

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. **Everyone is welcome to attend.**

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 **2024 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 2024

The 2024 meetings will take place from **6.00 pm to 8.00 pm** on the **2nd Monday** of each month, and **at the Charing Cross Hospital, ground floor boardroom, Riverside Wing, Fulham Palace Road, W6 8RF**. You can reach the boardroom via the main entrance, and immediately after Costa Coffee take the corridor to the right signed **South and Riverside Wing**, go to the end and turn right again. The boardroom is signposted. The main speaker will give their talk at 6.15 pm.

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

CALENDAR

Monday	
08 January	Preventing and treating diabetic neuropathy, and an overview of current research: Sasha Smith, Jaya Roy Choudhury, Manal Ahmad – Imperial Neuropathy Research Team
12 February	Eyes and diabetes: Ms Theresa Richardson, Consultant Ophthalmologist (IMPERIAL COLLEGE HEALTHCARE NHS TRUST)
11 March	Diabetes and Mental Health: Carmen and Anoushka, Community Engagement Psychological Wellbeing Practitioners - Back on Track Improving Access to Psychological Therapies (IAPT) NHS Hammersmith & Fulham / West London Mental Health NHS Trust
April	No meeting
13 May	Diabetes related kidney disease: A patients guide to diagnosis and management. Dr Rakesh Dattani; Clinical Research Fellow, Institute of Global Health Innovation. Renal & GIM Specialist Registrar Imperial College Healthcare NHS Trust
10 June	Living with diabetes day to day: Dr Sian Evans GP
July/August	No meeting
09 September	Carb counting and Using the Carbs & Cals App: Chris Cheyette, Author & Managing Director Registered Dietitian 
14 October	Latest developments in Diabetes: Dr Natasha H Patel FRCP
11 November	Group AGM Talk to be confirmed - Eating over the Festive period: Salma Mehar REWIND Evaluation Manager, Consultant Dietitian, North West London  NWL Diabetes Transformation Programme Team, Imperial College Healthcare
December	No Group

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