

DESMOND – Diabetes Education and Self-Management for Ongoing or Newly Diagnosed

DESMOND is a nationally accredited course for people with **Type 2 Diabetes**.

It's pretty unique. It is an education programme specifically designed to support you the person with diabetes to become the expert. The fully trained educators are there to help you increase your knowledge and understanding of what having diabetes will mean for you and how you can manage your care effectively. It is an opportunity to meet and share experiences with others.

DESMOND as a programme can be delivered over one day course or 2 half day (equivalent) sessions.

You are invited to join a small group of up to 10 people with Type 2 Diabetes. You will be given up to date information and learn practical skills to manage your diabetes. The DESMOND programme is built around group activities, but there will be opportunities for individuals to speak to an Educator on their own if they wish. An opportunity will be provided to discuss and explore factors relating to diabetes such as food choices, activity and medication. You will also be able to meet and talk to others in the same situation. The sessions are delivered in an informal and friendly atmosphere. It is not like being back at school! You can bring your partner, family member, carer or friend, they will be very welcome.

The course can be accessed by people that have been newly diagnosed with **Type 2 diabetes** (within first 12 months of diagnosis) but also those who have established **Type 2 diabetes**.

Coverage

Courses are delivered in both health care settings and local community venues. A full list of locations across the Fylde coast can be found here:



Locations covered
and brief overview of

View the patient story – Getting to Grips with Type 2 Diabetes

<http://www.lancashirecare.nhs.uk/desmond>

This video is also available in the following languages:

- Gujurati
- Punjabi
- Hindi
- Polish

Interested in finding out more?

How to Access

DESMOND is free to access. **You can simply self-refer** by contacting the DESMOND Team on 01772 777620 or ask your doctor, practice nurse or healthcare professional to refer you to DESMOND.

For more information on the programme contact the DESMOND TEAM
Tel: 01772 777620 email desmond@lancashirecare.nhs.uk

Diabetes education will help give you the confidence to manage your diabetes day to day – Learn to live well with Type 2 diabetes.

