

# Diabetes Research & Wellness Foundation

Welcome to  
**United Through Diabetes 2024**  
The Big DRWF Diabetes Wellness Day



**Inform • Inspire • Empower**



Celebrating  
25 Years



Registered with  
**FUNDRAISING  
REGULATOR**



FreeStyle  
Libre 2



# With knowledge comes confidence

A quick glance at your app<sup>1,2</sup> and see where your glucose is at.  
Diabetes management made easy.<sup>3</sup>



**START YOUR FREE TRIAL TODAY  
BY SCANNING THE QR CODE**

 **Abbott**  
*life. to the fullest.®*

Images are for illustrative purposes. Not actual patient.

1. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Use of FreeStyle LibreLink may require registration with LibreView. 2. Glucose readings are automatically displayed in the app only when the smartphone and sensor are connected and in range. 3. Haak, T. *Diabetes Ther.* (2017): <https://doi.org/10.1007/s13300-016-0223-6>.

© 2024 Abbott. The sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. ADC-94177 v1.0 06/24.

# Welcome...

## to the BIG Diabetes Wellness Day – ***United Through Diabetes 2024***

I am delighted to welcome you to ***United Through Diabetes 2024***. This year's event is supported by numerous industry partners and organisations from across the diabetes, health and wellbeing landscape. All of whom enable us to deliver an exciting event, with an abundance of learning opportunities for our diabetes community.

We have some amazing speakers for you today, experts from a wide range of diabetes and related health disciplines, as well as those working at the cutting-edge of diabetes research, who have volunteered their time to share their knowledge, skills and experience with the universal aim of supporting self-management of diabetes and physical and mental health outcomes.

***United Through Diabetes*** is a concept that has people with diabetes at its heart. It provides an opportunity to come together to support each other. The power of this event lies in connecting people with shared experience, creating an encouraging, inspiring and safe space. A space that enables and empowers people to develop the knowledge, skills and confidence that is needed to meet the daily challenges of diabetes, head on.

We are so pleased that you have decided to join us today. Please make the most of the programme content; meet our exhibitors and sponsors, and chat with our speakers. Gather and take home as much information and top tips, as you need. And if you are so inclined, let anyone of the ***DRWF team*** know that you would be interested in supporting the charity in it's work.

And remember, by attending today you have contributed to building a community of like-minded individuals, where mutual acceptance and understanding is key to success.

Thank you for being a part of ***#UTD24***. Ours is a powerful community, and we couldn't do this without you!

Best wishes

**Sarah Tutton**  
Chief Executive Officer



**Sarah Tutton**  
Chief Executive

# More about the event...

## The Event

It's great to be back in Warwickshire for this year's United Through Diabetes where once again we are bringing experts together from across the diabetes community to share their knowledge, expertise, practical skills, personal experiences and the very latest in information, guidance and diabetes related services and products with you. The event will give you the opportunity to listen to talks and take part in workshops delivered by the very best diabetes professionals from across the NHS, meet and speak with experts from leading technology and diagnostic companies, engage with our funded diabetes researchers and learn all about their groundbreaking work, meet and speak with representatives from related health charities, government wellbeing and university research teams and health service providers. It's also a great place to meet other people living with diabetes and make new friends.



**Lee Calladine**  
Event Co-ordinator

## The Programme Streams

We have multiple programme streams taking place across the day so you can choose the sessions and activities that best suit your needs. Feel free to jump from room to room and take part in what interests you the most. Use the timetables here in this guide or scan the QR codes to view the programmes in more detail on our website, or just ask one of our team members who will be happy to help. Our programme streams today are...

- Diabetes research
- Children, young people, and families living with Type 1 Diabetes
- People of all ages living with Type 1 Diabetes
- Members of diverse communities living with diabetes
- People living with Type 2 Diabetes
- DRWF film room
- DRWF funded research poster displays
- Fun science and art activities for our youngest attendees

***Our event is being filmed and photographed for our marketing. Please let us know if you do not wish to be filmed on the day.***



## The Exhibition Room

We are delighted to be joined by fantastic line up of exhibitors from across the diabetes industry, NHS, and health sector. The exhibition room will be open all day, so make the most of this fantastic opportunity to meet and talk with these visiting experts who will be on hand to offer advice on health, lifestyle, wellbeing and the very diabetes-related products and services.

