

Join our workshop at The Otium Centre, Lowestoft...

## Insulin Awareness & Injection Technique, 14 August 2026, 12.30-4.30pm

This workshop offers tools and knowledge to make a meaningful impact on the lives of those living with diabetes. Don't miss the opportunity to enhance your skills and confidence in delivering appropriate support, as well as to stay up to date!

The session assists in maintaining or even improving the quality of life for people living with diabetes by accessing more in depth information; assisting in reduced likelihood of medication errors, reduction of avoidable hospital admissions, minimising injection site problems.

Within the workshop, attendees will:

- gain an up to date overview of the use of insulin to treat diabetes
- obtain the theoretical skills to safely and correctly inject insulin, framed around national guidance and best practice

As well as providing the theoretical training of how to administer insulin, a practical element is included where attendees have 'hands on devices' time (DUET diabetes does not provide 'competency assessments' for attendees.



**Price: only £79+VAT**

(includes a printed delegate pack and certificate on successful completion of the training)

**Find out more via the QR code / booking link overleaf**

**Venue:** The Otium Centre, Meadow Road, Oulton, Suffolk, NR32 3AZ

**To pay by credit/debit card:** please scan QR code to book and pay via the Ticket Tailor online platform

(or visit <https://buytickets.at/duetdiabetesltd/2242798>)

**To pay via BACS:** please email [info@duetdiabetes.co.uk](mailto:info@duetdiabetes.co.uk) to provide your name, contact phone number and the number of places you would like to book. You will then receive an invoice via email.



**This training has been developed by DUET diabetes Ltd and will be led by a Diabetes Specialist Practitioner (who is also a registered dietician and healthcare educator).**

**Tea and coffee will be provided during refreshment breaks.**

### **What have previous attendees said about this workshop?**

**“I found all of the course useful, particularly the association to real life scenarios. The trainers were relaxed and informative. Very well prepared and knowledgeable.”**

**“Up to date information.. Learnt new information regarding safety needles. Details of ketones was beneficial as it’s a bit of a new area for me but so vital. Trainers were lovely. We all could ask questions and feel comfortable sharing. The venue was well suited for our session. This is a topic I have a personal interest in but it also helps support our training we give to carers.”**

**“Training is fantastic. Brilliant session- it really was so helpful.”**