



DESMOND EDUCATION FOR PEOPLE WITH TYPE 2 DIABETES



Working in partnership with NHS Suffolk

On request, this publication can be supplied in alternative formats including large print, Braille, audio tape and disk. We can also translate the Information into languages other than English. This publication is also available on our website www.acecic.co.uk



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Suffolk*

DESMOND

Do you have Type 2 diabetes?

Then Meet **DESMOND** and discover support aimed at helping you manage your diabetes.

So, who or what is DESMOND?

DESMOND stands for 'Diabetes Education and Self Management for Ongoing and Newly Diagnosed'.

More simply...

- It's a way of finding out more about Type 2 diabetes.
- It's a resource to help you manage the changes diabetes will bring to your life.
- It's an opportunity to meet and share experiences with others.

What will I have to do?

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. You may also be asked to complete some booklets of questions before and after taking part in DESMOND. This is so we can look at how effective DESMOND is in helping people manage their diabetes

What will I get out of a DESMOND session?

Quite a lot! As well as getting up-to-date information about diabetes, 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 and medication. You will also be able to meet and talk to others in the same situation. At the end of the sessions, every one taking part in DESMOND will have information to take away for reference.

For some people, taking an active part in an education programme like DESMOND may seem strange. But if the word 'education' conjures up images of being back in school - think again! In DESMOND sessions, the atmosphere is informal and friendly.

The local DESMOND team running the programme are very approachable and part of their job is to make you feel welcome, and comfortable about attending the programme. If you find the idea of joining in at these sessions too difficult, no one will make you contribute. But you will get much more out of the sessions if you come prepared to share your experiences, thoughts and opinions. If you would like to bring your partner, a family member or a friend with you to the course - they will be very welcome.

If you wish to attend the DESMOND course please contact your GP or Practice Nurse for a referral and one of our team will contact you.