**Newly Diagnosed with Type 2 Diabetes?**

Then come to **DESMOND**

**D**iabetes Education and Self-Management for **O**ngoing and Newly Diagnosed

**DESMOND** is an education session designed to increase your knowledge and understanding of diabetes to support you managing your diabetes.

The Desmond education session will be led by experienced nurses who are trained to ensure you are provided with honest, up to date, evidenced based information about the causes, effects and options for managing your diabetes. The local DESMOND team are very approachable and it’s a part of their job to make you feel welcome and comfortable about attending.

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Please make a note below of the date you have booked for DESMOND. We will also confirm your appointment via post.

**Date: Friday……….………………**

**Time: 9am – 12.30pm**

**Venue: Buckland Community Centre, Malins Road, Portsmouth, PO2 7BJ**

**Parking: Free parking**

If you are unable to attend the day agreed, please contact us so that we can arrange a more suitable date for you. Cancelled appointments can then be offered to other patients on the waiting list.

**What do I need to do prior to attending DESMOND?**

1. Please bring your results sheet below, your practice nurse should complete this with you
2. Please complete the form entitled “How am I feeling?”, which has been sent to you in the post along with written confirmation of your booking, and bring it with you on the day
3. Please bring a packed lunch and any drinks you will need as we are unable to provide refreshments
4. Please only bring someone with you if it is necessary as we have very limited spaces available due to Covid restrictions

**My Diabetes Results**

**Please bring these with you when you attend DESMOND**

|  |  |  |  |
| --- | --- | --- | --- |
| Blood test | Date | Result | Previous result and date  / or diagnostic A1c |
| HbA1C |  |  |  |
| Fasting glucose  (if taken) |  |  |  |
|  |  |  |  |
| Total Cholesterol |  |  |  |
| HDL |  |  |  |
|  |  |  |  |
| Blood pressure |  |  |  |

**What do previous participants/ patients say about DESMOND sessions?**

**What made you come today?**

* “Wanting to learn how to control my Type 2 Diabetes”
* “To get more knowledge about diabetes that could help me to manage control it”
* “To learn about diabetes, to understand more, know risks to health”
* “To find out more about diabetes and how-to manage it”

**What was helpful about attending DESMOND?**

* “Getting more knowledge of the problems “
* “Very encouraging and informative”
* “Learnt so much about why and how it works how to help myself with food choices”
* “Was very helpful and informative and explained in a clear way”

**What did the DESMOND team do well?**

* “Gave a good description of all aspects of diabetes”
* “Explained in detail about diabetes and very friendly not patronising “
* “Break down items, explained everything well “
* “Cover all subjects /topics related to it”

**I would recommend DESMOND to other people newly diagnosed with diabetes because**

* “It was interesting and educational “
* “They can explain all aspects of the problems, thank you very much a great day “
* “Definitely, it motivates you to do better “
* “I’ve been given good advice and encouragement “
* “Professional and informative thank you”
* “Very helpful, they go through everything and explain it well”