



**Do you have  
Type 2 Diabetes?**

# **Then Meet DESMOND in Camden**

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 is 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.

## **So, what's involved?**

You are being invited to join a small group of people with type 2 diabetes on a *one-day DESMOND education programme*.

The sessions are led by Educators who are health professionals trained to ensure that you are provided with honest, up-to-date, evidence-based information about the causes, effects and options for managing your diabetes.

**The Educators were knowledgeable and resourceful but so down to earth-it made for such a wonderful way of finally coming to terms with my diabetes**

## **What will I get out of a DESMOND session?**

Quite a lot! 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.

**The DESMOND programme was brilliant-really helped me understand MY diabetes.**

In DESMOND sessions, the atmosphere is informal and friendly.

The DESMOND team 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.

If you would like to bring your partner, a family member or a friend with you to the course, they will be very welcome. As one person has said about DESMOND:

**The great comfort I found in the DESMOND session is that they were really about us, the people with diabetes and it wasn't 6 hours of "you mustn't do this or that"**

#### **What if I decide it's not for me?**

If you decide not to attend, you will still receive care as usual from your GP/Diabetes team.

#### **What will I have to do?**

You need to be prepared to attend the full session.

This is for your benefit, so that you can be sure of having all the information you need.

At the course, you will be one of a group of up to 10 people with Type 2 diabetes who will be taking part.

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.

#### **I'm keen to start, so what happens next?**

To book your place on one of the free DESMOND programmes, please contact the Camden Diabetes Patient Education Team and book your place as soon as possible as they can fill up quickly!

### **DESMOND SESSIONS IN CAMDEN**

***(Start at 9.30 am and finishes about 4.30 pm)***

#### **Wednesday at**

- Brondesbury Medical Centre  
279 Kilburn High Road  
London, NW6 7JQ.
- Peckwater Centre,  
6 Peckwater Street  
Kentish Town, NW5 2TX.

Saturday DESMOND are also available at

- St Pancras Hospital, 4 St Pancras Way, NW1 OPE (contact diabetes team for dates).

### **Booking contact:**

**Timea-Diabetes Education**  
**Administrator**

**Email: [diabetes.ckd@nhs.net](mailto:diabetes.ckd@nhs.net)**

**Tel: 020 3758 2036**

**(Please leave a message on answerphone)**