

MyDesmond Programmes – Self-referral Form

Thank-you for referring into a MyDesmond Programme. The three MyDesmond programme options are: Type 2 Diabetes Education programme, Let's Prevent Programme for Pre-diabetes and Baby Steps programme for Gestational diabetes. For more information on the MyDesmond programmes, visit: <https://www.ohb.scot.nhs.uk/your-health/healthy-weight/type-2-diabetes/>

To send a referral:

- Phone: 01856 888084 (Public Health Department)
- Complete this referral form and send it by email to ork.healthimprovement@nhs.scot or by post to Public Health, The Balfour, Forelands Road, Kirkwall, KW15 1BH.

The MyDesmond programmes provide non-clinical support, for clinical issues contact your GP or Diabetes Nurse.

I would like to refer...*

- Myself On behalf of someone else

If referring on behalf of someone else, please select referrer relationship:

- Relative
 Other

- If Other, please specify:

Person being referred – Personal details:

Name *	
Date of birth *	
Address *	
Postcode *	
Contact telephone number(s) *	
Email address *	
GP Practice *	
Programme * (Either Type 2 diabetes, Pre-diabetes or Gestational diabetes) *	
Additional information (optional)	

Please note: sections that include * symbol are required to be completed.

Please note: To access any of these programs you must be 18 years of age or over, have an email address, and be able to access the internet via a computer, tablet, or smartphone.

MyDesmond Programmes – Self-referral Form