

NHS Lothian DESMOND Programme Information

You have been referred for a Type 2 Diabetes education programme called DESMOND. This is a programme for people who have been diagnosed with Type 2 Diabetes, providing early support and education to help you effectively self-manage (ideally within 2 years of diagnosis, but we appreciate there have been COVID-19 delays).

There are three options for accessing DESMOND support:

1. **Face to Face Group**, 1 off full day session (9am – 4pm) at a site local to you. 10 people may attend each group, facilitated by 2x NHS DESMOND educators. These groups are best suited to those at an early stage of diagnosis.
2. **Virtual Group**, via a free online NHS secure platform as 3x 2hr sessions over a few week period, facilitated by 2x NHS DESMOND educators. These groups are best suited to those at an early stage of diagnosis.
3. **MyDESMOND interactive digital programme**, accessed at your own pace at times suitable to you. This is a free web-based platform that functions like an App (not available from the App Store, but via a personal/secure link on NHS registration). The programme provides information sessions, videos, and supportive goal trackers. There is an 'ask the expert' forum that allows you to directly ask questions of expert clinicians, plus a safe forum for patients to share experiences. We are delighted to now have MyDESMOND available in NHS Lothian, and the welcome flexibility this offers patients. MyDESMOND is suitable at all stages of diagnosis.

There is no cost for you to take part in any of these DESMOND options. If you need to take time off work to come to a course, we can provide a letter of explanation for your employer. If you would like to bring a carer or friend to support you, this can be arranged. Supporters require to take part in the group and must be booked in when you are confirming your space. If you have any additional needs, please let us know before the group and we will arrange to help.

Completing this training course is a very important part of learning more about Type 2 Diabetes and how it may affect you in the future. The course is relaxed and informal, designed to ease any worries you may have about Type 2 Diabetes.

You can contact us using the below details - Please add your full name and date of birth to any message you leave us:

By e-mail: loth.desmond@nhslothian.scot.nhs.uk

By Telephone: 0131 537 9169

By Post: DESMOND Team, Ground Floor
Woodlands House
Astley Ainslie Hospital
74 Canaan Lane
Edinburgh, EH9 2TB

We are happy to provide further information directly, or online:

<https://weare.nhslothian.scot/awmt2d/diabetes-education-and-self-management-for-ongoing-and-newly-diagnosed-desmond/>

www.desmond-project.org.uk

<https://www.diabetes.co.uk/education/desmond.html>

Yours sincerely

The DESMOND Team in Lothian

Comments from previous participants:

“I found the whole day educational – excellent information for those newly diagnosed with Type 2 Diabetes”

“The course was very informative and very worthwhile”

“Everyone should do this course”

“It was nice to chat with others in the same position”

The most useful part of the day was:

“The discussion on dietary questions with nice, simple information”

“Helping me to come to terms with Type 2 Diabetes, learning about my condition and understanding about lifestyle choices”

“Learning how to positively cope with things related to my new diagnosis”

“The ability to understand my Type 2 Diabetes better”