Through discussions, learning and imparting knowledge and skills, we aim to support people to feel confident to make informed choices about their Type 2 diabetes managed with insulin.

**Can I attend?**

If you have Type 2 diabetes and take insulin to manage your diabetes you are more than welcome.

**What is ENGAGE?**

Engage is an informative and interactive course to provide you with skills, knowledge and support to take control of managing your own Type 2 diabetes.

The course runs over the course of a 4 week period allowing you time to build on the skills and knowledge you have developed from week to week with the aim of you feeling confident by the completion.

Sessions run for half a day per week. Week 1 runs slightly longer in time due to the various topics we cover in the initial session.

**What will I get out of it?**

* Skills and tools to self adjust your insulin doses.
* Awareness of causes of variable blood glucose levels and how to manage these times.
* Knowledge of food groups and how these impact on your blood glucose levels.
* Greater understanding of diabetes and the long term impact and how to minimize risk of longer term complications.
* Tools to enable you to set realistic and manageable goals to achieve what is important to you.
* De-mystify myths around Type 2 diabetes.

**Where is it run and how do I sign up?**

Depending on interest we are hoping to be able to run the course in various locations to suit the needs of those people who are interested.

Therefore, please do get in contact to find your nearest course, such as Inverness, Dingwall or Invergordon.

Telephone 01463 704625 or 07966140586 or email [high-uhb.communitydiabetesnurses@nhs.net](mailto:high-uhb.communitydiabetesnurses@nhs.net)

*“People who have been on a course feel more confident about looking after their condition.” (Diabetes UK)*