

# Do You Have Type 2 Diabetes? Then Meet DESMOND



## What is DESMOND?

**DESMOND stands for Diabetes Education and Self-Management for Ongoing and Newly Diagnosed. People who have attended the programme have told us:**

- ⇒ **It's easy to do, and they felt supported throughout.**
- ⇒ **They have learnt lots of new skills, tailored to them, which they can confidently share with family and friends.**
- ⇒ **They feel re-energised, are sleeping better, and have a more positive outlook on life**

## What does the programme involve?

You are being invited to join an exclusive group of people with Type 2 diabetes. Traditionally, DESMOND is ran in face-to-face groups, however during these times of global pandemic we are pleased to be able to offer you a **virtual** group.

The virtual group will be held online, ran by two trained Educators over two sessions of three hours each. With up to 10 people with Type 2 diabetes also online with you at the same time.

Our Educators will support you to increase your knowledge and understanding of what having Type 2 diabetes means for you. The atmosphere is always friendly, informal and very welcoming.

## What will you have to do?

You will need to be prepared to attend all six hours. This is for your benefit so that you can be sure of having all the information that you need.

You will be sent login details in advance by your team; you will need to make sure well in advance that you can access this, and having an electronic device with a speaker and camera will make this easier.

Further details of what to expect from a virtual group will also be sent out once you are booked on.

## What will you get from attending?

As well as getting up-to-date information, you will learn practical skills which you may find helpful in managing your Type 2 diabetes. An opportunity will be provided to discuss and explore topics such as: Food choices, Activity & Medication.

You may find you get more from attending if you come prepared to share your experiences, thoughts and opinions. No question is too silly and no one will make you contribute if you find the idea of joining in too difficult, but there will still be lots to learn.

To book onto a Camden Virtual DESMOND please contact:

Tel: 020 3758 2036 / email: [diabetes.ckd@nhs.net](mailto:diabetes.ckd@nhs.net)

  
**Desmond**

HELPING YOU PIECE  
TOGETHER YOUR  
DIABETES

