

# Living with Diabetes Education Day

## Helping me live better with Diabetes

### Fully Funded Training Opportunity

Do you work with or support someone who has a Learning Disability and Diabetes or has been identified as being Pre-Diabetic?

We are holding an education day in Chelmsford for those working with and/or supporting someone with LD and diabetes and offering the opportunity for the person they support to attend the day too. This day is being run collaboratively with Mid and South Essex Health and Care Partnership, Essex County Council and Diabetes UK and will be fully funded. The sessions will be interactive, friendly and inclusive for those with a learning disability.

**Date: Wednesday 20<sup>th</sup> July 2022**

**Time: 9.30am – 4.30pm**

**Venue: Adult Community College, Bishops Hill, Rayleigh Road, Hutton, Brentwood, CM13 1BD**

The sessions will include:

- Signs and symptoms of Diabetes delivered by a Diabetes nurse
- Myth busting and a quiz delivered by Diabetes UK
- Healthy eating delivered by a Dietician
- Eye care and foot care
- Keeping fit delivered by Sport for Confidence
- Diabetes network delivered by Charlotte Brotherwood and Paris Moakes

A complimentary lunch and refreshments throughout the day will be provided however, there is a café on site at an additional cost if preferred. The venue has level access, lifts and disabled access toilets.

All participants will receive a certificate at the end of the day.

Please complete the easy read application form below which will need to be sent back to Jenny Peckham [jenny.peckham@essex.gov.uk](mailto:jenny.peckham@essex.gov.uk) with the names of the adult you support and your name along with a work email address and contact number.

For staff / services the day will provide some clear links to CQC Key Lines of Enquiry as below

Safe S2 / S4

Effective E2 / E3 / E5

Caring C1.2 / C1.5 / C2

Responsive R1.1 / R1.2

Well Led W3 / W4 / W5



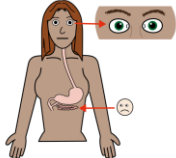


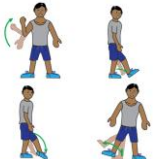




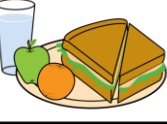

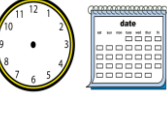



There are limited spaces and places will be given on a first come first serve basis, so get your application in as soon as possible to save disappointment.

Please get in contact with Jenny [jenny.peckham@essex.gov.uk](mailto:jenny.peckham@essex.gov.uk) or Charlotte [charlotte.brotherwood@nhs.net](mailto:charlotte.brotherwood@nhs.net) with any queries.

## Helping me to live better with Diabetes



An invitation to adults with learning disabilities who have Diabetes, and the people who support them.

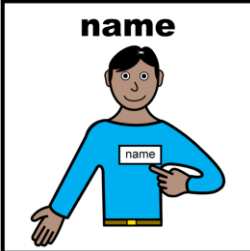


<p><b>learning about good health</b></p> 	<p><b>diabetes training</b></p> 		<p>You are invited to an event to learn more about living well with Diabetes.</p>
<p><b>diabetes</b></p> 	<p><b>feet</b></p> 		<p>You will learn about how diabetes affects you and how to take care of yourself including eye care and foot care</p>
<p><b>healthy eating</b></p> 	<p><b>exercise</b></p> 		<p>You will learn about how healthy eating and exercise can help to control your Diabetes</p>
<p><b>support worker</b></p> 	<p><b>you</b></p> 	<p><b>diabetes training</b></p> 	<p>We think it is a good idea for you to learn together with the person who supports you</p>
<p><b>free of charge</b></p> 	<p><b>lunch</b></p> 		<p>The event is free for you and your support worker, and we will provide lunch</p>
<p><b>where</b></p> 	<p><b>time and date</b></p> 		<p>The event is on 20<sup>th</sup> July and being held in Brentwood and you would need to be there by 9:30 and stay until 4.30.</p>
<p><b>send email</b></p> 	<p><b>contact</b></p> 		<p>If you and your support worker are interested, then please get in touch to book places.</p>
<p><b>fill in form</b></p> 		<p>You can fill in the form below and send it to Jenny Peckham at the email address on the form.</p>	

# Application form for Diabetes event on 20<sup>th</sup> July 2022

From 9.30 to 4.30

At: Adult Community College, Bishops Hill, Rayleigh Road, Hutton, Brentwood, CM13 1BD

There is plenty of parking and we will pay for it on the day

Your name	
	
Support workers name	
	
E mail address	We ask for the support workers <i>work e mail</i> address as this is within data protection guidelines
	

Please e- mail this form to [jenny.peckham@essex.gov.uk](mailto:jenny.peckham@essex.gov.uk)

You and your support worker will get a certificate for attending the event.



Mid and South Essex  
Health and Care  
Partnership



**SUPPORT AND LEARNING DAY  
FOR PEOPLE WITH LEARNING  
DISABILITIES AND DIABETES and  
their support workers or carers**

Date: Wednesday 20 July  
Time: 9.30am-4.30pm  
Where: Main Hall, Bishops Hill Adult Community  
College, Rayleigh Road, Hutton, Brentwood CM13 1BD



Places are limited: To book  
or for more information email  
[jenny.peckham@essex.gov.uk](mailto:jenny.peckham@essex.gov.uk)



Mid and South Essex  
Health and Care  
Partnership

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.



Essex County Council