

## 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 **2025 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)

## HAMMERSMITH & FULHAM DIABETES GROUP PROGRAMME OF TALKS 2025

The 2025 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 approximately 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>13th January</b>  | <b>Living well with diabetes:</b> Josh Norman, Health and Wellbeing Coach working with local NHS GP practices   |
| <b>10th February</b> | <b>Hypoglycaemia: Management of hypos:</b> Yasmin Al-Saffar, Diabetes Specialist Practitioner (Pharmacist) IMPERIAL COLLEGE HEALTHCARE NHS TRUST                  |
| <b>10th March</b>    | <b>Practical applications of diabetes technology – choosing the best tech for you:</b> AVARI, Parizad, Diabetes Specialist, IMPERIAL COLLEGE HEALTHCARE NHS TRUST |
| <b>April</b>         | <b>No meeting</b>   |
| <b>12th May</b>      | <b>Diabetes and Dementia:</b> Jo James, Consultant Nurse Dementia & Delerium, IMPERIAL COLLEGE HEALTHCARE NHS TRUST   |
| <b>9th June</b>      | <b>Health improvements with a focus on smoking:</b> Anju, Health Improvement Team, IMPERIAL COLLEGE HEALTHCARE NHS TRUST  |
| <b>July/August</b>   | <b>No meeting</b>   |
| <b>8th September</b> | <b>Diabetes related vascular issues;</b> Professor Usman Jaffer, Vascular Surgeon, IMPERIAL COLLEGE HEALTHCARE TRUST  |
| <b>13th October</b>  | <b>Are we what we eat?</b> Trishala Varma, Diabetes Dietitian, Central London Community Healthcare  |
| <b>10th November</b> | <b>Group AGM</b><br><b>Diabetes UK: Our vision for diabetes care now and in the future;</b> Colette Marshall, CEO Diabetes UK                                     |
| <b>December</b>      | <b>No Group</b>   |

Secretary: Carole Michaelides  
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