



Come and meet **DESMOND**

You have Type 2 Diabetes...

come and meet **DESMOND** and discover support aimed at helping you manage your diabetes



Watch a
short video

www.diabetes.org.uk

Search for **DESMOND**

DESMOND stands for **D**ietary **E**ducation and **S**elf **M**anagement for **O**ngoing and **N**ewly **D**iagnosed.

More simply...

- It's a way of finding out more about type 2 diabetes.
- A chance to learn practical skills to help you manage your diabetes.
- It's a resource to help you manage the changes diabetes brings to your life.
- It's an opportunity to meet and share experiences with others.

Why is **DESMOND** unique?

It's an education programme designed to support you, the person with diabetes, to become the expert of your condition. You will be the person in control and making the decisions.

So, what's involved?

You will be invited to join a small group of (up to 10) people with type 2 diabetes on a **DESMOND** education programme. The session is led by educators who ensure you are provided with honest, up-to-date evidence-based information about the causes, effects and options for managing your diabetes.

www.desmond-project.org.uk

  #TakingControl

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What will I get out of DESMOND?

Quite a lot! As well as getting up-to-date information, you will learn practical skills which you may find helpful in managing your diabetes. An opportunity will be provided to discuss and explore factors relating to diabetes, such as food choices, activity, medication and blood results.

You will also be able to meet and talk to others in the same situation. You will be provided with information to take away at the end of the session.

But, I've never taken part in anything like this before?

For some people, taking part in an education programme like **DESMOND** may seem strange.

If the word 'education' conjures up images of being back in school, think again! In the **DESMOND** session the atmosphere is informal and friendly. Our team of educators will make you feel welcome and comfortable.

You will be invited to share your experiences, thoughts and opinions during the session. However, if you find this daunting, you only have to contribute as much or as little as you like. Other participants have told us that they got much more out of the session when they came prepared to share their experiences, thoughts and opinions.

If you would like to bring your partner, a family member or a friend with you to the course you will be welcome.

What if I decide this is not for me?

We think you will find **DESMOND** a great help in learning all about, and taking control of your diabetes.

Your GP or Practicie nurse thinks so too, which is why he or she has brought the **DESMOND** programme to your attention. If you decide not to attend this will not affect your usual care.

What happens next?

Once referred you will be sent a letter inviting you to make an appointment, at a session local to you. You will be offered a choice of dates and locations.

Did you know you can self-refer?

Visit the SWFT website and search **DESMOND**

www.desmond-project.org.uk

www.swft.nhs.uk (search **DESMOND**)