**DESMOND**

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

* It’s a way of finding out more about Type 2 Diabetes
* It’s a resource to help you manage the changes diabetes will bring to your life
* It’s an opportunity to meet and share experiences with others

**Course Duration:** 9.30 to 4.30pm (to include breaks), plus a mixture of half day sessions and occasional Saturdays. To book a place Tel: (01772) 777620 or

email: desmond@lancashirecare.nhs.uk

**Locations:**

**Blackpool**

Moor Park Health & Leisure Centre, Bristol Avenue, Blackpool, FY2 0JG

Whitegate Drive Health Centre, 150 Whitegate Drive, Blackpool, FY3 9ES

South Shore PCC, Lytham Road Blackpool FY4 1TJ

Blackpool Cricket Club, Stanley Park, Barlow Crescent off West Park Drive, Blackpool, FY3 9EQ \*\* New Venue for 2018\*\*

**Chorley and South Ribble**

Coppull Clinic, 2 Springfield Road, Coppull, PR7 5EJ

Cotswold Supported Housing Centre, Cotswold House, Cotswold Road, Chorley, PR7 3HW

**Preston**

Minerva Health Centre, Lowthorpe Road, Preston, PR1 6SB

Longridge Hospital St. Wilfrids Terrace Longridge, Preston PR3 3WQ

**Wyre and Fylde**

St Annes Primary Care Centre, Durham Avenue, St Annes, FY8 2EP

Mountcroft, Albert Street, Fleetwood, FY7 6AH

Wyre Civic Centre, Breck Road, Poulton-le-Fylde,Lancashire, FY6 7PU

Wesham PCC Derby Road, Wesham, PR4 3AL

Garstang Surgery, Kepple Lane, Garstang, PR3 1PB

Over Wyre Medical Centre, Wilkinson Way, Preesall, FY6 OFA \*\* New Venue for 2018\*\*

**North Lancashire**

Heysham PCC Middleton Way, Heysham, LA3 2LE

Moor Lane Mills, Lancaster, LA1 1QD

The Globe Arena Morecambe FC, Christie Way, Westgate, Morecambe, LA4 4TB \*\* New Venue for 2018\*\*

Galloways, 12 Victoria Street, Morecambe, LA4 4AH \*\* New Venue for 2018\*\*

Curriculum basis for the day covers**:**

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

Reflections so far

* Long term effects of Type 2 Diabetes
* Physical Activity
* Food Choices – Focus on fats
* Diabetes Self-management Plan
* Questions and future care





Further information on Desmond can be found on our website at : <https://www.lancashirecare.nhs.uk/desmond>