Dear

**SOCCER**

**(Stockport, Optimising, Carbohydrate Counting, Education and Results)**

We are writing to you with an exciting opportunity to attend SOCCER which is a group education course specially designed for people in Stockport with Type 1 diabetes.

The SOCCER course will support you and help you to understand and improve your diabetes. It promotes the skills necessary to estimate the carbohydrate in each meal and to inject the right dose of insulin.

**SOCCER allows people to fit diabetes into their lifestyle, rather than changing their lifestyle to fit in with their diabetes.**

The aim of SOCCER is to help people with Type 1 diabetes lead as normal a life as possible, while controlling blood glucose levels, hence reducing the risk of long-term diabetes complications.

SOCCER involves attending a 4-day training course (currently on 4 consecutive Tuesdays, 9am to 5pm) plus a follow-up session around 6 weeks after the course. This structured teaching programme is delivered to groups of 8 participants, and facilitated by trained educators, a Diabetes Specialist Nurse and Dietitian. The SOCCER course is about learning from experience. Over the four weekly sessions the participants will practice the skills of carbohydrate estimation and insulin dose adjustment.

Most of the training is built around group work, sharing and comparing experiences with other participants. However, there are opportunities for each person to speak to the SOCCER educators individually.

The course covers topics including

* Practical sessions on carbohydrate counting and estimation
* Altering your insulin doses
* Prevention and treatment of hypoglycaemia
* How to cope with illness and ketoacidosis
* Managing blood glucose levels with physical activity
* Safely managing blood glucose with alcohol
* How to prevent complications and improve long term health

We strongly recommend that you attend this course so please ask your diabetes nurse or GP to refer you for a place.

Yours sincerely

GP

Quotes from recent participants

“ *I feel a lot more confident about my diabetes now and was great meeting others going through the same” “ I can’t tell you how much this course has changed my life”.*