



DIABETES AWARE

PROGRAMME FOR 2016

We meet on the first Wednesday of every month from 7.15pm until 9.00pm
Meetings are normally held at the address above.

We welcome new members to any meeting.

Occasionally we hold meeting at a different venue, for example in July.
If you are planning to join us that evening please call beforehand for the address.

Diabetes Aware - Programme 2016		
6 th January	Group	Group discussion
3 rd February	Speaker	Group discussion
2 nd March	Group	Emma Smithson, Medicines Management Pharmacist NHS West Hampshire Clinical Commissioning Group
6 th April	Speaker	Diabetes Research Trials - Southern Health – Claire Ayling
4 th May	Group	Group discussion
1 st June	Speaker	Visual Impairment Research - HealthWatch
6 th July	Group	Group Summer Bar-B-Q
3 rd Aug	Speaker	Amanda Jones Diabetes - Specialist Nurse West Hampshire Community Diabetes Service
7 th Sept	Group	Jill Steaton South East Regional Head Diabetes UK
5 th October	Speaker	Group discussion
2 nd Nov	Speaker	
7 th Dec	Group	Group Activity

Diabetes Aware is a friendly group of people with diabetes (together with some of their partners and/or carers), who meet to share their experiences of diabetes. It was set up in 2003 by people with diabetes, who wanted to meet others with the same condition and chat informally about their feelings and experiences.

It is run by people with diabetes for people with diabetes and you may find it helpful to talk to other people with diabetes. They may be able to share your experiences e.g. ups and downs, recipes/diet, concerns, information, advice/support.

Do please get in contact if you have any questions or queries about the group or go onto our website for information and/or links that may be useful. For more information contact:

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