



IDDT's Get Together 'Changing Times'

Saturday 29th October 2022



Tel: 01604 622837

email: enquiries@iddtinternational.org

Or visit our website: www.iddtinternational.org

A charity supporting and listening to people who live with diabetes



- 9.00 – 9.30** **Registration and coffee**
- 9.30 – 10.15** **Annual General Meeting**
- 10.15 – 10.45** **Better Services, Better Care? Feedback from 2021**
- 10.45 – 11.00 Coffee
- 11.00 – 11.45** **Ageing with Diabetes**
Professor Alan Sinclair, founder of the Foundation for Diabetes Research in Older People
- 11.45 – 12.30** **The latest on the Freestyle Libre**
Jane Chatham, Diabetes Care, Abbott Laboratories
- 12.45 – 2.00 Lunch
- 2.00 – 2.45** **Physical Activity in the Treatment of Diabetes**
Abban Qayyum, Senior Specialist Physiotherapist
- 2.45 – 3.00 Tea
- 3.00 – 4.00** **Discussion Groups**
1. Management and Medication led by Professor Alan Sinclair
 2. Pros and Cons of Technology led by Dr Gary Adams
 3. Getting the Best from the NHS led by Anne Aubin
 4. Carers – we live with diabetes too led by John Birbeck
- 4.00 – 4.30** **Keynote speaker**
Dr Gary Adams, School of Health Sciences,
University of Nottingham
- 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 £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 ONE discussion group in the afternoon.

Please fill in each person's name and then, for each person, tick the first choice of a discussion group followed by the second choice, in case the first choice is full.

Name	1 st Choice Please tick	2 nd Choice Please tick
Diabetes management and medication		
Pros and cons of technology		
Getting the Best from the NHS		
Carers, we live with diabetes too		

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

For further information contact:

IDDT, PO Box 294, Northampton NN1 4XS

Telephone: 01604 622837 email: enquiries@iddtinternational.org

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