



From December 6th, 2021, Diabetes Book & Learn will be offering a bespoke self-management group education course for people with type 2 diabetes from African and Caribbean communities.

HEAL-D is a culturally tailored diabetes self-management education and support programme that aims to help people living with type 2 diabetes from African and Caribbean communities to achieve diet and lifestyle goals through supporting and motivating the development of self-management skills. HEAL-D integrates evidence-based behaviour change techniques, dietary counselling, and exercise classes. Find out more [here](#).

HEAL-D is being offered to all patients with type 2 diabetes from African and Caribbean communities across south London via the Diabetes Book & Learn service. It is delivered online, via video conference, over 7 weekly 2-hour sessions.

How do I refer to HEAL-D?

Referrals to HEAL-D can be made using the Diabetes Book & Learn referral form within DXS/EMIS and Vision. Once fully completed please email the form to Diabetes.booking@nhs.net

Or

Via the webform at www.diabetesbooking.co.uk/refer

How does the patient book a course?

The patient will automatically receive an email or SMS depending on the information you have supplied in the referral, inviting them to book a diabetes self-management course with the Diabetes Book & Learn service.

To ensure spaces are correctly allocated, HEAL-D can **only be booked by calling 0203 474 5500**.

How do I contact Diabetes Book & Learn?

The call centre has a dedicated telephone number for healthcare professionals to assist you with any queries.

Call: 0203 474 5501

Diabetes.booking@nhs.net