## A Cuppa with Pukka

Join us in The Grange and enjoy a cuppa with the team from Pukka Herbs, sample their amazing range of teas and learn all about the herbs they use to create them. Meet other people from across the diabetes community, make new friends and share experiences over a cup of tea, coffee and a snack. Head back down the ramp and take part in some fun activities to raise funds and awareness for DRWF, be a daredevil and sign up for a skydive, run, abseil or something less terrifying like a coffee morning or cake bake, win some awesome prizes in our draw, pick up your 2024 Christmas cards and gift wrappings, meet and chat with the DRWF team and collect some of our diabetes information leaflets and other resources.



## The Diabetes Research Village

We have an amazing team of DRWF funded researchers joining us who will be showcasing and presenting their work for you. Listen to talks about the latest ground-breaking diabetes research, meet the team behind the world-class Islet Isolation Facility and transplant programme and take this rare opportunity to put your questions to the experts. We are proud to fund and work with these experts at the leading edge of diabetes research, from basic science to clinical application, our researchers are at the forefront of recent advances and longstanding programmes. Together we are invested in a brighter future for all people living with diabetes, and you get the opportunity to meet them here today.

## Diabetes Film Reel

Visit the screening room to watch our diabetes research film and interview film reel. Throughout the day we will play these on a loop, so you can view them at your leisure. The films will feature panel discussions and one-on-one interviews with previous and current researchers who will reflect on the advances and changes in diabetes over the years, and their own personal highlights and hopes for the future. We will also be showing interviews with our diabetes healthcare professional colleagues. We hope you have an amazing day with us and go home feeling inspired, informed and more empowered to manage your diabetes.



## Exhibitor List

Meet the visiting experts from across the diabetes industry, diabetes community groups, council and local government health teams and holistic practitioners, who will be on hand to offer advice on health, lifestyle and diabetes-related products and services.

### Located in the Event Centre Foyer

Abbott Laboratories

### Located in the Kenilworth Bar

Abbott Laboratories

### Located in the Conference Cafe

Abbott Laboratories

### Located in the Grange Bar and Cafe

Pukka Herbs

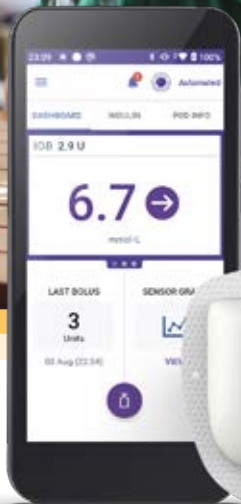
### Located in the Kenilworth Foyer

DRWF Exhibition Stand & Fundraising

### Located in the Kenilworth Suite

Dexcom	Diabetes Africa	Leicester Diabetes Centre	South Warwickshire NHS Foundation Trust
Insulet	Funky Pumpers	The Lifestyle Club	Diabetes Specialist Dietetics Team
Desang Ltd	Healthwatch Warwickshire	Macular Society	Warwickshire Fire & Rescue Service
Medtronic	Healthier You: NHS Diabetes Prevention Programme	Noctura 400	Uniquely Health
CAHN	Birmingham, Solihull and Black Country Diabetic Eye Screening Programme	Royal National Institute of Blind People (RNIB)	Xyla
CosyFeet		South Asian Health Foundation	
NHS Coventry, Warwickshire and Solihull Talking Therapies			
DESMOND			

# Omnipod® 5: AUTOMATED INSULIN DELIVERY Simplified



**Omnipod® 5 with SmartAdjust™  
technology adjusts on the go\***

Explore the benefits of  
Omnipod 5 for your patients<sup>1,2</sup>  
at [omnipod.com/en-gb](https://omnipod.com/en-gb)

## In pivotal studies, Omnipod 5 demonstrated<sup>1-4</sup>:

- > Significantly reduced HbA1c
- > Improved time in range
- > Reduced diabetes distress in adults and children and their caregivers
- > Less time in hypoglycaemia in adults and very young children; hypoglycaemia remained low in children. Less time in hyperglycaemia

Indication: The Omnipod® 5 Automated Insulin Delivery System is indicated for use by INDIVIDUALS OF 2 YEARS OF AGE AND OLDER WITH TYPE 1 DIABETES MELLITUS.

