



Leicester, Leicestershire & Rutland

WHAT IS EMPOWER?

EMPOWER is a group education course that provides support and advice on how to self-manage your diabetes - **it's FREE, paid for by the NHS and only lasts four hours!**

The course will help you understand what diabetes is, the effect it has on your body and how to make small, achievable changes to the food you eat and your everyday life.

Find out more at: www.empowerllr.co.uk

WHY IS IT IMPORTANT?

Attending a diabetes education course is a very important part of learning how to self manage your diabetes and live a healthier life.

People who have attended an EMPOWER course have rated it highly, spending time with people who face some of the same challenges.

99% of people would recommend it to their friends and family.

“ This course has been a real plus to my diabetes. After 5 years of living with diabetes this is the first time I have found good knowledge on how to live appropriately with my diabetes and not let diabetes control me! ”

HOW DOES IT WORK?

The course lasts 4 hours and is led by a trained nurse educator.

Sessions are run in local venues near to you - during the week and also at evenings and weekends.

Courses are usually for between 6 and 12 people. You can bring a carer, friend or family member to attend with you.

For people with specific requirements (such as translation needs), the course is split into two 2-hour sessions across two days.

99%²

of people asked would recommend EMPOWER to their friends and family.

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

"It was a very interesting programme; the instructors were very good and explained everything in an easy way!"

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know.

Call us on **0800 852 7460** or email **llr.empower@nhs.net**



DEDICATED FREE SUPPORT LINE

0800 852 7460

llr.empower@nhs.net
www.empowerllr.co.uk

References:

1. EMPOWER participants. Data on file 2016
2. EMPOWER Friends and family test. Data on file 2016

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