



## **Freestyle Libre:**

is aimed at those with type 1 diabetes that is using or would like to use a flash glucose monitor. It gives information about flash glucose monitoring and the Freestyle Libre.

## **Carbohydrate Counting:**

Carbohydrate counting matches your insulin needs with the amount of carbohydrate that you eat or drink. This course provides all you need to know about counting carbs.



## **My Type 2 Diabetes:**

is ideally aimed at those recently diagnosed with type 2 diabetes but can be done any time. It gives all the information needed like what is diabetes, complications, care planning, treatments, and lifestyle changes.



## **Type 2 Diabetes Prevention:**

is aimed at those at risk of developing diabetes. It covers factors that increase the chance of getting type 2 diabetes and the changes that can be made to diet and lifestyle to help reduce the chances of developing it.

## **Understanding Type 1:**

is ideally aimed at those recently diagnosed with type 1 diabetes.



It focuses on what diabetes is, how it is treated, complications, and advice on keeping healthy.

**10 Online**

**QISMET Accredited**

**Structured Education**

**Courses**

- increase your knowledge about your condition
- increase your confidence in how to manage it
- help you make informed choices regarding your diet and lifestyle
- provide peer support and allow you to share your experience with others

## **My Gestational Diabetes**



is for women newly diagnosed with gestational diabetes. It provides information about the condition, treatment during pregnancy and post-natal care. It may also be relevant for family members or carers.



## **Living with Type 1 Diabetes:**

provides information about living with Type 1 including topics like driving, travel, employment and lifestyle factors like healthy diet, alcohol and physical activity .

## **Growing Up with Type 1 Diabetes:**



is aimed at teenagers and young people but may be useful for others facing new experiences, such as alcohol, music festivals, going out, becoming an adult and leaving home.

## **Considering an Insulin Pump:**

provides an introductory guide to insulin pump therapy and is aimed at people with type 1 diabetes considering making the switch.



## **My Insulin Pump:**

is a comprehensive guide that is aimed at people who are actively starting insulin pump therapy or as a refresher for those that are already using insulin pump therapy.