

Register for your FREE Diabetes programme

Name	
Date of birth	
Address	
Phone number	
Email	
GP Practice	
GP phone number	

Please hand this form into your GP practice or post to:

DESMOND,
Diabetes Centre Suite 9
University Hospital Lewisham
Lewisham High Street
London
SE13 6LH

WHERE?

If you live in Lewisham or are registered with a GP in Lewisham, you can attend DESMOND at one of four locations near where you live:

University Hospital Lewisham (The Owen Centre)

Lewisham High Street
London, SE13 6LH

Jenner Health Centre

201-203 Stanstead Rd
London, SE23 1HU

South Lewisham Health Centre

50 Conisborough Crescent
Catford, SE6 2SP

Waldron Health Centre

Amersham Vale
London, SE14 6LD

You're welcome to bring someone along to take part with you, also free of charge.

For more information or to book a place call:
020 3192 6538

You have Type 2 Diabetes



It is a condition (not an illness) that you must take seriously. You can control it and live normally, if you know how. DESMOND can help you.

TYPE 2 DIABETES

Type 2 diabetes is not something you can ignore without risking your health in the long term. But there's no reason why you can't live a long and happy life if you know how.

WHAT IS DESMOND?

DESMOND is not a person, but a **FREE programme** to give you the information and the help to understand what Type 2 diabetes is, how it will affect your life, and how YOU can control it.

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

There's **nothing to pay** but you do need to invest one day or two half days of your time.

DESMOND will give you all the information and inspiration you need to take control of your diabetes, helped of course by the doctors and nurses you have already been in touch with and who will continue to provide your care.



YOU ARE NOT ALONE

Hundreds of other people in your area have Type 2 diabetes. You are just an ordinary person dealing with a medical condition which affects millions of us.

By attending DESMOND you will be part of a small group of people from your area who you can talk with and share your experiences.



WHY ME?

You have Type 2 diabetes, and the better you understand the condition, the more likely you are to stay healthy and have a full life.

DESMOND is run by NHS staff. Lewisham Doctors and Practice Nurses recommend the DESMOND programme.

WHAT WE CAN HELP YOU WITH

What you eat and drink matters

Do you know the best foods to have, and the things you should avoid or keep to a minimum? DESMOND will help you to make the right choices.

You don't have to join a gym or start running marathons

But there are some simple things you can do every day to help you stay healthy. DESMOND can show you.

You have different medicines to take every day

How much you take and when, is not fixed forever, but will change as you adjust and as you learn to control your diabetes.

DESMOND will help you to recognise what works for you, why it is important and what may need to be changed.

