

Do you have Diabetes?

Find out more about living with your condition.

See below for details of our Programme for 2020/21.

Date	Subject	Speakers
Wed 4 th Nov 2020, 7.30pm	ZOOM MEETING Making Your Favourite Meals More Diabetes Friendly	CATHERINE GALLAGHER AND EMMA LANGAN <i>Diabetes Dietitians,</i> Specialist Diabetes Unit, St Helens Hospital
Wed 3 rd Feb 2021	Exercise, Diabetes And Blood Sugar Levels	DR NIALL FURLONG <i>Consultant Physician & Endocrinologist,</i> Specialist Diabetes Unit, St Helens Hospital
Wed 3 rd Mar 2021	How the St Helens Diabetes Commissioning Team Arrange All The Local Diabetes Services For Us	TONY McLEOD <i>Commissioning & Transformation Manager</i> St Helens Integrated Commissioning Team
Wed 7 th April 2021	The new Community Diabetes Service in St Helens	NATALIE HAYES AND HOLLIE FULLERTON <i>Diabetes Specialist Nurses</i> Specialist Diabetes Unit, St Helens Hospital
Wed 5 th May 2021	Short AGM, followed by talk on “What is diabetes & how can we lower our risk of developing complications?”	DR SID McNULTY <i>Consultant Physician & Endocrinologist,</i> Specialist Diabetes Unit, St Helens Hospital
Wed 2 nd June 2021	DIABETES AND COVID-19 - what did we learn?	PROF KEVIN HARDY <i>Head of Undergraduate Medicine, Edge Hill University, and Consultant Diabetologist and Endocrinologist, St H & Kn Hospitals Trust.</i>

After sensibly cancelling our 1st two ‘face to face’ meetings in Oct & Nov, because of COVID-19, we decided to try and do these 2 meetings on ZOOM. We held the 1st one on Wed 7th Oct and we are delighted to say it went really well, and all of us who took part found it very enjoyable & informative. Most of us are pretty new to this, so Lucy Wieland who is the Group Liaison Officer of the NW Office of DUK is very kindly helping us to organise our first ZOOM meetings. If you would like to sign up for the next ZOOM meeting, on Wed 4th Nov 2020 at 7.30pm, then please email Lucy Wieland asap at lucy.wieland@diabetes.org.uk Hopefully we can get back to our normal way of holding our meetings, in the New Year (ie face to face). Please contact us nearer the time, to check that they are still on, before coming along to one of them though!

***Please note, all our usual 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