

## What is X-PERT?

X-PERT is a free nationally recognised training programme that will give you all the information you need to look after your diabetes.

All over the country thousands of people with type 2 diabetes have gained the skills, knowledge and confidence to manage their condition by completing X-PERT!

The programme is delivered by a specialist diabetes nurse and dietitian. You will attend 1 session per week for 6 weeks



# Book your free place!

To speak to one of our friendly secretaries who will arrange your booking.

Call:

**01226 645180**

Monday - Friday 9.00am to 5.00pm

You can send a short message via email:  
[Swy-tr.barnsleydiabetesservice@nhs.net](mailto:Swy-tr.barnsleydiabetesservice@nhs.net)

Or by post to:

Diabetes Specialist Service, Apollo Court,  
Dodworth, S75 3RF

Please provide the following information:

1. Inform us that you would like to attend X-PERT
2. Confirm your diagnosis of type 2 diabetes or impaired glucose.
3. Your Name, date of birth and address
4. Your GP and their surgery
5. One of our friendly secretaries will respond to arrange your booking as soon as possible.



**Got type 2  
diabetes?  
Take control**

**Join for free:  
Barnsley X-PERT  
programme**



## X-PERT is proven to:

- Reduce diabetes medications
- Increase self management skills
- Improve your lifestyle and quality of life

### What the locals say about it:



“**The advice and information I received will be a big help in combating diabetes.**”

“**I didn't know anything when I first came. Now I know so much more.**”

“**I learned something new every week. The nurse and dietitian were so helpful.**”

“**Everyone with diabetes should be offered the chance to attend X-PERT so that they can gain knowledge of their health issues and how to manage their condition and their quality of life better.**”

## The programme

### Week 1: What is diabetes?

How the body digests food  
Blood glucose control  
What do my test results mean?  
7 lifestyle factors for optimal health

### Week 2: Nutrition for health

How the body digests food  
Blood glucose control  
What do my test results mean?  
7 lifestyle factors for optimal health

### Week 3: Carbohydrate awareness

What are carbohydrates?  
How do they affect blood glucose?  
How much should I eat?

### Week 4: Understanding food labels

How to read food labels  
Understanding nutritional claims

### Week 5: Complications

How to avoid complications with diabetes.

### Week 6: Recap and questions

Gather details of local services available in Barnsley  
Answers to questions you may have

## Where?

X-PERT is delivered in the following locations across Barnsley:

**The Roundhouse Medical Centre,**  
Wakefield Road, Athersley, S71 1TH

**Apollo Court Medical Centre,**  
High Street, Dodworth, S75 3RF

**Walderslade Surgery,**  
High Croft. Hoyland, S74 9AF

**The Thurnscoe Centre,**  
Holly Bush Drive, Thurnscoe, S63 0LT

**Oaks Park Primary Care Centre,**  
Thornton Road, Kendray, S70 3NE

Courses are available in the morning, afternoon and evening.

All venues are accessible via public transport and have free parking.

