

# DESMOND

Nutrition and Dietetics

September /2016

[Edition 1, Volume 1]

## Welcome to our 1<sup>st</sup> newsletter

### So what is DESMOND?

DESMOND (Diabetes Education Self-Management for Ongoing and Newly Diagnosed)

DESMOND is the first steps in self-management education for people with Type 2 diabetes.

The course runs for 6 hours of structured self-management group education and can be run over 1 day or two half days.

It is held in groups of up to 10 participants who may wish to bring a partner/friend with them and Deliverable in health care settings or local community venues.

The course is interactive and delivered by two DESMOND educators who have been trained specifically to deliver the course in line with the national guidelines.

The course includes:

- Thoughts and feelings of the participants around diabetes
- Understanding diabetes and glucose: what happens in the body
- Understanding the risk factors and complications associated with diabetes
- Understanding more about monitoring and medication
- How to take control - Food Choices - Physical Activity
- Planning for the future

## Diabetes – Type 2 Patient information sheets

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Patient information sheets are available from the department or to download. The British Dietetic Association.

<https://www.bda.uk.com/odfacts/home>

Food Fact Sheets give up to date information and are written by Dietitians. They are packed full of evidence based useful information.



## What can patients get from attending a DESMOND?

- Lowers HbA1c
- Improves other biomedical outcomes
- Supports weight reduction
- Improve levels of physical activity
- Is an effective smoking cessation intervention
- Improves understanding of diabetes
- Reduces depression
- Promotes positive behaviour change
- Is administered in one dose and effective for 12 months

## Where do DESMOND courses run?

We aim to make the DESMOND courses as accessible as possible to patients and so offer a range of locations, days of the week (including Saturdays) and full or half days.

We are always on the lookout for new venues and so if you know a community location that could hold a DESMOND, please do get in touch. Venues that we are using at the moment include.

- Mansfield Community Hospital
- Ashfield Health and Wellbeing centre
- Newark Health Centre
- Park House Health and Social Centre, Carlton.
- Hucknall Health Centre.
- Arnold Library
- Hucknall Leisure Centre
- Calverton Miners Welfare
- Southwell Library
- Gresham Sports Park, West Bridgford
- Chilwell Community Centre
- Dora Philips Hall Eastwood
- Keyworth Primary Care Centre
- Middle street resource centre, Beeston
- Nottingham CVS (City Centre location)
- Brickyard Community Centre
- Rushcliffe Leisure Centre
- John Godber Centre, Hucknall
- St Paulinus Church, Ollerton

*For Further information about DESMOND please contact the team.*

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