Helping me to live better with Diabetes

An invitation to adults with learning disabilities who have Diabetes, and the people who support them.

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|  | You are invited to an event to learn more about living well with Diabetes. |
|  | You will learn about how diabetes affects you and how to take care of yourself including eye care and foot care |
|  | You will learn about how healthy eating and exercise can help to control your Diabetes |
|  | We think it is a good idea for you to learn together with the person who supports you |
|  | The event is free for you and your support worker, and we will provide lunch |
|  | The event is on 20th July and being held in Brentwood and you would need to be there by 9:30 and stay until 4.30. |
|  | If you and your support worker are interested, then please get in touch to book places. |
|  | You can fill in the form below and send it to Jenny Peckham at the email address on the form. |

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| --- | --- |
| Your name |  |
|  |  |
| Support workers name |  |
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| E mail address | We ask for the support workers *work e mail* address as this is within data protection guidelines |
|  |  |

Application form for Diabetes event on 20th July 2022

From 9.30 to 4.30

At: **Adult Community College, Bishops Hill, Rayleigh Road, Hutton, Brentwood, CM13 1BD**

There is plenty of parking and we will pay for it on the day

Please e- mail this form to [jenny.peckham@essex.gov.uk](mailto:jenny.peckham@essex.gov.uk)

You and your support worker will get a certificate for attending the event.