

Register NOW for your FREE diabetes programme

If you would like to attend the DAFNE Diabetes Education programme,
Please tear off, complete and return this form **in an envelope** to the address overleaf.

Name		Date of Birth		Diabetes diagnosis	
Address		Postcode		Email	
Telephone/Mobile		Name of GP/ Doctor's Surgery			

Comments from people who have completed the course:

"Initially I was very apprehensive as I have had diabetes for 25 years but now feel positive, confident and liberated"

"The course has given me the information to manage my diabetes by myself... the DAFNE staff have shown me a way forward"

"Most of us have never spoken to someone else with Type 1 diabetes it was brilliant to share experiences and made me feel like I'm not the only one"

"Life changing, it really helped me get things into perspective"



We can help

For more information contact:

The DAFNE Administrator
Diabetes Team

Salford Primary Care Trust

Peel House, Albert Street, Eccles. M30 0NJ.

Tel: **0161 212 2095**

Fax: 0161 212 2101

Minicom: 0161 931 2000

Email: diabetescare@salford-pct.nhs.uk

Copies of this information are available
in other languages and formats upon request

The course is FREE simple and fun

What is DAFNE?

DAFNE stands for
Dose Adjustment For Normal Eating.

DAFNE is a five-day blood glucose management course and aims to help people with Type 1 Diabetes lead as normal a life as possible, whilst controlling their blood glucose levels.

DAFNE allows people to fit diabetes into their lifestyle, rather than changing their lifestyle to fit in with their diabetes.

The course is about learning from your own experiences. Most of the training is built around group work, sharing and comparing experiences with other people with Type 1 diabetes.

The programme is run by Salford Primary Care Trust's Diabetes Team with each course being led by experienced DAFNE trained nurses and dietitians.

'Freedom'
To be in control of your diabetes
rather than it controlling you

'Flexibility'
to eat what you want,
when you want to.

What does it involve?

This five-day training course will run Monday-to-Friday between 9am and 5pm. You will need to attend all sessions and there is opportunity for regular follow-up session on completion of the course.

The programme is informal and gives you the opportunity to learn about different aspects of your diabetes in a small group.

Topics covered will include: carbohydrate estimation, blood glucose & ketone monitoring, insulin regimens, eating out, reading food labels, hypos, illness and exercise.

But I already count carbohydrate?

Many people already have 3-5 injections per day but often just match their food to the amount of insulin they take. **The difference with DAFNE is that you can eat what you want and adjust your insulin accordingly.**

DAFNE has been proven to:

- * Reduce HbA1c without increasing risk of severe hypoglycaemia
- * Increase quality of life
- * Improve satisfaction with treatment

DAFNE
Dose Adjustment For Normal Eating

The DAFNE Administrator
The Diabetes Team

Salford Primary Care Trust

Peel House
Albert Street
Eccles
M30 0NJ