### References:

- Study in 240 people with T1D aged 6–70 years involving 2 weeks standard diabetes therapy followed by 3 months Omnipod 5 use in Automated Mode. Average A1c in adults/adolescents and children, standard therapy vs. Omnipod 5 = 7.16% vs 6.78%; 7.67% vs 6.99%. Average time in Target Glucose range (from CGM) for standard therapy vs Omnipod 5 in adults/adolescents and children = 64.7% vs. 73.9%; 52.5% vs. 68.0%. Average time with high blood glucose in adults/adolescents and children, standard therapy vs. 3-month Omnipod 5: 32.4% vs. 24.7%; 45.3% vs. 30.2%. Median time with low blood glucose in adults/adolescents and children, standard therapy vs. 3-mo Omnipod 5: 2.0% vs. 1.1%; 1.4% vs. 1.5%. Brown et al. Diabetes Care (2021).
- Study in 80 people with T1D aged 2–5.9 yrs involving 2 weeks standard diabetes therapy followed by 3 months Omnipod 5 use in Automated Mode. Average time in Target Glucose range (from CGM) for standard therapy vs Omnipod 5 = 57.2% vs. 68.1%. Average A1c in standard therapy vs. Omnipod 5 = 7.4% vs. 6.9%. Average time with high blood glucose (>180mg/dL) from CGM in standard therapy vs Omnipod 5 = 39.4% vs. 29.5%. Average time with low blood glucose (<70mg/dL) from CGM in standard therapy vs Omnipod 5 = 3.41% vs. 2.13%. Sherr JL, et al. Diabetes Care (2022).
- Study in 115 people with T1D aged 18–70 years involving 2 weeks standard diabetes therapy followed by 3 months Omnipod 5 use in Automated Mode. Diabetes distress measured by Type 1 Diabetes Distress Scale (T1-DDS) baseline vs 3 months of Omnipod 5 use: 1.64 vs. 1.48 (P<0.0001) respectively. Polonsky WH, et al. Diabetes Res Clin Pract (2022).
- Study in children and their caregivers (n=82) and adolescents and their caregivers (n=42) with type 1 diabetes involving 2 weeks standard diabetes therapy followed by 3 months Omnipod 5 use in Automated Mode. Diabetes distress measured by Problem Areas in Diabetes (PAID) in children and their caregivers as well as adolescents and their caregivers at baseline vs 3 months of Omnipod 5 use: 27.4 vs. 24.2; 47.1 vs. 40.7; 30.5 vs. 27.1; 45.0 vs. 38.0 (P<0.0001) respectively. Hood KK, et al. Pediatric Diabetes (2023).

\*When used in automated mode with a compatible sensor, the Omnipod 5 System makes adjustments to insulin delivery every 5 minutes based on the user's current sensor glucose value, glucose values predicted 60 minutes in the future, glucose trend, and past insulin delivery to bring glucose to a user defined target; users still need to bolus for meals and correction.

Compatible glucose sensor sold separately and requires a separate prescription.

©2024 Insulet Corporation. Omnipod, SmartAdjust and the Omnipod® logo are trademarks or registered trademarks of Insulet Corporation in the United States of America and other various jurisdictions. Dexcom and Dexcom G6 are registered trademarks of Dexcom, Inc. and used with permission. The sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott and used with permission. All other trademarks are the property of their respective owners. The use of third party trademarks does not constitute an endorsement or imply a relationship or other affiliation. All rights reserved. Insulet Netherlands BV Stadsplateau 7, 3521 AZ Utrecht, Netherlands. INS-OHS-03-2024-00107 V1

# Type 1 Diabetes Programme

Sponsored by

**DEXCOM**  
 CONTINUOUS GLUCOSE MONITORING

Time	Topic	Speakers	Location
8:45	Registration and Refreshments		Events Centre Foyer and The Grange Bar and Lounge
9:00 - 10:30	Opportunity to visit the Diabetes Community Village, Research Village and Exhibition Room		
9:30 - 10:15	<b>Pancreatic Islet Transplantation: Current Status and Future Opportunities</b>	<b>Professor Paul Johnson</b>	The Othello
10:30 - 11:15	<b>A Type 1 Life 67 Years Living with Diabetes</b>	<b>Peter Davies</b>	The Stratford
11:45 - 12:30	<b>Meet the Man, the Myth, the Professor Questions and Answers with Professor Partha Kar</b>	<b>Professor Partha Kar</b>	The Stratford
12:00 - 14:00	Lunch and explore the event		
13:45 - 14:30	<b>Navigating the Pathway of Diabetic Retinopathy: Trials and Triumphs and the Vision for the Future</b>	<b>Dr Rebecca Thomas Bernadette Warren</b>	The Stratford
14:30 - 14:45	Comfort Break		
All day from 9:00	The Exhibition Room		The Kenilworth Suite
All day from 9:00	Meet our researchers		Diabetes Research Village
All Day from 9:00	Enjoy all day refreshments, have a cuppa with the Pukka Herbs team fundraising fun and meet others in our Community Area		The Grange Bar and Lounge, The Grange Foyer
All Day from 9:00	View our DRWF Research Film		The Othello



