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| **C:\Users\vs1q\Desktop\New_DESMOND_blue.jpg****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 day of finding out more about Type 2 Diabetes
* It is a way 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 DESMOND education programme. The programme is held in 2 centres across Camden

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. DESMOND is a one-day course.

**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! 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 and medication.

You will also be able to meet and talk to others in the same situation.

At the end of the sessions, everyone taking part in DESMOND will have written information to take away for reference.

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

**But I’ve never taken part in anything like this before!**

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 at school-think again! 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. 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. 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?**

We think you will find DESMOND a great help in learning about and getting control of your diabetes. Your GP thinks so too, which is why they have brought the DESMOND programme to your attention.

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

**But what makes DESMOND so special?**

DESMOND is unique. It’s an education programme designed to support you, the person with diabetes, to become the expert. The Educators are there to help you increase your knowledge and understanding of what having diabetes will mean for you. But at the end of the day, you will be the person in control and making the decisions.

**I attended DESMOND recently and found it really helpful. Everyone with diabetes should go if they get the chance.**

**What will I have to do?**

That’s easy!You need to be prepared to attend all the sessions of the DESMOND course. 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. 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 there are only 10 places on each course and they can fill up quickly!

DESMOND sessions available in Camden (9.30 am-4.30 pm)

* 1st Wednesday of the month at South Camden Centre for Health, 154 Drummond Street, London, NW1 3HP.
* 3rd Wednesday of the month at Peckwater Centre, 6 Peckwater Street, Kentish Town, NW5 2TX.
* Saturday DESMOND at St Pancras Hospital, 4 St Pancras way, London, NW1 0PE (5 sessions per year-contact diabetes team for dates).
* Extra weekday sessions may also be available on the 4th Wednesday of the month (contact diabetes team for dates).

**Booking contact:**

**Email:** diabetes.ckd@nhs.net

**Tel: 020 3317 2438**

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