

The Leeds Programme

Self referrals



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The LEEDS Programme

Learning Empowering Enabling Diabetes Self-management

- Structured Education for patients newly diagnosed with Type 2 Diabetes
- Aims to improve people's knowledge of diabetes and raise their confidence, allowing them to self manage their condition
- Focuses on what diabetes is, how a healthy lifestyle can help, goal setting and protecting their future health

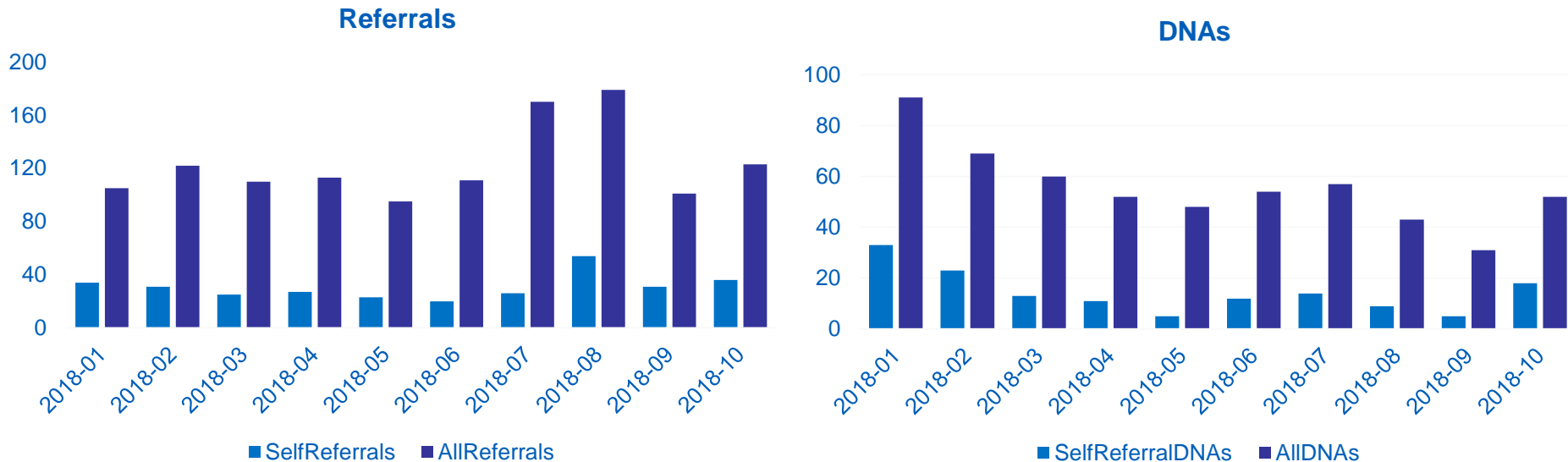


Self referrals

- We accept self referrals through:
 - phone
 - email
 - leaflets
- Some referrals were generated through promotional campaigns, advertising in local newspapers, magazines and social media



From January 1st – October 31st we received 1229 referrals of which 307 were self referrals. This accounts for 25% of our referrals.



Out of our self-referrals there is a 25% DNA rate

What is the LEEDS Programme?

- The LEEDS Programme is a three week course with the option to attend more specialist sessions if you wish.
- Each of the three sessions will last for 2½ hours.
- You will learn all about the up-to-date treatments and management of diabetes.

Healthy lifestyle • Personal action planning • Confidence • Support

What can I expect from the Programme?

- The Programme aims to increase knowledge and self management skills.
- You will also have the opportunity to explore and address problems that you may have with your diabetes.
- Courses are running throughout the year all across the city of Leeds.
- To book your place or find out your nearest venue and forthcoming dates please complete the form opposite or telephone 0113 843 4200 or email longtermconditions@nhs.net to book your place.
- It is recommended that you attend all 3 sessions to get the most out of the programme. If you wish you may bring along a family member or friend.

Who is it for?

The LEEDS Programme is for people who have Type 2 diabetes and are registered with a Leeds GP.

If you have diabetes and are interested in attending the LEEDS Programme please fill in the slip below:

Name _____
Address _____
DOB _____
Tel. _____
GP name and practice _____

Please send to:
Leeds Community Health Care NHS Trust
Diabetes Service
Chapeltown Health Centre
Spencer Place
Leeds LS7 4BB

How do I get it right?

If you have a complaint, concern, or compliment please let us know. Speaking to a member of our team will help you to learn from your feedback and help us to improve our services.

If you would like to talk to someone about the service contact the Patient Advice and Complaints Service on 0113 220 8585, Monday 9.30am to 4.30pm or nhs.uk.

Since attending the course I have learnt a lot more about managing my diabetes and the symptoms from high and low blood sugar levels.

Do you have diabetes?

Do you want to increase your skills, knowledge and confidence in managing your diabetes?

Learning • Empowering • Enabling • Diabetes • Self-management

THE LEEDS PROGRAMME

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Notes from the day

- Delivered by Band 4 lifestyle practitioners (2 for full day session, 1 for half day session)
- 25% of referrals are self referral
- 25% DNA rate for self referral (which is comparatively low)
- 13.9% of self-referral DNAs attend at a later date
- 12.8% of other referral DNAs attend at a later date