

Have You Type 2 Diabetes?

CODE

Community

Orientated

Diabetes

Education

*CODE is Diabetes Ireland's **FREE** group education programme for people with Type 2 Diabetes or diagnosed Prediabetes.*

*Due to COVID restrictions we will now be delivering this **ONLINE** via Zoom*

Topics covered include:

- Diabetes explained
- Signs and symptoms
- Carbohydrate & Portion advice
- Personal goal setting
- Managing your glucose levels
- Risk factors
- Healthy eating
- Physical activity

- 4 X 2 hour sessions
- First 3 sessions over consecutive weeks
- Final review session six months after

If you have questions before or after attending a CODE programme, you can watch Diabetes SMART from home to further your learning and answer any questions



Diabetes SMART

- A 55 minute online education programme
- Videos, quizzes and visual tools
- Take the course at home
- Watch it on your iPad, laptop or computer
- Find it on www.diabetes.ie
- It is free of charge

CODE Referral Form

Prediabetes and Type 2 Diabetes Community Orientated Diabetes Education

The aim of CODE is to help people manage their prediabetes or Type 2 diabetes. Each session will be approximately 2 hours long. The group will have no more than 12 participants who will be facilitated by a Diabetes Ireland nurse or dietitian and it aims to support those living with the condition to set goals and support each other in tools for self-management.

Name: _____

Address: _____

Contact phone number: _____ (Mandatory)

E-mail address: _____ (Mandatory)

G.P. name: _____

Year of diagnosis: _____

To book a place on a CODE programme complete this form online or if you have any questions contact Regina on 071 9146001



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