

## 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](mailto: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](http://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 **2<sup>nd</sup> 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

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

Secretary: Carole Michaelides  
Telephone: 07733362387

Email: [hfdiabetesgroup@outlook.com](mailto:hfdiabetesgroup@outlook.com)