

**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)