Diabetes Book & Learn is an NHS service to help people in south London find the best diabetes course for them.

Book today

Why is a course important for me?

- Attending a course will improve your knowledge, skills and confidence to manage your Type 2 diabetes
- You can benefit from the support of others living with Type 2 diabetes
- Studies have shown that courses help people reduce their blood-sugar levels and weight
- You can learn about other organisations who can help you live well with Type 2 diabetes
- All courses are free of charge and approved by the NHS

How can I book a course?

After you have been referred for a Type 2 diabetes course you will get an email from Diabetes Book & Learn within 24 hours. Click on the email link to register and book a course of your choice. Please make sure your correct email address was used. Please also provide your mobile number so we can send text reminders for your course.

If you didn’t receive an email, you can still book a course. Simply visit www.diabetesbooking.co.uk and register yourself, and then book a course of your choice. You can also contact the booking team on 0203 474 5500 to choose your course and make a booking.

Course Options

We have a wide range of different options for Type 2 diabetes. Choose from:

- Weekday courses
- One day courses
- Weekend courses
- Evening courses
- Courses in NHS hospitals
- Courses in community venues
- Courses in sports venues
- Digital courses
- Remote learning courses
- Group courses
- One-to-one courses

Additional Advice and Support

Visit www.diabetesbooking.co.uk/community and search in Family Support, Stay Active & Get Fit, Health & Wellbeing, Housing Support, Money & Debt Advice and Stay Connected for other organisations in south London that can help you.

Check out some of the articles on our website which answer common questions faced by people living with diabetes.

Diabetes UK is the leading UK charity for people affected by diabetes. Their website www.diabetes.org.uk is packed with useful information and support. You can also phone them on 0345 123 2399.

www.good-thinking.uk is an NHS approved website offering tools and resources to help yourself and others feel better.

If you have any needs which might make it difficult to attend, please let us know and we will work with you to find a way for you to attend a suitable course.

Prefer to book over the telephone?

Call our team on 0203 474 5500 between 8am and 8pm on weekdays or Saturday mornings between 10am and 12 noon.

Please don’t delay booking your course as places are limited

diabetesbooking.co.uk