

The **DESMOND** education sessions are :

- Recommended for all people who have been diagnosed with type 2 diabetes
- One day, group education sessions
- Held at a venue local to you
- Free of charge
- Led by a team of trained educators who are:

Pam Butcher – Dietitian

Liz Button – Practice Nurse

Rachel Cooper – Dietitian

Rowena Horsman – Diabetes Specialist Nurse

Sue Park – Dietitian

Helen Stephen – Diabetes Specialist Nurse

“DESMOND was a very reassuring programme and I am so pleased I had the chance to come. There was so much I didn't know about diet, also tips given to us to safeguard our health were so kindly given. Thank you so much all three of you girls, top marks 10/10” (Jean)

TM
Desmond

Diabetes Education and Self-Management
for Ongoing and Newly Diagnosed

A one day structured
education programme for
people newly diagnosed with
Type 2 diabetes

For more detailed information please see
inside

About you

You have recently been diagnosed with type 2 diabetes.

People find out they have diabetes by a variety of routes. You may have been diagnosed following a routine blood test or visit to your GP for something else altogether. Some people go to see their GP because they have felt unwell or tired for so long and are told they have diabetes.

You may be feeling all sorts of emotions about your diabetes. Some people feel out of control or angry to have diabetes. You may be frightened about what may happen to you or confused about how to manage your diabetes. Or you might just have lots of questions you would like answers to.

However you were diagnosed with diabetes or however you are feeling about having diabetes, you will undoubtedly benefit from attending a structured education session. Most people feel more in control of their diabetes as a result of attending a DESMOND session.

“ A good team made me feel a lot better in myself. I feel more positive now and hope to be able to keep it (diabetes) under control. Thank you NHS” (John)

About the session

“Great chance to be with other people who share the same problems. Very informative and a friendly, easy to understand way. Learnt a great deal. Thank you” (Liz)

DESMOND is a one day, structured, group education programme that is designed to help you learn more about diabetes and how you can improve your management of your diabetes and your long term health.

The NHS is committed to providing structured education for all people who have been diagnosed with type 2 diabetes. The DESMOND programme meets the criteria set down by the National Institute of Clinical Excellence and has been shown to improve outcomes for people who have attended the sessions.

The sessions are held at a number of locations within the West Suffolk Area so you can choose a date and venue to suit you. They consist of one full day's education starting at 9am and finishing at 4pm. Refreshments are provided throughout the day. All you are asked to bring is your lunch. There is no cost to yourself for the day.

All sessions are led by two trained DESMOND educators who are also professionals working with people with diabetes.

Should you attend?

If you would like to book a session you simply need to tell your GP or Practice Nurse and they will send a referral letter to the diabetes centre on your behalf.

You will then be contacted directly by the DESMOND co-ordinator who will write to advise you on the next available session.

You are very welcome to bring your partner or a friend to the session with you

“An excellent team of trainers – would seriously recommend anyone newly diagnosed, or with any concerns or questions to attend one of these sessions. Thanx guys!” (Julie)

Please contact Helen Stephen, Community Diabetes Specialist Nurse, if you have any queries about the sessions.

Tel: 01284 712832