

# What is EMPOWER T2n?



## Free online diabetes education

EMPOWER T2n is a single, interactive session, led by a trained diabetes educator, that provides support and advice on living with Type 2 diabetes. It is designed to help you:

- learn more about what Type 2 diabetes is;
- the effect Type 2 diabetes has on your body; and
- how to make small changes to the food you eat and your everyday life.

You will be part of a small online group who will be able to discuss topics in a friendly, engaging and interactive manner.

It's easy to join EMPOWER T2n online. All you need is a laptop, PC, tablet or even your mobile phone. Help is on-hand if you need it. We can provide step-by-step support to guide you through joining the course too.

## How do you take part?

To join an EMPOWER T2n session you must be:

- 18 years of age or over;
- diagnosed with Type 2 diabetes since April 2020; and
- registered with a GP within Northumberland.

To join a course, please speak to your GP or practice nurse who can refer you. Alternatively, you can self-refer to book your place by calling the 24/7 helpline on 0800 852 7460 or by sending an email to: [empower.northumberland@nhs.net](mailto:empower.northumberland@nhs.net)



**Ask your GP or nurse to register your place**



## Recently diagnosed with Type 2 diabetes?

### What people say...

"I've been really worried about my newly diagnosed Type 2 diabetes. But today's course has given me some fantastic knowledge and I feel a little easier now on how to get started. Thank you, it's a crazy time at the moment, but I wanted you to know you really have made a difference to my life and how I was feeling, lots of positive changes to start."

Sherry<sup>1</sup>

"It was a very interesting programme, the instructors were very good and explained everything in an easy way – I would recommend people go to the class!"

Paul<sup>1</sup>

"It's nice to know people can receive help for diabetes in a friendly and helpful way."

-Pushpa<sup>1</sup>

People who have been on the course rate it highly. 97% of people would recommend EMPOWER T2n to their friends and family if they were diagnosed with Type 2 diabetes<sup>2</sup>.

For more information, please call us on:

**0800 852 7460**



EMPOWER T2n is delivered by Spirit Healthcare on behalf of NHS Northumberland CCG



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#### References:

1. Data on file. EMPOWER participant feedback. Accessed 2021.
2. Data on file. Spirit Healthcare. Friends and Family Test score across all CCGs 2019/20

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