**LUTON ICDS EDUCATION PROGRAMMES**

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| **Programme** | **Details** | **Criteria** | **Referral Route** | **Dates & Venues** |
|  | **Newly Diagnosed and Foundation**  An all day structured self-management education programme for people with Type 2 Diabetes. | **Referral criteria:**  Suitable for group education and fluent in English.  DESMOND: Newly diagnosed <1year with Type 2 Diabetes  DESMOND Foundation: Diagnosed Type 2 Diabetes >1year | Healthcare Professional by referral form to [CCS-TR.diabetesluton@nhs.net](mailto:CCS-TR.diabetesluton@nhs.net)  Self referral by email as above or ringing 0333 405 3185  Attendees at Desmond will be offered MyDesmond as a follow on programme | Usually delivered on Thursdays and Wednesdays at one of two different locations:  Luton Irish Forum, Kathleen Commolly House, Hitchin Road, Luton, LU2 0ES  Luton Treatment Centre, Vestry Close, LU1 1AR |
|  | An interactive e-learning platform based on the DESMOND Newly Diagnosed module.  Can be used as an introduction to DESMOND for participants unable to attend group-based session or as a follow up for those having completed the course in a group setting. | **Referral criteria:**  Diagnosed Type 2 Diabetes, fluent in English and access to an internet and an email required | Healthcare Professional by referral form to [CCS-TR.diabetesluton@nhs.net](mailto:CCS-TR.diabetesluton@nhs.net)  Self referral by email as above or ringing 0333 405 3185 | Web Based – resources available for 2 years from date of registration |
| ***VIRTUAL DESMOND*** | The virtual group will held online, delivered by two trained Educators over three sessions of 2 hours each with up to 10 people with Type 2 Diabetes also online with you at the same time. | **Referral criteria:**  Suitable for group education and fluent in English.  DESMOND: Newly diagnosed <1year with Type 2 Diabetes  DESMOND Foundation: Diagnosed Type 2 Diabetes >1year  Access to the internet and an email address required | Healthcare Professional by referral form to [CCS-TR.diabetesluton@nhs.net](mailto:CCS-TR.diabetesluton@nhs.net)  Self referral by email as above or ringing 0333 405 3185  Attendees at Desmond will be offered MyDesmond as a follow on programme | The virtual group will held online, delivered by two trained Educators over three sessions of 2 hours each |
| **Living with Diabetes in Urdu / Bengali** | **Cultural Specific Education for Ethnic Groups**  A 3 hour education programme developed in-house based on the DESMOND principals focussed on providing culturally sensitive education within their own language. | **Referral criteria:**  Diagnosed Type 2 Diabetes. Suitable for group education, not fluent in English but speak Urdu or Bengali. | Healthcare Professional by referral form to [CCS-TR.diabetesluton@nhs.net](mailto:CCS-TR.diabetesluton@nhs.net) | Selected Mondays 10am – 1.15pm at the Luton Treatment Centre, Vestry Close, Luton LU1 1AR |
| **Carbohydrate**  **Awareness Programme** | **Understanding Food Choices and Diabetes Control**  A 2½ hour education programme to increase understanding on how different types and quantities of carbohydrates effect blood glucose levels | **Referral criteria:**  Fluent in English and suitable for group education. Diagnosed Type 2 Diabetes managed by tablet medication or once/twice daily insulin. Not suitable for those on basal bolus regime. Ideally should have first attended a DESMOND session to have basic diabetes information. | Healthcare Professional by referral form to [CCS-TR.diabetesluton@nhs.net](mailto:CCS-TR.diabetesluton@nhs.net) | Selected dates at the Luton Treatment Centre, Vestry Close, Luton LU1 1AR |