

27 July 2018

For immediate release

Free S.W.E.E.T education courses for people with Type 2 diabetes in Thurrock

There are over 7,500 people diagnosed with Type 2 Diabetes in Thurrock.

NHS Thurrock Clinical Commissioning Group has teamed up with the Community Diabetes Team at NELFT to offer a training programme called: SWEET (South West Essex Education and Training). The 3 hour, one off session to help you manage and cope with your diabetes and improve long-term outcomes.

Group education is an essential part of your care. Find out how your medications work, what diet is best for you, and what actually is happening in the body with diabetes.

Dr Anjan Bose, a GP, Tutor and Diabetes Lead for Thurrock said: “We know from evidence that when people attend these group sessions, they feel more empowered to be able to manage their diabetes. Good self-management means better long term health, with fewer complications. Being with a group of people who have the same condition can also be very liberating.

“Remember, good education and self-management is **just** as important as taking your medication.”

Sessions are held at various locations in Thurrock including Corringham Fire Station, South Ockendon Centre, Stifford Clays Medical Centre and St John’s Church in Grays. These sessions are relaxed, enjoyable and informative and the Diabetes Team encourages attendance. Call 0300 300 1509 or email swe.diabetes@nhs.net to refer yourself today!

In addition to the courses, Thurrock CCG is encouraging people with diabetes to join a new Thurrock Diabetes Support Group, this group will have organised meetings and speakers as well as a chance for people to make new friends and find support. Those interested in joining should contact thurrock.ccg@nhs.net or call 01375 365 810.

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Notes to Editor:

About Thurrock Clinical Commissioning Group

Thurrock Clinical Commissioning Group (CCG) is responsible for the commissioning and delivery of local health care services. The CCG buys healthcare from hospitals, community and mental health services and some specialist services (service contracts with GPs, dentists, pharmacists and opticians are managed by [NHS England](#)).

Driven by clinicians, the CCG is supported by a wide range of professionals and strategic partners, to commission and deliver joined up seamless quality services to the public, patients and carers of Thurrock. Our vision is that the health and care experience for the people of Thurrock will be improved as a result of our working together. Further information about Thurrock Clinical Commissioning Group is available from www.thurrockccg.nhs.uk