

Diabetes Ireland: Type 2 Diabetes Support Programmes **(<https://www.activelink.ie/node/106992>)**

Diabetes Ireland has 3 free online interactive diabetes support programmes for those diagnosed with Type 2 diabetes.

CODE (Community Oriented Diabetes Education)

CODE is a structured group self-management course which is facilitated by either a nurse or a dietitian where you find out more about how to manage your diabetes in a relaxed atmosphere while learning from others. It is supported by the HSE and has been running for 15 years. It is free to attend and is currently being delivered virtually for more information, [click here](https://www.diabetes.ie/living-with-diabetes/living-with-type-2/diabetes-ireland-education-programme/). (<https://www.diabetes.ie/living-with-diabetes/living-with-type-2/diabetes-ireland-education-programme/>)

Diabetes Smart

Diabetes Smart is an online interactive course which is a good introduction to learning more about diabetes and can be done from the comfort of your own home. It takes over an hour to complete and has 6 different modules. It can be useful to do before you take the CODE course or while you wait to see your nurse or dietitian. For more information, [click here](https://www.diabetes.ie/living-with-diabetes/living-with-type-2/diabetes-smart-free-interactive-online-education-course/). (<https://www.diabetes.ie/living-with-diabetes/living-with-type-2/diabetes-smart-free-interactive-online-education-course/>)

Wellbeing Workshops for Type 2 Diabetes

These sessions are to focus on self-care to improve well-being in the context of your diabetes management and how diabetes may affect your emotional health. For more information, [click here](https://www.diabetes.ie/wellbeing/). (<https://www.diabetes.ie/wellbeing/>)

Region

Online

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