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

www.iddtinternational.org

A charity supporting and listening to people who live with diabetes

www.iddtinternational.org   enquiries@iddtinternational.org
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

www.iddtinternational.org  enquiries@iddtinternational.org
Saturday, October 15th 2016
9.00 – 9.30 Registration and coffee
9.45 – 10.00 Introduction to the day – Jenny Hirst
10.00 – 10.30 Dr Laurence Gerlis
Fats, the sugar tax and diet in diabetes
10.30 – 11.00 Lynne Paterson
Diabetes Specialist Podiatrist
Looking After Your Feet
11.00 – 11.15 Coffee
11.15 – 12.30 Discussion Groups
The team of Diabetes Specialist Nurses from Kings Lynn
1. Living with Type 1 diabetes
2. Managing my diabetes (Type 2 diabetes)
3. Experiencing life with diabetes (complications)
And
Open Forum with Dr Laurence Gerlis or Dr Gary Adams
12.30 – 1.45 Lunch
1.45 – 3.00 Discussion Groups
The team of Diabetes Specialist Nurses from Kings Lynn
1. Living with Type 1 diabetes
2. Managing my diabetes (Type 2 diabetes)
3. Experiencing life with diabetes (complications)
And
Open Forum with Dr Charles Fox or Dr Gary Adams
3.45 – 4.30 Keynote Speaker, Dr Charles Fox
Diabetes in 2016
4.30 Jenny Hirst - Closing Remarks
www.iddtinternational.org enquiries@iddtinternational.org
Registered Charity No: 1058284. Company Registration No: 3148360.
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
A charity supporting and listening to people who live with diabetes
www.iddtinternational.org enquiries@iddtinternational.org
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.

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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
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