

REFOCUS Diabetes Information Sessions

Weymouth & Portland Self-Referral Information

What is Refocus?

Refocus is refresher education for people living with Type 2 diabetes. It is run by Weymouth & Portland Diabetes Team. The sessions will be led by a Diabetes Specialist Nurse and a Diabetes Specialist Dietitian and it is supported by your GP practice.

What do local people say about Refocus?

Refocus gets brilliant feedback. Here's what some people have said about the Weymouth & Portland sessions:

"Learnt a lot"
"Well worth going"
"Very interesting"
"Client led and friendly"

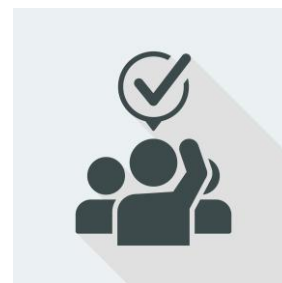
"Feeling more positive"
"Explained everything very well"
"Didn't make you feel like a failure"



What happens at a Refocus session?

Refocus lasts three-hours and will give you the chance to ask questions and focus on the topics that are important to you, such as:

- What is diabetes?
- Food and drink
- My bloods tests and targets
- Long term complications (what can go wrong?)
- Diabetes medications
- What diabetes care to expect from your GP surgery



We will get your most recent results for blood glucose (HbA1c), blood pressure, cholesterol and weight from your GP records, which we will give you a copy of, to take home with you.

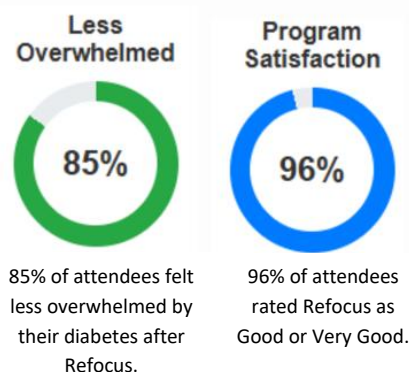
We aim to provide a friendly and informal environment. You can speak up as much or as little as you like in the session. Usual group size is 8-15 people but it can be as much as 30, depending on demand.

What happens afterwards?

Refocus is a one-off session. The nurse/dietitian will let you know about other services that you might like for further information or support. You can also book to see the diabetes dietitian or your practice nurse in a clinic, for one-to-one advice.

Why should I go?

People who get refresher education are more likely to avoid the problems that diabetes can cause for your sight, your feet, your kidneys and your chance of heart attack or stroke. People who have been to **Refocus** say they feel less overwhelmed by their diabetes and rate the program as very good or good.



What happens if you decide not to go to **Refocus**?

Type 2 diabetes can seriously affect your health and quality of life if it isn't looked after. If you decide that **Refocus** is not right for you at the moment, you might prefer one of these services.

- Steps 2 Wellbeing
- Live Well Dorset
- Help & Care
- The Hope Program



You are welcome to come to **Refocus** in the future.

Where do I have to go?



Refocus sessions are run face-to-face at different places in Weymouth and Portland. When booking your session, you can pick the place that suits you best.

Can I bring someone with me?

Yes. It is a good idea to bring someone with you, especially if they are involved with your food and daily life.



When is it?

Sessions run throughout the year. You can choose a morning or an afternoon and the day of the week.

How do I book?

Please call or email Two Harbours Healthcare to:

- Book your place
- Ask any questions



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