

Do you have Diabetes?

Come along to one of our meetings and find out more about living with your condition.

See below for details of our Programme for 2019 / 20.

<u>DATE</u>	<u>SUBJECT</u>	<u>SPEAKER</u>
<u>Wed 4th Sept 2019</u>	<u>DRIVING WITH DIABETES.</u>	<u>JESSICA GRAHAM</u> <i>Volunteer Coordinator,</i> North West Office of Diabetes UK
<u>Wed 2nd Oct 2019</u>	<u>HOLIDAYS AND DIABETES - DOS AND DON'TS!</u>	<u>PHIL WILKINSON</u> <i>Diabetes Specialist Nurse,</i> Specialist Diabetes Unit, St Helens Hospital
<u>Wed 6th Nov 2019</u>	<u>THE ROLE OF THE HUMBLE CARBOHYDRATE IN DIABETES.</u>	<u>CATHERINE GALLAGHER</u> <i>Diabetes Dietitian</i> St Helens & Knowsley Hospitals Trust
<u>Wed 5th Feb 2020</u>	<u>DIABETES QUESTIONS AND ANSWERS.</u>	<u>JAN CARDWELL</u> <i>Diabetes Nurse Consultant</i> <u>SUE MICHAELS</u> <i>Diabetes Specialist Nurse</i> Specialist Diabetes Unit, St Helens Hospital
<u>Wed 4th Mar 2020</u>	<u>LOOKING AFTER YOUR EMOTIONAL WELLBEING WITH DIABETES.</u>	<u>DR. GILL HUNT</u> <i>Clinical Psychologist,</i> St Helens & Knowsley Hospitals Trust
<u>Wed 1st April 2020</u>	<u>DIABETES, THE NHS AND ME!</u>	<u>DR STUART BOOTLE</u> <i>Retired GP, Person with Diabetes and Patient Advocate</i>
<u>Wed 6th May 2020</u>	<u>SHORT AGM, followed by a talk on EXERCISE, DIABETES AND BLOOD SUGAR LEVELS.</u>	<u>DR NIALL FURLONG</u> <i>Consultant Physician & Endocrinologist,</i> Specialist Diabetes Unit, St Helens Hospital
<u>Wed 3rd June 2020</u>	<u>LET'S TALK ABOUT NEW TREATMENTS FOR TYPE 1 AND TYPE 2 DIABETES.</u>	<u>PROF KEVIN HARDY</u> <i>Consultant Physician, Endocrinologist and Medical Director,</i> St Helens & Knowsley Hospitals Trust

Please note all Meetings are held at 7.30pm in St Helens United Reformed Church,
King St, St Helens. WA10 2JZ. For more details Phone : 0151 480 0821.

Or visit our website at: www.st-helens-and-district.diabetesukgroup.org