

Wiltshire's Community Diabetes Service

Wiltshire Health and Care has been working hard to strengthen the Community Diabetes Service.

A new pattern of Specialist Nursing clinics has been established, with consistent DSNs in each location

We have introduced a Duty DSN, contactable by email and telephone, to offer timely advice and guidance to patients and to clinicians.

We are working closely with Primary Care colleagues to redesign our services to meet the needs of local people with diabetes.

| | Locality | Diabetes Specialist Nurses |
|-------------------|---|---|
| North Team | Calne Chippenam, Corsham & Box Devizes | Louise Wright Sue Gaskill Michelle Lawes Sian Swatton |
| West Team | Melksham and Bradford on Avon Trowbridge Westbury and Warminster | Jenny Betts Michele Bull |
| East Team | Marlborough, Ramsbury, Pewsey Malmesbury, Royal Wooten Bassett, Cricklade, Purton | Karen Percival Rebecca Tranter |
| South Team | Salisbury Tisbury Amesbury Wilton | Greg Smith Anita Middleboe Karen McDonnell Elaine Wickham Lynne Greenhalgh (Diabetes Dietician) |

All referrals across Wiltshire

Email: WHC.diabetesreferrals@nhs.net

For urgent referrals please email then also call:

North, West or East: 01249 456483

South: 01722 425143

Duty DSN and clinical enquiries

For advice and guidance email

WHC.diabetesnurses@nhs.net

To request to speak to the Duty DSN:

01249 456483



Wiltshire's Community Diabetes Service

EDUCATION

We provide free courses for people with diabetes to support them in achieving their individual goals and become active leaders in their care.

For Type 2 patients, we offer two courses

Oviva

Delivered by specialist health professionals over the phone or via a mobile app, at a time that suits them. It includes 8 weeks of personalised 1-to-1 support from a Specialist Diabetes Dietitian to help them manage their diabetes.

X-PERT

X-PERT is 15 hours of group education, delivered by trained educators in bite-sized chunks of weekly 2½ hour sessions over 6 weeks. It covers a different topic each week.

This can help participants:

- Keep a healthy weight
- Choose a way to eat that suits them
- Have more energy
- Improve their fitness and wellbeing
- Lower their blood glucose, pressure and cholesterol
- Reduce the risks of complications from diabetes

Type 1 Diabetes Freedom for Life

The aim of this programme is to teach people how to take control of their Type 1 diabetes. This includes information and advice on how to cope with day to day decisions about insulin doses, with food choices, activity levels and lifestyle.

Call **0300 79 00 567** to book places or email **WHC.diabeteswellbeing@nhs.net**

For local information on diabetes, visit www.diabeteswellbeing.org



For more information about the team or the service please contact:

Brian Leitch, Diabetes Team Manager
Tel: 07827 283 953 or email: brian.leitch1@nhs.net



@WiltsHC_NHS



Wiltshire Health and Care



www.wiltshirehealthandcare.nhs.uk