 **St Helens & District Group** Group

**Do you have Diabetes?**

**Come along to one of our meetings and find**

**out more about living with your condition.**

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| **DATE** | **SUBJECT** | **SPEAKER** |
| **Wed 4th Sept 2019****Wed 2nd Oct 2019****Wed 6th Nov 2019****Wed 5th Feb 2020****Wed 4th Mar 2020****Wed 1st April 2020****Wed 6th May 2020****Wed 3rd June 2020** | **DRIVING WITH DIABETES.****HOLIDAYS AND DIABETES -****DOS AND DON’TS!****THE ROLE OF THE HUMBLE CARBOHYDRATE IN DIABETES.****DIABETES QUESTIONS****AND ANSWERS.****LOOKING AFTER YOUR EMOTIONAL WELLBEING WITH DIABETES.****DIABETES, THE NHS AND ME!** **SHORT AGM, followed by a talk on****EXCERCISE, DIABETES AND BLOOD SUGAR LEVELS.****LET’S TALK ABOUT NEW TREATMENTS FOR TYPE 1** **AND TYPE 2 DIABETES.** | **JESSICA GRAHAM*****Volunteer Coordinator,*****North West Office of Diabetes UK****PHIL WILKINSON*****Diabetes Specialist Nurse,*****Specialist Diabetes Unit, St Helens Hospital****CATHERINE GALLAGHER*****Diabetes Dietitian*****St Helens & Knowsley Hospitals Trust****JAN CARDWELL** ***Diabetes Nurse Consultant*****SUE MICHAELS** ***Diabetes Specialist Nurse*****Specialist Diabetes Unit, St Helens Hospital****DR.GILL HUNT*****Clinical Psychologist,*****St Helens & Knowsley Hospitals Trust****DR STUART BOOTLE*****Retired GP, Person with Diabetes and*** ***Patient Advocate*****DR NIALL FURLONG*****Consultant Physician & Endocrinologist,*****Specialist Diabetes Unit, St Helens Hospital****PROF KEVIN HARDY*****Consultant Physician, Endocrinologist*** ***and Medical Director,*****St Helens & Knowsley Hospitals Trust** |

**See below for details of our Programme for 2019 / 20.**

***Please note all Meetings are held at 7.30pm in St Helens United Reformed Church,***

***King St, St Helens.WA10 2JZ. For more details Phone : 0151 480 0821.***

 **Or visit our website at:** [***www.st-helens-and-district.diabetesukgroup.org***](http://www.st-helens-and-district.diabetesukgroup.org)