



Do you have Type 2 diabetes?

Then meet DESMOND and
get help and support to
control your diabetes.

Desmond

y o u r h e a l t h o u r p r i o r i t y



Type 2 diabetes develops when your body doesn't make enough insulin or the insulin that is made doesn't work as it should. It is treated with a healthy diet and regular physical activity, but you may need medication and/or insulin.

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 will help you cope with your diabetes and the changes to your life, whether you control it with your diet only, or tablets or insulin.
- it's a chance to meet and share your experiences with others.

What's involved?

You are invited to join a group of about 10 people with Type 2 diabetes at a place near you. Sessions are run by health professionals as a full one-day course or two half days. You will be given the latest information on the causes, effects and treatment choices.

The DESMOND programme will help you to understand diabetes and give you the skills and confidence to take control of it.

You will also have the chance to find out and discuss subjects such as choosing the right foods, physical activity and medication.

The sessions are friendly and relaxed. People who have attended them often say that they value sharing their experiences with others in the group. You won't be put on the spot and you can take part in the programme as much or as little as you like.

If you would like to bring your partner, a family member or a friend along to the sessions they will be made very welcome.

There are sessions running every week at a place near you.

Register now for your FREE Diabetes Education Day by telephoning Lorraine on 01977 665858.

Or fill in the registration form at the back of this leaflet.

Information on a wide range of health service and related issues can be obtained from our PALS office (Patient Advice and Liaison Service) based at NHS Wakefield District. You can also make comments about services. You can phone on: 0845 602 4832 or email: pals@wdpct.nhs.uk

If you require this leaflet in another format such as large print, audio tape or other language, please contact the Patient Advice & Liaison Service (PALS) on: 0845 602 4832.

اگر آپ کو یہ کتابچہ کسی اور شکل جیسے کہ بڑی لکھائی، سمی ٹیپ یا دوسری زبان میں درکار ہو، تو مہربانی فرما کر،
پیشمنٹ ایڈوائس اینڈ لائی ایمن سروس (PALS) سے، اس نمبر پر رابطہ کیجئے: 0845 602 4832



Registration form

Name.....

Date of birth.....

Year your diabetes was diagnosed.....

Address.....

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Postcode.....

Home telephone number

Mobile telephone number.....

Name and address of GP Surgery

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Please sign below to give your consent to us contacting your GP for your blood pressure and blood results:

Signature for consent

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Please return this form to:

Lorraine Humphrey - DESMOND Administrator
Public Health Department
Castleford, Normanton and District Hospital
Lumley Street
Hightown
Castleford
West Yorkshire
WF10 5LT

Your local DESMOND team will contact you with dates, more details and directions to a place of your choice.

We look forward to meeting you there.