




## LUTON ICDS EDUCATION PROGRAMMES

Programme	Details	Criteria	Referral Route	Dates & Venues
	<p><b>Pre Diabetes Programme</b>            A 3 hour structured self-management education programme for people diagnosed with Impaired Fasting Glucose (IFG) or Impaired Glucose Tolerance (IGT).</p>	<p><b>Referral criteria:</b>  <b>IFG/IGT, suitable for group education and fluent in English.</b></p>	<p>Healthcare Professional by referral form to <a href="mailto:CCS-TR.diabetesluton@nhs.net">CCS-TR.diabetesluton@nhs.net</a></p> <p>On completion, the attendees will be offered the opportunity to be referred on to the Healthier You Diabetes Prevention Programme</p>	<p>Selected Friday afternoons at the Luton Treatment Centre, Vestry Close, Luton LU1 1AR</p>
	<p><b><u>Newly Diagnosed and Foundation</u></b>            An all day structured self-management education programme for people with Type 2 Diabetes.</p>	<p><b>Referral criteria:</b>  <b><u>DESMOND</u>: Newly diagnosed &lt;1y with T2DM, suitable for group education and fluent in English.</b>  <b><u>DESMOND Foundation</u>: T2DM &gt;1y, suitable for group education and fluent in English</b></p>	<p>Healthcare Professional by referral form to <a href="mailto:CCS-TR.diabetesluton@nhs.net">CCS-TR.diabetesluton@nhs.net</a></p> <p>Self referral by email as above or ringing 0333 405 3185</p>	<p>1<sup>st</sup> &amp; 3<sup>rd</sup> Thursdays of the month at the Luton Irish Forum, Kathleen Connolly House, Hitchin Road, Luton, LU2 0ES            2<sup>nd</sup> Wednesday of the month at the Luton Treatment Centre, and selected Saturdays at the Luton Treatment Centre</p>

	<p>An interactive e-learning platform based on the award winning DESMOND Newly Diagnosed module.</p> <p>The programme can be used as an introduction to DESMOND for participants who cannot attend a group-based session or as a follow up for those having completed the course in a group setting.</p>	<p><b>Referral criteria:</b>  <u>DESMOND: Newly diagnosed &lt;1y with T2DM, suitable for group education and fluent in English.</u>  <u>DESMOND Foundation: T2DM &gt;1y, suitable for group education and fluent in English</u></p>	<p>Healthcare Professional by referral form to <a href="mailto:CCS-TR.diabetesluton@nhs.net">CCS-TR.diabetesluton@nhs.net</a></p> <p>Self referral by email as above or ringing 0333 405 3185</p> <p>Attendees at Desmond will be automatically offered MyDesmond as a follow on programme</p>	<p>Web Based – resources available for 2 years from date of registration</p>
<p><b>Living with Diabetes in Urdu / Bengali</b></p>	<p><b><u>Cultural Specific Education for Ethnic Groups</u></b></p> <p>A 3 hour education programme developed in-house based on the DESMOND principals focussed on providing culturally sensitive education within their own language.</p>	<p><b>Referral criteria:</b>  <u>T2DM, IFG/IGT, suitable for group education, not fluent in English but speak Urdu or Bengali.</u></p>	<p>Healthcare Professional by referral form to <a href="mailto:CCS-TR.diabetesluton@nhs.net">CCS-TR.diabetesluton@nhs.net</a></p>	<p>Selected Mondays 10am – 1.15pm at the Luton Treatment Centre, Vestry Close, Luton LU1 1AR</p>
<p><b>Carbohydrate Awareness Programme</b></p>	<p><b><u>Understanding Food Choices and Diabetes Control</u></b></p> <p>A 2½ hour education programme to increase understanding on how different types and quantities of carbohydrates effect blood glucose levels</p>	<p><b>Referral criteria:</b>  <u>Fluent in English and suitable for group education. Diabetes managed with maximum OHA/insulin. Ideally should have first attended a DESMOND session to have basic diabetes information.</u></p>	<p>Healthcare Professional by referral form to <a href="mailto:CCS-TR.diabetesluton@nhs.net">CCS-TR.diabetesluton@nhs.net</a></p>	<p>Selected Fridays 1.00pm – 3.30pm at the Luton Treatment Centre, Vestry Close, Luton LU1 1AR</p>