

## Join our workshop at Eckling Grange Care Home, Dereham... Diabetes: Eating for Health, 25 March 2025

Take your understanding of diabetes and dietary management to the next level with our **"Diabetes: Eating for Health"** workshop! Designed for healthcare and social care professionals, including chefs, cooks, and kitchen staff, this session provides practical insights into how food impacts diabetes control.

Building on the foundational knowledge shared in our **"Diabetes Awareness"** workshop, this interactive session explores:

- The relationship between food and diabetes management.
  - Strategies for planning and preparing menus.
- Helpful resources to enhance your ability to support individuals living with diabetes (including multi-cultural information to ensure person-centred, inclusive support).

This workshop offers tools and knowledge to make a meaningful impact on the lives of those living with diabetes. Don't miss the opportunity to enhance your skills and confidence in delivering appropriate dietary support!

**9.30am – 1pm, only £65+VAT per person - early bird price £55+VAT\***

This training has been developed by DUET diabetes Ltd and will be led by an experienced diabetes educator (includes a printed delegate pack and certificate)

**Learning outcomes:** by the end of this workshop you should be able to

1. Be able to give a brief definition of what diabetes is	5. Be aware of the 'Eatwell Guide' / healthy eating plate	9. Know what can contribute to insulin resistance
2. Know how diabetes develops	6. Know which foods cause blood glucose levels to rise	10. Know 'good' fats from 'bad' fats
3. Be able to name the two main types of diabetes	7. Know which foods are better for keeping blood glucose levels stable	11. Know which type of foods contain the most calories & nutrients
4. Know what 'normal' blood glucose levels are	8. Understand what is meant by 'carb consistency'	12. Understand the multi-cultural approach to food

Tea and coffee will be provided during refreshment breaks. \*early bird price available until 28 Feb 2025

**Venue:** Eckling Grange Care Home, Norwich Road, Dereham, Norfolk, NR20 3BB

**To pay by credit/debit card:** please scan QR code to book and pay via the Ticket Tailor online platform (or visit <https://buytickets.at/duetdiabetesltd/1559535>)

**To pay via BACS:** please email [info@duetdiabetes.co.uk](mailto:info@duetdiabetes.co.uk) to provide your name, contact phone number and the number of places you would like to book. You will then receive an invoice via email.

