

IDDT's Get Together 2026

Everyday Diabetes

Kettering Park Hotel & Spa, NN15 6XT
Saturday, 3rd October, 2026



Contact IDDT

Tel: 01604 622837

Email: enquiries@iddtinternational.org

Website: www.iddt.org

A charity supporting and listening to people who live with diabetes

HELPLINE: 01604 622837
www.iddt.org

Booking form

Title: _____

First Name: _____

Surname: _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

Special dietary requirements: _____

Please indicate the number of people attending

Number of people at £25.00 each: _____

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:

Amount to be paid: £ _____

Cardholder's name: _____

Card number: _____

Expiry Date: _____ Security Code: _____

Signature: _____

Everyone will have the opportunity to attend one group session in the afternoon.

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

Person 1:	1st Choice Please tick	2nd Choice Please tick
Diabetes self-management: taking control Molly Mckeown – Diabetes Advanced Nurse Practitioner		
Using medication to support weight loss and weight management Alison Cox – Diabetes Clinical Nurse Specialist		
Ultra processed foods and more Dr Mabel Blades – Dietitian and IDDT Trustee		
Living with Type 2 diabetes Ken Heard – IDDT Trustee		

Person 2:	1st Choice Please tick	2nd Choice Please tick
Diabetes self-management: taking control Molly Mckeown – Diabetes Advanced Nurse Practitioner		
Using medication to support weight loss and weight management Alison Cox – Diabetes Clinical Nurse Specialist		
Ultra processed foods and more Dr Mabel Blades – Dietitian and IDDT Trustee		
Living with Type 2 diabetes Ken Heard – IDDT Trustee		

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

IDDT's Get Together 2026 – Everyday Diabetes

9.00 – 9.15	Registration and Coffee
9.15 – 9.45	Annual General Meeting
9.45 – 10.30	9 Key Processes, the care you deserve Molly McKeown – Diabetes Advanced Nurse Practitioner
10.30 – 10.45	Coffee
10.45 – 11.30	Technology and diabetes Alison Cox - Diabetes Clinical Nurse Specialist
11.30 – 12.15	Any movement is better than no movement Ben Oxford – Director of Ironstone Wellbeing
12.15 – 1.30	Lunch
1.45 – 3.00	Discussion Groups Diabetes self-management: taking control Molly Mckeown – Diabetes Advanced Nurse Practitioner Using medication to support weight loss and weight management Alison Cox – Diabetes Clinical Nurse Specialist Ultra processed foods and more Dr Mabel Blades – Dietitian and IDDT Trustee Living with Type 2 diabetes Ken Heard – IDDT Trustee
3.00 – 3.15	Tea
3.15 – 4.15	Turning Lived Experience into Advocacy Chris Bright
4.15 – 4.30	Summary of the day and farewell



Scan the QR code
to visit our website

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Please fill out the feedback form and return it to us on the day or using the prepaid envelope included in your pack.

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