



"CARING FOR DIABETES" 2010



Group education courses for people living with Type 2 diabetes.



"Caring for Diabetes" is a supportive, non threatening 8 week group course for people living with Type 2 diabetes. The aim of the course is to empower individuals and their families by providing knowledge, emotional resources and skills to help them to effectively manage and live well with their diabetes.

Each week of the course will consist of 2 sessions divided by a tea break. Presenters will include diabetes educators, dietitians, podiatrists, counsellors and exercise therapists.

Participants will have the opportunity to return as a group 1-2 months after the course conclusion to discuss further issues.

BCH
260 Vickers Street
Sebastopol, 3356

Where

BCH ("Cooinda")
10 Learmonth Road,
Wendouree, 3355

When



Mondays (Sebastopol)
Tuesdays (Cooinda)
10am – 12.30pm
Wednesdays:
6-8pm.
Wednesdays:
12.30pm – 3pm,



Please arrive 10 mins early if possible.

Cost: \$3.00 / Week.




Support people are welcome: No charge

Bookings

Margaret Neale: (Diabetes Educator)
Intake worker or site receptionist
Ph: 53384500 Fax: 53321613



Caring for Diabetes: 2010 Programme

Week 1: Introductions	30
Understanding diabetes: Diabetes Educator	45
Tea break	15
Problem Solving & Action Planning: Diabetes Educator	40
Summary and Conclusion	5
Week 2: Review of week 1: Diabetes Educator.	15
Healthy Eating 1: Nutrition: Dietitian;	50
Tea Break.	15
Blood glucose Monitoring: Diabetes Educator	45
Action planning: Diabetes Educator	25
	
Week 3: Review of week 2: Diabetes Educator.	15
Healthy Eating 2: Carbohydrates, sugars & GI: Dietitian	45
Tea Break.	15
Taking Medications: Diabetes Educator:	30
Reducing Risks: Lows and Highs: Diabetes Educator	30
Action planning: Diabetes Educator	15
Week 4: Review of week 3: Diabetes Educator:	15
Reducing Risks: Sick Days: Diabetes Educator:	20
Tea Break:	15
Being Active - Theory: Physical Therapist:	50
Being Active - Practical: Physical Therapist:	30
Action Planning: Physical Therapist:	20
	
Week 5: Review of week 4: Physical therapist	15
Healthy eating 3: Label reading & fats: Dietitian.	50
Tea Break	15
Healthy Coping: Counsellor	50
Action Planning: Counsellor	20
Week 6: Review of week 5: Counsellor.	15
Healthy Coping: Counsellor.	50
Tea break	15
Healthy Eating 4: Alcohol, takeaways, recipes: Dietitian	50
Action Planning: Dietitian	20
Week 7: Review of week 6: Diabetes Educator	15
Reducing Risks: Staying well: Diabetes Educator	50
Tea Break	15
Reducing Risks: Footcare: Podiatrist.	50
Action Planning: Podiatrist.	20
	
Week 8: Review of week 8: Diabetes Educator	10
Healthy Eating 5: Non hungry eating: Dietitian	30
Tea Break:	15
Healthy Coping: Sleeping well: Community Health Nurse	40
Healthy Coping: Dealing with Stress: Community Health Nurse	20
HeiQ. Follow up. Conclusion: Diabetes Educator.	35



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2010 TIMETABLE.

Sebastopol Dates & Venue. BCHC: 260 Vickers Street, Sebastopol, 3356								Group return Date	Day	Time
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8			
Feb 3	Feb 10	Feb 17	Feb 24	Mar 3	Mar 10	Mar 17	Mar 24	May 12	Wed	12.30pm - 3pm
April 12	April 19	May 3	May 10	May 17	May 24	May 31	June 7	Aug 2	Mon	10am - 12.30pm
July 14	July 21	July 28	Aug 4	Aug 11	Aug 18	Aug 25	Sept 1	Oct 6	Wed	12.30pm - 3pm
Oct 25	Nov 1	Nov 15	Nov 22	Nov 29	Dec 6	Dec 13	Dec 20	Feb 14	Mon	10am - 12.30pm
Dec 8	Dec 15	N.B. Short course: 2 weeks only						Feb 9	Wed	12.30pm - 3pm

Wendouree Dates & Venue. BCHC: "Cooinda", 10 Learmonth Rd, Wendouree 3355								Group return Date	Day	Time
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8			
Feb 9	Feb 16	Feb 23	Mar 2	Mar 9	Mar 16	Mar 23	Mar 30	June 1	Tues	10am - 12.30pm
May 5	May 12	May 19	May 26	June 2	June 9	June 16	June 23	Aug 18	Wed	12.30pm - 3pm
July 27	Aug 3	Aug 10	Aug 17	Aug 24	Aug 31	Sept 7	Sept 14	Nov 2	Tues	10am - 12.30pm
Oct 6	Oct 13	Oct 20	Oct 27	Nov 3	Nov 10	Nov 24	Dec 1	Feb 9	Wed	12.30pm - 3pm

Evening Dates & Venue: BCHC: 260 Vickers Street, Sebastopol, 3356								Group return Date	Day	Time
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8			
Apr 21	Apr 28	May 5	May 12	May 19	May 26	June 2	June 9	Aug 11	Weds	6 – 8pm
Oct 6	Oct 13	Oct 20	Oct 27	Nov 3	Nov 24	Dec 1	Dec 8	Feb 9	Weds	6pm – 8pm