

Do you have Type 1 Diabetes? DAFNE may be able to help you

You are invited to attend DAFNE, a free course to help you learn more about managing your diabetes.

“ Amazing. Life-changing. Professionally conducted and supported. I wish I had attended this earlier. Non judgmental. Thank You.”

DAFNE stands for Dose Adjustment For Normal Eating and is a way for managing Type 1 diabetes for adults.

Who is it for?

- Anyone diagnosed with Type 1 diabetes (recent or longstanding)
- Adults aged 16 and over and living in Lambeth and Southwark

What is DAFNE?

DAFNE is a way of managing your diabetes by working out how much insulin you need to take for what you want to eat.

It provides the skills necessary to estimate the carbohydrate in each meal and to inject the right dose of insulin.

What is involved?

DAFNE involves attending a 5 day training course with around 7 other people who have Type 1 diabetes. There is also a similar course called GATTO which runs for 1 day a week for 4 weeks.

HELP YOURSELF

The DAFNE course is about learning from experience. During the week you will practice the skills of carbohydrate estimation and insulin adjustment under the supervision of trained educators.

(Those with Type 2 diabetes are invited to an alternative support programme, details available in this pack).

Why should I come?

We hope to create a relaxed and enjoyable environment so that you can learn more, freely ask questions and meet others living with diabetes.

“The staff who facilitate this course are absolutely amazing – supportive, helpful and friendly. Thank You!”

“Really useful talking and comparing notes with others.”

Getting time off work may be a problem. Do I need to attend all sessions?

You have to be committed to attending the whole programme. The team will be happy to write to your employers to support your case.

Where are they held?

The DAFNE courses are run in King’s College Hospital and Guy’s and St Thomas’ Hospitals.

For more information about DAFNE please speak to your GP or call

King’s Hospital - 0203 299 9000 Ext 4712

**Guy’s & St Thomas’ Hospital -
0207 188 1973 or 0207 188 1981**

<http://www.dafne.uk.com>