

The Diabetes Confidence Series 2026



Free Online Education & Peer Support for Adults with Type 1 and Type 2 Diabetes

Delivered by HWE DSG – your local diabetes support group

What Is It?

The Diabetes Confidence Series is a free 8 series online webinar programme designed to support adults living with Type 1 and Type 2 diabetes.

Each 1-hour session provides practical education, self-management support and peer discussion in a structured, evidence-based format.

The programme complements — but does not replace — NHS care and structured education.

Why Refer?

This series supports patients to:

- Improve understanding of HbA1c and glucose targets
- Increase confidence with medications and technology
- Engage more effectively in annual reviews
- Understand the 9 NICE care processes
- Reduce anxiety about complications
- Develop sustainable lifestyle habits
- Prepare better questions for appointments

It aims to strengthen self-management, reduce diabetes distress and improve patient activation.

Programme Overview

April 15th – Understanding Your Numbers

HbA1c (mmol/mol), time in range, NHS targets.

<https://www.ticketsource.co.uk/hwedsg/t-jxzenzk>

May 13th – Food Without Fear

Practical meal balance, carb awareness, UK food labelling.

<https://www.ticketsource.co.uk/hwedsg/t-yzarojv>

June 10th – Avoiding Burnout & Diabetes Fatigue

Diabetes distress and emotional wellbeing.

<https://www.ticketsource.co.uk/hwedsg/t-vxxeva>

July 8th – Medication & Technology Explained

Insulin, GLP-1, SGLT2 inhibitors, CGM and pumps.

<https://www.ticketsource.co.uk/hwedsg/t-pllzgmo>

September 9th – Preventing Complications

Eyes, kidneys, feet, cardiovascular risk and annual checks.

<https://www.ticketsource.co.uk/hwedsg/t-njjkzdo>

October 14th – Social Life & Real-World Planning

Alcohol, travel, sick day rules.

<https://www.ticketsource.co.uk/hwedsg/t-gllxed>

November 11th – Navigating the NHS with Confidence

Preparing for reviews, NICE guidance, structured education pathways.

<https://www.ticketsource.co.uk/hwedsg/t-njjkzdo>

Format

- Free to attend
- Online (1 hour per month)
- Open to adults with Type 1 or Type 2 diabetes
- Family members welcome

Sessions are educational, supportive and non-judgemental.

How to Refer

Patients can self-register via:

<https://www.ticketsource.co.uk/hwedsg>

Or contact:

abellinger@gmail.com

Intended Outcomes

The programme aims to:

- Improve health literacy
- Support medication adherence
- Increase engagement with annual reviews
- Encourage uptake of retinal screening and foot checks

- Enhance shared decision-making
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Suggested Promotional Copy

Free Online Diabetes Education & Support – Now Open for Registration

The Diabetes Confidence Series is a free 8-month online webinar programme for adults living with Type 1 or Type 2 diabetes. Delivered by HWE DSG, a local community support group, the sessions aim to improve confidence, understanding and self-management. Topics include HbA1c and glucose targets, food and exercise, medication and technology updates, preventing complications, emotional wellbeing and preparing for NHS reviews. Each one-hour session includes practical advice and time for questions. The programme complements NHS care and structured education. Patients can self-register at: <https://www.ticketsource.co.uk/hwedsg> or contact abellinger@gmail.com for further information.

And here is a shorter version to use with Accurx or Mjog:

For adults with Type 1 or Type 2 diabetes. Learn what HbA1c, glucose targets and NHS checks really mean. Practical, supportive and 1 hour.

Register here: <https://www.ticketsource.co.uk/hwedsg>