



Take control of your diabetes

## What is EMPOWER T2n?

EMPOWER T2n is a free education programme for people living with Type 2 diabetes.

The course is designed to help you understand:

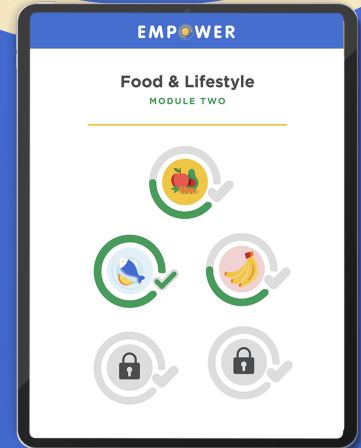
- what Type 2 diabetes is;
- the effect it has on your body; and
- how to make small, achievable changes to the food you eat and your everyday life.

EMPOWER T2n is available to all patients registered with a GP in North Tyneside that are living with Type 2 diabetes and are aged 18 years or over.



# EMPOWER

WHAT PEOPLE HAVE SAID?



## How does it work?

You can choose to take the course online (as part of a group or on your own) or at a local venue across North Tyneside.

You can choose from:

- **EMPOWER Local.** This is a face-to-face group session with between 6 and 12 other people, led by a trained educator in a local community venue in North Tyneside.
- **EMPOWER Video.** This is an online group session with between 6 and 12 other people, led by a trained educator using video conferencing.
- **EMPOWER Digital.** This is an online learning platform where you work through the course at your own pace.

Please speak to your GP or practice nurse who can refer you. Alternatively, you can self-refer and book your place by calling the 24/7 helpline on 0800 852 7460, or by visiting [north-tyneside.empower-booking.co.uk](http://north-tyneside.empower-booking.co.uk).

EMPOWER T2n is provided by Spirit Health on behalf of NHS North Tyneside CCG.

"I've been really worried about my newly diagnosed Type 2 diabetes. But today's course has given me some fantastic knowledge.... 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

"... I was diagnosed with Type 2 diabetes 2 years ago and believed that I didn't have a clue what it meant or how I managed it until today."

- Selina

**97%**  
of people would recommend EMPOWER T2n to their friends and family if they were diagnosed with Type 2 diabetes.<sup>1</sup>

People that complete an EMPOWER T2n course **reduce** their blood sugar levels and **improve** their health.<sup>2</sup>

<sup>1</sup> Data on file. EMPOWER participant feedback 2019/20.

<sup>2</sup> Swift, Barker, Palin and Peck 'Investigating the cost-effectiveness of structured diabetes education', British Journal of Healthcare Management 2019.)