

HAMMERSMITH & FULHAM DIABETES GROUP

The Group is affiliated to Diabetes UK and sponsored by Central London Community Healthcare NHS Trust. It comprises people living with diabetes, both newly diagnosed and those with many years of experience, together with partners, other family members, friends and carers. Membership is drawn from Fulham, Hammersmith and the surrounding areas.

The purpose of the Group is both educational and to provide a place where you can meet other people living with diabetes and share experiences. The Group meets 8 times a year. The **2022 programme** is set out on the next page. There is an informal talk on a specialist subject from a wide and exciting panel of speakers with lively questions and discussion.

If you would like to find out more, call the secretary, **Carole Michaelides**, on **07733362387**, email hfdiabetesgroup@outlook.com, or just come along to the next meeting.

Visit our interactive website for local and other diabetes information. It has over 200 resources including videos, leaflets and on-line courses:



www.knowdiabetes.org.uk

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PROGRAMME OF TALKS 2022

The 2022 meetings will take place from **6.00 pm to 8.00 pm** on the **2nd Monday** of each month. Due to the Coronavirus Pandemic we will be continuing to hold the meetings via **ZOOM**, but may be able to resume some face to face meetings later in the year. The meeting link will be emailed to the group prior to the session. Members who cannot access ZOOM can dial in by telephone to listen to the talk and join in the discussion.

Everyone is welcome including family members, friends or carers. There is no charge to members or visitors and no obligation to return.

CALENDAR

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| Monday | |
| 10 January | RESIT Study – Sedentary Behaviour, Health and Disease Research Marsha Brierley, Brunel University London will talk about their findings |
| 14 February | Diabetes – what comes through my surgery door? Dr Mathi Woodhouse, GP |
| 14 March | Meet up in person, Covid permitting? To be confirmed |
| 22 March | Review of diabetes medication (joining the Kingston Group Zoom meeting) Mr Philip Newland-Jones, Consultant Pharmacist Diabetes & Endocrinology |
| April | No meeting |
| 9 May | Taking part in diabetes research Dr Neil Hill, Consultant in Diabetes & Endocrinology Imperial; Reuben Lewis, Research Delivery Manager, National Institute for Health Research |
| 13 June | Diabetes Footcare – Love your Feet Dr Wing May Kong, Consultant Physician Diabetes and Endocrinology Clinical Lead NWL Diabetes Foot Transformation Project |
| July | No Group |
| August | Possible summer get together |
| 12 September | Genetics and Diabetes Dr Zoë A. E. Waller CChem FRSC FHEA, Associate Professor in Drug Discovery, Associate Director for Research, UCL School of Pharmacy |
| 10 October | Diabetes 10 Point Training for People with Diabetes in Hospital Ruth Miller, Nurse Consultant, Diabetes Specialist Nurse, Author of Diabetes 10 Point Training |
| 14 November | Group AGM Christmas Eating and Diabetes Speaker to be advised |
| December | No Group |

Secretary: Carole Michaelides

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