Please scan for more information on the Type 1 Diabetes programme and our speakers





# Type 1 Family & Children's Programme

Time	Topic	Speakers	Location
8:45	Registration and Refreshments		Events Centre Foyer and The Grange Bar and Lounge
9:00 - 10:30	Opportunity to visit the Diabetes Community Village, Research Village and Exhibition Room		
9:30 - 10:15	<b>Pancreatic Islet Transplantation: Current Status and Future Opportunities</b>	<b>Professor Paul Johnson</b>	The Othello
10:30 - 11:15	<b>Type 1 Transition in Diabetes for Children, Young Adults and the Whole Family A Panel Discussion</b>	<b>Sanjay Gohil Dr Meera Ladwa Dr Renuka Dias</b>	The Hamlet
11:45 - 12:30	Comfort Break Period		
12:00 - 14:00	Lunch and explore the event		
13:45 - 14:30	<b>Type 1 Diabetes and Managing Exercise</b>	<b>Professor Rob Andrews</b>	The Hamlet
14:30 - 14:45	Comfort Break		
14:45 - 15:30	<b>Type 1 Origins A Comic Book Story Concept to Page and Super Hero Education and Diabetes Inspiration</b>	<b>Professor Partha Kar Dr Mayank Patel</b>	The Hamlet
All day from 9:00	The Exhibition Room		The Kenilworth Suite
All day from 9:00	Meet our researchers		Diabetes Research Village
All Day from 9:00	Enjoy all day refreshments, have a cuppa with the Pukka Herbs team fundraising fun and meet others in our Community Area		The Grange Bar and Lounge, The Grange Foyer
All Day from 9:00	View our DRWF Research Film		The Othello



Please scan for more information on the Type 1 Family & Children's Programme and our speakers



# Type 2 Diabetes Programme

Sponsored by

**DEXCOM**  
 CONTINUOUS GLUCOSE MONITORING

Time	Topic	Speakers	Location
8:45	Registration and Refreshments		Events Centre Foyer and The Grange Bar and Lounge
9:00 - 10:30	Opportunity to visit the Diabetes Community Village, Research Village and Exhibition Room		
9:30 - 10:15	<b>Live Long and Prosper Living Well into Older Age with Diabetes</b>	<b>Professor David Strain</b>	The Avon
10:30 - 11:15	<b>The Rainbow Paper</b>	<b>Marion Macknochie Merlin Willcox</b>	The Avon
11:45 - 12:30	<b>From A1C to Zzzz: Planning for an Admission to Hospital with Diabetes</b>	<b>Dr Mayank Patel</b>	The Avon
12:00 - 14:00	Lunch and explore the event		
13:45 - 14:30	<b>Living Well, Healthy Choices and Diabetes in the Current Climate</b>	<b>Lauren Kelly Georgette Alayyan</b>	The Avon
14:30 - 14:45	Comfort Break		
14:45 - 15:30	<b>The Lifestyle Club: A Model for Preventative Healthcare</b>	<b>Helen Gowers</b>	The Avon
All day from 9:00	The Exhibition Room		The Kenilworth Suite
All day from 9:00	Meet our researchers		Diabetes Research Village
All Day from 9:00	Enjoy all day refreshments, have a cuppa with the Pukka Herbs team, fundraising fun and meet others in our Community Area		The Grange Bar and Lounge, The Grange Foyer
All Day from 9:00	View our DRWF Research Film		The Othello



Please scan for more information on the Type 2 Diabetes programme and our speakers





# Vertex is honored to sponsor United Through Diabetes 2024 by DRWF

As we focus on scientific innovation to create transformative medicines for people with serious diseases, we are committed to listen, learn from and partner with the communities we serve.

# Diverse Community Programme



Time	Topic	Speakers	Location
8:45	Registration and Refreshments		Events Centre Foyer and The Grange Bar and Lounge
9:00 - 10:30	Opportunity to visit the Diabetes Community Village, Research Village and Exhibition Room		
9:30 - 10:15	<b>Tackling Diabetes Inequity in Black Populations - Lived Experience Perspectives A Panel Discussion</b>	<b>Dr Bernadette Adeyileka-Tracz Barbara Hudson Amelia Glasgow Daniel Newman Tilieka Hendricks</b>	The Stoneleigh and The Warwick
10:30 - 11:15	Free Period		
11:45 - 12:30	<b>Managing Diabetes in Ramadhan</b>	<b>Dr Adnan Masood</b>	The Stoneleigh and The Warwick
12:00 -14:00	Lunch and explore the event		
13:45 - 14:30	<b>Healthy Eating and Active Lifestyles for Diabetes (HEAL-D) in African and Caribbean Communities</b>	<b>Professor Louise Goff</b>	The Stoneleigh and The Warwick
14:30 - 14:45	Comfort Break		
14:45 - 15:30	<b>Managing Diabetes During Diwali, Mela and other South Asian Festivals</b>	<b>Sheena Bhageerutty</b>	The Stoneleigh and The Warwick
All day from 9:00	The Exhibition Room		The Kenilworth Suite
All day from 9:00	Meet our researchers		Diabetes Research Village
All Day from 9:00	Enjoy all day refreshments, have a cuppa with the Pukka Herbs team fundraising fun and meet others in our Community Area		The Grange Bar and Lounge, The Grange Foyer
All Day from 9:00	View our DRWF Research Film		The Othello



