Do you have Diabetes?

Come along to one of our meetings and find out more about living with your condition.

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

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

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