

BEWICKE MEDICAL CENTRE

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Dear Patient

Re: **Helping you to manage your diabetes**

As a practice we are committed to ensuring that all our patients are receiving the best possible care to be able to manage their diabetes.

North Tyneside Clinical Commissioning Group (CCG) who we are a member of, have recently carried out a review of people who are diagnosed with Type 2 diabetes and have not been referred for a course to help them to manage their diabetes and stay healthy.

We would like to offer you the opportunity to attend a course to help you to best manage your diabetes and stay healthy. The CCG are working with Spirit Healthcare to deliver an EMPOWER diabetes course.

Someone from Spirit Implement will be in touch with you to give you more information about the course and to arrange a referral for you to attend a course, if you wish to attend. There is also a website which you may want to take a look at in the meantime. www.empowernorthtyneside.co.uk

Why is this important for you?

Research during the current Covid-19 pandemic has found that there is an increased risk for those living with diabetes, and the EMPOWER course will cover this, as well as help you self-manage your diabetes and prevent long term health complications. 99% of people who have attended a course would recommend it to their friends and family, and it will help you understand what effect diabetes has on your body, and how to make small, achievable changes to the food you eat and your everyday life.

What is EMPOWER?

- EMPOWER is a national structured diabetes education programme designed to help with people with type 2 diabetes understand what diabetes is, the effect it has on their body and how to make small, achievable changes to the food they eat and their everyday life
- People who have been on the course rate it highly - 99% of people would recommend EMPOWER to their friends and family if they were diagnosed with Type 2 diabetes.
- Average uptake rates are over 40% where EMPOWER is currently being delivered against the national recorded average of 7.6%.
- Patients that attend an EMPOWER course demonstrate improved glycaemic control, confidence with food and exercise and quality of life.

What is the format of the EMPOWER course?

- Due to Covid restrictions we are hosting these courses on line with an easy to use link to join the course.

What does the course cover?

- The course focuses on nutrition, exercise and lifestyle changes, setting personal goals and enabling people to take better control of their diabetes.

- Attending an EMPOWER course is designed to help people to:
 - Learn about what diabetes is and how it can affect them;
 - Find ways to manage their diabetes more effectively;
 - Understand the complications diabetes can cause;
 - Understand how to improve their blood sugar levels; and
 - Feel more confident in managing their diabetes, diet and lifestyle.

Who are Spirit Healthcare?

- Spirit Healthcare are committed to improving the health of patients by empowering every person they see to take control of their health. They have significant experience in diabetes management and have been delivering the EMPOWER structured diabetes education programme for over 5 years

What people say about Empower

- *“This course has been a real plus to my diabetes. After 5 years of living with diabetes this is the first time I have found good knowledge on how to live appropriately with my diabetes and not let diabetes control me”.*
- *“It was a very interesting programme, the instructors were very good and explained everything in an easy way – I would recommend people go to the class!”*
- *“I found it very easy to take part in the discussions.*

Yours Sincerely

Dr Petrie

[Empower Letter](#)