INFO for DESMOND landing page:

Led by our trained educators, the session will include up to 10 patients with a Type 2 Diabetes diagnosis.

To ensure you are fully prepared and get the most out of the programme, please:

1. **Attend the full 6 hours of education as arranged.** Please aim to arrive early as the session will start sharp.
2. Read the **'Preparing for DESMOND'** leaflet which will be posted to your home address prior to your session.

If you are joining us in person, please remember:

* **Lunch is not provided;** we recommend you bring refreshments and a packed lunch for personal use.
* **Please follow current guidance for Covid-19** and respect any guidance in place at the venue you will be attending. Please be mindful of any current physical distancing measures and utilise the hand gel available.

If you are joining us virtually, please remember:

* We use the free NHS approved platform ‘NearMe’. **You will need a quiet and confidential room to take part** (please think of these as appointments you have booked).
* We recommend logging in 15 minutes early to session 1, to overcome any IT issues promptly before the start of the session.
* Read the ‘**Guidance and Instructions for Joining Virtual NHS Lothian Group Sessions’**, which we have sent to you. Make sure to follow these on the day. You may check that you are able to access the online platform in advance.

If you experience any issues or have any queries ahead of the group session, please do not hesitate to contact the team on 0131 537 9169 or e-mail the team using the following address: loth.desmond@nhslothian.scot.nhs.uk

**For more information on the location of your chosen venue and how to get there, please see the relevant page below.**

We very much look forward to you joining us.

Best wishes from the

DESMOND Educators

NHS Lothian

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