

Introductory Programme – Diabetes Conversation Maps

These sessions of approximately 3 hours run in small groups at various venues across Fife. They are led by diabetes specialist nurses and dietitians. They are ideal if you have recently found out you have diabetes or if you have had diabetes for some time but feel you need more help to allow you to manage the condition better. The topics include - What is diabetes?, medications and health assessments, eating in a healthy and balanced way, tips for managing lifestyle including keeping active.

X-PERT Diabetes

This six week group education programme is for you if you want more in-depth knowledge and skills to manage your diabetes. You will learn about the up-to-date treatments and have the opportunity to explore and address concerns that you may have with your diabetes.

Topics include - What is diabetes?, health assessments and medications, weight management, carbohydrate awareness, understanding food labels, possible complications of diabetes. Each weekly session runs for approximately 2½ hours. Emphasis is placed on self management and setting your own goals in an informal and practical manner.



"This programme was well worth the time spent attending the course....."

"It gave me a bank of skills to understand my own condition and it gave me the confidence to make my own goals and plan strategies."

"Discussing with others the different aspects of diabetes was very beneficial for everyone."

Diabetes Footsteps

Being aware of the changes that may occur to foot health and having the skills to carry out your own foot care is an important part of looking after diabetes. Also knowing when to attend podiatry for support to prevent and treat any foot problems that may arise.

Diabetes Footsteps involves small group discussions with information tailored to meet your learning requirements. The session is based around the group's personal experiences and builds upon existing knowledge.

If you would like to attend one of the sessions, give your details to your local Podiatrist and you will be contacted when there is a class available.

"It was a very enjoyable and enlightening experience and I would recommend it to anyone."



Active Options 2

Run by Fife Sports and Leisure Trust, Active Options 2 is a programme of activity classes in local venues led by trained instructors. Your current level of activity is taken into account and you will be offered classes to suit your ability.

Most of the classes run weekly and you can continue to attend for as long as you want. There is a small charge for attending classes but this is almost half of a standard class.

Any of the healthcare professionals who help you look after your diabetes can refer you to Active Options 2.

You will find contact details for more information about all the programmes on the back of this leaflet. Evening classes will be arranged to meet demand.

**To book Conversation Maps in the
Dunfermline and West Fife Area
Telephone: 01383 565292**

**To book Conversation Maps in other Fife areas:
Telephone: 01592 226744**

**Xpert Education
01592 226736**

Diabetes Footsteps
Contact your local Podiatrist or
Angela Green at the Podiatry Dept, Diabetes Centre,
Victoria Hospital 01592 643355 Ext 28360

Active options
08451 555555 ext 402281
www.fifeleisure.org.uk

If you require this information in this leaflet in a community language or alternative format e.g. Braille, easy read, audio, please contact the Equality and Human Rights Department at: fife-UHB.EqualityandHumanRights@nhs.net or phone 01383 565142.



Do you have Type 2 diabetes?

Would you like more information to
help you look after yourself?



This leaflet includes information about the
education and exercise programmes
available in Fife.