

**Diabetes Structured Education
Schedule of Desmond Programmes
November & December 2018**

Thank you for choosing to attend a DESMOND programme, we are sure you will find it very helpful in assisting you to manage your diabetes. Please see below for information about where the DESMOND programmes are being held, there are a number of venues to choose from and different times. Please consider the information carefully before ringing the DESMOND office on **01772 777620** to discuss your preferred options to attend a programme. Alternatively email desmond@lancashirecare.nhs.uk

Please note: Drinks and snacks may be available for purchase at the venues but it would be advisable to bring your own packed lunch / snack / refreshments. On site facilities vary and can be very limited dependent on location.

| Venue | Course Length | Weekday | Time | Date |
|------------------------------------------------------------------------------------------|---------------|-----------|---------------|------------|
| Minerva Health Centre Lowthorpe Road Deepdale Preston PR1 6SB | One Day | Friday | 09.30 – 16.30 | 30/11/2018 |
| | One Day | Monday | 09.30 – 16.30 | 3/12/2018 |
| | One Day | Wednesday | 09.30 – 16.30 | 5/12/2018 |
| Chorley House Lancashire Business Park Centurion Way Leyland PR26 6TT | One Day | Tuesday | 09.30 – 16.30 | 11/12/2018 |

PLEASE TURN OVER....



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| Coppull Community Clinic 2 Springfield Road Coppull Chorley PR7 5EJ | One Day | Wednesday | 09.30 – 16.30 | 19/12/2018 |
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WHAT TO EXPECT ON THE DESMOND DAY

- Introduction
- The Participants Story
- Type 2 Diabetes and Glucose
- Managing Blood Glucose
- Food Choices: Glycaemia and Insulin Resistance

Reflections and what we have learnt so far

- Long Term Effects of Type 2 Diabetes
- Physical Activity
- Food Choices – Focus on Fats – Let's go Shopping!
- Diabetes Self-Management Plan
- Questions and Future Care

There will be a break in the morning, lunchtime and afternoon.

