



# IDDT Conference

## Living with Diabetes

Saturday October 6th 2018

Kettering Park Hotel and Spa  
Kettering Park  
Kettering  
Northamptonshire NN15 6XT

InDependent Diabetes Trust [IDDT]  
PO Box 294, Northampton NN1 4XS

Telephone: 01604 622837  
Email: [enquiries@iddtinternational.org](mailto:enquiries@iddtinternational.org)

**[www.iddtinternational.org](http://www.iddtinternational.org)**

*A charity supporting and listening to people who live with diabetes*



## Living with Diabetes

### Saturday October 6th 2018

- 9.00 - 9.30 Registration and Coffee
- 9.45 - 10.00 Introduction to the day - Jenny Hirst**
- 10.00 - 10.45 **Dr Laurence Gerlis**  
Diabetes and the Media - Myths and Misunderstandings
- 10.45 - 11.15 Coffee
- 11.15 - 12.30 **Discussion Groups**  
1. Diet led by Dr Mabel Blades  
2. Blood glucose control led by Dr Gary Adams  
3. Carers - we live with diabetes too, led by John Birbeck
- 12.30 - 1.45 Lunch
- 1.45 - 3.00 **Discussion Groups**  
1. Diet led by Dr Mabel Blades  
2. Blood glucose control led by Dr Gary Adams  
3. Carers - we live with diabetes too, led by John Birbeck
- 3.00 - 3.15 Tea
- 3.15 - 3.45 Open Forum - Hot topics in today's diabetes**
- 3.45 - 4.30 Keynote Speaker - Dr Gary Adams**
- 4.30 Closing Remarks from Jenny Hirst**



Mr, Mrs, Ms, Miss, Dr, Prof \_\_\_\_\_

First name \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Special dietary requirements \_\_\_\_\_

**Please indicate the number of people attending**

Number of people at £25.00 each

Number of people at £20.00 each (groups of 4 and above)

Number of people at £12.50 each (Senior citizens /on benefits)


**Please make cheques payable to 'IDDT' and send with booking form to:  
IDDT (B), PO Box 294, Northampton, NN1 4XS**

**Or pay by credit/debit card:**

Cardholder's name: \_\_\_\_\_

Card number: \_\_\_\_\_

Valid from: \_\_\_\_\_ Expiry date: \_\_\_\_\_ Security code: \_\_\_\_\_

Signature: \_\_\_\_\_ Amount to be paid: \_\_\_\_\_

**Please turn overleaf to complete your choice of  
discussion groups**



Everyone will have the opportunity to attend two discussion groups, one in the morning and one in the afternoon, however, the Carers Group is limited to people who live with someone with diabetes - spouses, partners and parents.

Please fill in the name and tick the choice of **two** discussion groups for **each person**

Name (Person 1):	Please tick
Diet	
Blood glucose control	
Carers – we live with diabetes too	

Name (Person 2):	Please tick
Diet	
Blood glucose control	
Carers – we live with diabetes too	

Name (Person 3):	Please tick
Diet	
Blood glucose control	
Carers – we live with diabetes too	

Name (Person 4):	Please tick
Diet	
Blood glucose control	
Carers – we live with diabetes too	

Directions to the Hotel and further information will be sent to you nearer the time of the Conference

For further information contact:

**IDDT, PO Box 294, Northampton NN1 4XS**

**Telephone: 01604 622837 email: [enquiries@iddtinternational.org](mailto:enquiries@iddtinternational.org)**

Registered Charity No: 1058284. Company Registration No: 3148360.