

### **Helping You to help yourself.**

We are pleased to be able to refer you to a local support service known as DESMOND (Diabetes Education and Self- Management for Ongoing and Newly Diagnosed).

#### **WHAT IS DESMOND?**

- DESMOND is a way to learn more about managing your Type 2 diabetes.
- DESMOND is a resource to help you understand how a suitable diet & lifestyle can help you to avoid the problems related with diabetes.
- DESMOND is a way to meet and share life experiences with others.
- DESMOND is a group of education programmes designed for people with diabetes.

If you would like us to refer you to this very worthwhile & free NHS course, please do let us know, either by telling us during your diabetes review, or by phoning the surgery and asking to speak to a practice nurse.