

## Are you living with diabetes?

## Do you care for someone with diabetes?

- ◆ **Are you interested in helping to shape the way that people like you are supported to manage your health more effectively?**
- ◆ **Want to be part of a move to change the way patients and carers interact with NHS services to have a greater say in decisions about your own care?**
- ◆ **Are you willing to spend some time sharing your views on diabetes care and management and creating ideas?**

These events will bring patients and carers together with GPs and health managers who plan, buy and monitor local NHS services for our area. With you, we want to explore how best to approach planning of care for people with diabetes to understand:

- ◆ how best to approach changes to planning for individual care
- ◆ what's important to you when it comes to managing your health and wellbeing
- ◆ how care and support should be delivered

### What happens if I am selected to participate in the sessions?

You will be invited to **share your experiences of living with diabetes**. However, involvement is not simply about providing feedback. **The sessions are about 'thinking outside the box' and developing ideas**. They will be productive and creative, ultimately changing the way we plan locally for diabetes care. You will help to ensure that the **voices of patients and carers are at the centre of this project**.

### Who can take part?

We want to hear from a **broad cross section of people from a range of backgrounds: different ages; different social backgrounds; different family situations and both patients and carers**.

There is only a limited number of spaces, so we cannot guarantee that everyone who expresses an interest will be invited to participate.

The workshop sessions will take place

- **In Crawley on 12 March 6pm - 8:30pm and 19 March 6pm - 8:30pm**
- **In Haywards Heath on 12 March 10am - 12.30pm and 19 March 9.30am - 12pm**

It would be advantageous if you could attend both sessions. We would be very grateful for your participation in this exciting and important project.

Please contact [alison.hunter14@nhs.net](mailto:alison.hunter14@nhs.net) or call **01293 600300 ext 3052** to register your interest.

The project is part of a wider NHS programme called Patients in Control, which aims to put patients and carers at the centre of decision making regarding health services. Patients in Control is an exciting programme working with CCGs to better understand what is important to patients and carers in managing their health and care better. South East CSU was awarded funding by NHS England to deliver this across the South of England.