

## When and where?

Meetings will be held once a month, usually on the second or third Wednesday.

Starting at 6.45pm and ending at 8.45pm

Held at:  
Luton Treatment Centre,  
Vestry Close  
Luton LU1 1AR



## For meeting dates and topics see:

[www.cambscommunityservices.nhs.uk/  
LutonDiabetesService](http://www.cambscommunityservices.nhs.uk/LutonDiabetesService)

The Diabetes Notice board at Luton Treatment Centre or your GP Practice.

Contact Ken Alden or the Integrated Community Diabetes Services



Diabetes information and resources available from:  
Diabetes UK: 0345 123 2399  
[www.diabetes.org.uk](http://www.diabetes.org.uk)

## For more information please contact:

**Ken Alden**  
**Telephone: 07752 272439**  
**Email: [ken.alden@hotmail.co.uk](mailto:ken.alden@hotmail.co.uk)**

**Luton Integrated Community Diabetes Services**  
**Telephone: 0333 405 3128**

**Do you have diabetes or think you are at risk of developing diabetes?**

**Walking Away and DESMOND Support Group**

*'Supporting you to self-manage your health'*



**Drop in monthly meetings  
ALL WELCOME**

## What are the aims of the group?

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To provide support for people with Diabetes or for those at risk of developing Type 2 Diabetes who have attended a Walking Away or DESMOND programme (Diabetes, self-management for ongoing and newly diagnosed) .

If you have not attended a programme but would like support with your diabetes management or preventing diabetes you are very welcome to come along.



## Who runs the group?

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The group is run by its members with support from the Luton Integrated Community diabetes Services, who will be available to answer your questions and facilitate the education session.

## What can I expect if I attend?

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Firstly you can expect a warm welcome from Ken and a least one team member from the Integrated Community Diabetes Services.

Sessions are flexible but generally follow the pattern of the first half of the evening being dedicated to an educational topics decided in advance by the group, with lots of opportunity to ask questions. There is a short break for refreshments and the second half of the evening is open for discussion and support, this part of the session is facilitated by Ken. A member of the Integrated Community Diabetes Services is usually on hand if needed.



## Why a support group?

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Experience of delivering DESMOND sessions has highlighted that people learn so much from each other. Where some people are struggling others often provide a helping hand and assistance. This is the aim of the support group, to share knowledge and help each other.

**The support group will also have the opportunity to influence local Diabetes and prevention services.**

## Walking Away and DESMOND Structured Diabetes Education

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Luton has been delivering the national award winning DESMOND programme since 2006. In January 2014 the Type 2 diabetes prevention programme; Walking Away' was added to the portfolio.

The aim of these programmes are to provide information to support self-management and prevention.

[www.desmond-project.org.uk](http://www.desmond-project.org.uk)