

Do You Have Type 2 Diabetes?

Are you a SLaM service user, carer or staff member?

DESMOND Type-2 Diabetes: a free online course in January/February 2022 from SLaM Recovery College

What is DESMOND?

DESMOND stands for Diabetes Education and Self-Management for Ongoing and Newly Diagnosed.

People who have attended the programme have said:

- It's easy to do, and they felt supported throughout.
- They have learnt lots of new skills, tailored to them, which they can confidently share with others.
- They feel re-energised, are sleeping better, and have a more positive outlook on life.

What does the programme involve?

This online group of up to 10 people will be held online, run by two trained educators over **four weekly sessions of two hours each (plus a 15min break each session)**. You will be able to ask questions and clarify information during the course.

Our educators will support you to increase your knowledge and understanding of what having Type 2 diabetes means for you. The atmosphere is always friendly, informal, and very welcoming.

Who can attend?

Anyone with a diagnosis of Type 2 diabetes who is also a SLaM service user, or a SLaM carer, or a SLaM staff member.

N.B. This course will be run in the Microsoft Teams Meeting format, meaning that you will be both seen and heard by the other participants.

What will you have to do?

You will need to be prepared to **attend all 8 hours (9, including breaks) over the 4 weeks**. This is for your benefit so that you can be sure of having all the information that you need.

You will be sent login details in advance; you will need to make sure well in advance that you can access this and that you have a laptop or pc (ideally), or a tablet, or a phone **with speakers, mic, and camera**.

Further details of what to expect from one of our online groups will also be sent out once you are booked in.

What will you get from attending?

As well as getting up-to-date information, you will learn practical skills to help to manage your Type 2 diabetes. You will discuss and explore topics such as:

- What is diabetes
- Food choices
- Activity & Medication

You may find you get more from attending if you come prepared to share your experiences, thoughts, and opinions. No question is too silly, and no one will make you contribute if you find the idea of joining in too difficult, but there will still be lots to learn.

Course dates

DESMOND: Type 2 Diabetes Education for Self-Management Ongoing and Newly Diagnosed

Session 1 | 10:30am-12:45pm | Tuesday 25th January 2022

Session 2 | 10:30am-12:45pm | Tuesday 1st February 2022

Session 3 | 10:30am-12:45pm | Tuesday 8th February 2022

Session 4 | 10:30am-12:45pm | Tuesday 15th February 2022

To register your interest in DESMOND, please complete this online form (it takes approximately 6 minutes to complete):

<https://forms.office.com/Pages/ResponsePage.aspx?id=SuTPoS5olUqOctA7m1iHqgmyKPB4GLVHori7bpbNoyxUOUxMR1A3RIY5S1Y5OVdYRTICR0g3VUIXRCQIQCNOPWcu>

N.B. There are 10 places available on each course. If more than 10 eligible students apply, we will allocate the places by lottery.

