



DesmondTM

DESMOND

Diabetes Service

Support to help you
manage your diabetes

NHS

Who is CityCare?

We are your local provider of high quality community health services.

We provide quality care you can trust.

We deliver a range of nursing and healthcare services – from health visiting and education for young families, to community nursing and home-based rehabilitation services for older people, to NHS Urgent Care Centres and specialist diabetes and educational nutrition and dietetics sessions.

We have a long heritage of delivering high quality care for you and your family at home, or close to home, in community settings such as health centres, schools and GP surgeries.

As a social enterprise we work in partnership with patients, staff, partners and the local community to build a healthier more sustainable future for all.

What is DESMOND?

DESMOND (Diabetes Education and Self-Management for Ongoing and Newly Diagnosed) is a structured group education programme for individuals with Type 2 diabetes. The course aims to improve understanding and promote self-management of the condition.

Can anyone with Type 2 diabetes attend?

Yes. The DESMOND course can be accessed by anyone over 18 years of age with a confirmed diagnosis of Type 2 diabetes not treated with insulin.

How can I access DESMOND?

DESMOND is free to access and is currently being delivered at various locations in Nottingham City.

For available dates, please call us. Individuals can ask their practice nurse or GP to complete their referral.

Alternatively, self-referral can be completed via telephone on

If you are registered with a City GP please contact:

**Health and Care Point
0300 1310300
(Option 1 then Option 4)**

What is involved with the DESMOND course?

- 6 hours of structured education
- either in one full day session (9am - 4pm or 9.30am - 4.30pm)
 - or two half day sessions (9.30am - 1pm or 1pm - 4.30pm)

Course Content

The course will cover

- Thoughts and feelings of the participants around diabetes
- Understanding diabetes and glucose: what happens in the body
- Understanding more about monitoring and medication
- Understanding the risk factors and complications associated with diabetes
- How to take control - food choices & physical activity
- Planning for the future

Who can attend?

- Patients with Type 2 diabetes
- Patients who are not taking insulin
- You must be registered with a Nottingham City GP
- Patients may be accompanied by one other person such as a family member or carer
- Refresher courses are available after one year

Courses are currently being offered in the following areas of Nottingham City

Bulwell, Clifton, Hyson Green, Old Basford, Sherwood Rise, St Ann's, Strelley, Wollaton and Meadows

Self referral - your information

(please note we are unable to process self-referrals without this information)

NHS Number		Date of diagnosis	
Your results		Date	
HbA1c		mmol/mol	
Total cholesterol		mmol/l	
HDL		mmol/l	
LDL		mmol/l	
Blood pressure		mmHg	
Weight			
If you do not know your results please check using your GP online service. Alternatively consider contacting your GP surgery for your results or to arrange online access.			

Past DESMOND attendees have said....



This morning before I came I was unsure if this would be useful.

I was very wrong. The information was delivered in a clear, fun way by two delightful facilitators.

I would recommend it straight away.

Thank you



Excellent educators, good communicators, patient and friendly.

Made to feel very comfortable and answered our specific questions very well.

Well put together session and good flow.



If you would like this information in another language or format such as larger print, please contact: **0800 561 2121**

اگر آپ کو یہ معلومات کسی اور زبان یا صورت میں جیسا کہ بڑے حروف میں درکار ہو تو برائے مہربانی اس نمبر پر رابطہ کیجئے: **0800 561 2121**

Jeżeli życzy sobie Pan/Pani otrzymać niniejsze informacje w innym języku lub formacie, takim jak duża czcionką, należy zadzwonić pod nr tel.: **0800 561 2121**

در صورت تمایل به داشتن این اطلاعات به زبانی دیگر یا فرمی دیگر، به طور مثال، چاپ بزرگ تر، لطفاً با شماره تلفن: **۰۸۰۰۵۶۱۲۱۲۱** تماس بگیرید

Getting in touch with CityCare

You can feed back any compliments, concerns, complaints or comments by:

T: 0115 883 9654 E: npc.customercare@nhs.net W: www.nottinghamcitycare.nhs.uk

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