can receive help for diabetes in a friendly and helpful way"*¹

-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.empowerllr.co.uk

EMPOWER is delivered by Spirit Healthcare Ltd on behalf of NHS Leicester City CCG, NHS East Leicestershire and Rutland CCG and NHS West Leicestershire CCG.



Leicester City Clinical Commissioning Group
East Leicestershire and Rutland Clinical Commissioning Group
West Leicestershire Clinical Commissioning Group

Reference:

1. Data on file. EMPOWER participants 2016.

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Diabetes Education

For people with type 2 diabetes in Leicester, Leicestershire and Rutland

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 four 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, in the evening and at weekends - 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:

- Ashby de la Zouch
- Barwell
- Enderby
- Leicester
- Loughborough
- Lutterworth
- Market Harborough
- Melton Mowbray
- Oakham
- Thurnby Lodge
- Wigston



How do I take part?

To join an EMPOWER session you must be:

- 19 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 Leicester City, East Leicestershire and Rutland or West Leicestershire

To register, speak to your GP or Practice Nurse, or you can book online yourself at www.empowerllr.co.uk.

A member of the EMPOWER team will be in touch to get you started.