



IDDT's Get Together

'Never too late to learn'

Saturday, 4th October, 2025

Kettering Park Hotel & Spa, NN15 6XT



Tel: 01604 622837

Email: enquiries@iddtinternational.org

Or visit our website: www.iddt.org



9.00 – 9.15	Registration and coffee
9.15 – 9.45	AGM
9.45 – 10.30	50 shades of diabetes Tamsin Fletcher-Salt
10.30 – 10.45	Coffee break
10.45 – 11.30	Diabetes and eyes: taking care of your vision Dr Rebecca Thomas
11.30 – 12.15	Diabetic foot assessment and screening: risk stratification and management Gemma Andrews
12.30 – 1.30	Lunch
1.45 – 3.00	Discussion groups Weight-loss jabs and fad diets by Dr Mabel Blades Diabetes and exercise: practical help and advice by Abban Quyyam Your podiatry experiences by Gemma Andrews 50 shades of diabetes by Tamsin Fletcher-Salt
3.00 – 3.15	Coffee break
3.15 – 4.15	Treating diabetes from a GP's perspective Professor Sam Seidu
4.15 – 4.30	Summary of the day and farewell

Speakers:

Tamsin Fletcher-Salt, Clinical Diabetes Nurse Specialist, University Hospitals of North Midlands NHS Trust, Team leader for the diabetes and endocrinology nurse team and a non-medical prescriber with a special interest in Type 1 diabetes, diabetes technology and transition. She has been instrumental in setting up online support groups for people living with diabetes.

Dr Rebecca Thomas, Senior Lecturer in Population Health and Medical Sciences Health Data Science Co-programme Director for the MSc Diabetes Practice course at Swansea University. Her PhD thesis explored the epidemiology of diabetic retinopathy and optimal screening intervals.

Gemma Andrews, Podiatrist

Gemma completed her Master's in Sports Biomechanics in 2008, worked as a Biomechanics Podiatrist, has given presentations in the UK and internationally discussing the influence biomechanics has in modern practice, and has lectured at the Royal Society of Medicine on the effects diabetes has on elite athletes.

Professor Sam Seidu, Professor of Primary Care Diabetes and Cardiometabolic Medicine Vice-Chair for Research for Primary Care Diabetes Europe, board member of the UK's Primary Care Diabetes Society, Clinical Lead and mentor for diabetes in the Leicester, Leicestershire and Rutland Integrated Care System, associate editor of the Primary Care Diabetes journal and was named the most outstanding early career researcher by the Royal College of General Practitioners in 2021.

Dr Mabel Blades, Dietitian

A member of the British Dietetic Association and author who was involved in writing the GI diet. She provides advice, training and expertise on diet to individuals, the care sector and industry and legal clients.

Abban Quyyam, Clinical Specialist Physiotherapist, First Contact Physiotherapist and Injection Therapist Studying to be an independent non-medical prescriber, won an award for Exceptional Patient Focus in 2018, has been involved in diabetes in primary care and has developed an interest in how exercise and physical activity can impact on diabetes.

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 £30 each

Number of people at £15 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

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





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:	1st choice Please tick	2nd choice Please tick
Weight-loss jabs and fad diets by Dr Mabel Blades		
Diabetes and exercise: practical help and advice by Abban Quyyam		
Your podiatry experiences by Gemma Andrews		
50 shades of diabetes by Tamsin Fletcher-Salt		

Name:	1st choice Please tick	2nd choice Please tick
Weight-loss jabs and fad diets by Dr Mabel Blades		
Diabetes and exercise: practical help and advice by Abban Quyyam		
Your podiatry experiences by Gemma Andrews		
50 shades of diabetes by Tamsin Fletcher-Salt		

Name:	1st choice Please tick	2nd choice Please tick
Weight-loss jabs and fad diets by Dr Mabel Blades		
Diabetes and exercise: practical help and advice by Abban Quyyam		
Your podiatry experiences by Gemma Andrews		
50 shades of diabetes by Tamsin Fletcher-Salt		

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

For further information contact:

IDDT (B), PO Box 294, Northampton NN1 4XS

Telephone: 01604 622837

Email: enquiries@iddtinternational.org

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