Please scan for more information on the Diverse communities programme and our speakers





# Diabetes Research Village

Sponsored by

**Insulet**  
maker of Omnipod


Time	Topic	Speakers	Location
8:45	Registration and Refreshments		Events Centre Foyer and The Grange Bar and Lounge
9:00 - 10:30	Opportunity to visit the Diabetes Community Village, Research Village and Exhibition Room		
9:30 - 10:15	<b>Pancreatic Islet Transplantation: Current Status and Future Opportunities</b>	<b>Professor Paul Johnson</b>	The Othello
10:30 - 11:15	<b>Quickfire Research Roundup</b>	<b>Dr Tara Lee Dr Victoria Garfield Dr Richard Hulse Mr James Russ-Silsby Dr Steven Millership Dr Adaikala Antony Sunil</b>	The Othello
11:45 - 12:30	<b>Person Reported Outcomes What Matters to People with Diabetes Matters to Healthcare Providers</b>	<b>Professor Katharine Barnard-Kelly</b>	The Othello
12:00 - 14:00	Lunch and Explore the event		
13:45 - 14:30	<b>Panel Discussion Research Hopes for the Future (for all types of diabetes)</b>	<b>Professor David Strain Professor Ketan Dhatariya Professor David Matthews Dr Mark Evans Dr Stephanie Hanna Professor Kathleen Gillespie</b>	The Othello
14:30 - 14:45	Comfort Break		
14:45 - 15:30	<b>Watch this space!</b>	<b>Come discover who's speaking</b>	The Othello



Please scan for more information on the Diabetes Research Village Programme and our speakers



# Pukka Herbs at United Through Diabetes

**Pukka Herbs** will be joining **United Through Diabetes 2024** as the premiere hospitality sponsor at **The Grange**. Their in-house herbalists expertly blend the finest organic ingredients, drawing on Ayurvedic, Chinese, and Western traditions to craft herbal teas that nurture both body and mind with every delightful sip. Pukka aims to connect people with traditional wisdom and modern science through their delicious organic teas, championing the benefits of herbs and spices.

Committed to health, Pukka funds research with leading universities to explore the benefits of herbs and spices, including their role in addressing diabetes. Incorporating herbs and spices into a healthy diet can reduce sugar and salt intake while adding flavour to food and beverages.

Pukka recently reaffirmed their dedication to public health at a parliamentary event, where they launched their Rainbow Paper. This initiative urges the government to include herbs and spices in national dietary recommendations, fund more research on their health benefits, and educate schools about these advantages.

Don't miss your chance to **visit Pukka at The Grange** to explore the wonderful world of herbs and spices. Learn about their research, sample some delicious creations, and pick up a leaflet on how to incorporate more herbs and spices into your daily routine.



<b>Chilli</b>	<b>Ginger</b>	<b>Turmeric</b>	<b>Oregano</b>	<b>Rosemary</b>	<b>Thyme</b>
324mg polyphenols/tsp	14mg polyphenols/tsp	53mg polyphenols/tsp	36mg polyphenols/tsp	50mg polyphenols/tsp	36mg polyphenols/tsp
	anti-inflammatory, digestive, good for gut health	anti-inflammatory, digestive, good for gut health	super dose of polyphenols, good for blood sugar and gut health	boosts brain function	protects the lungs



# PUKKA

discover a blend of  
herbal wonder



[pukkaherbs.com](http://pukkaherbs.com)





Medtronic

# Smart MDI\* system

with Simplera™ CGM



Take the guesswork out  
of insulin dosing.\*\*



\* Multiple Daily Injections  
\*\* Dosing recommendation  
calculated as per HCP initial  
settings and user-estimated  
carbohydrates amount  
UK-DBA-2400029

Jerome, living with Diabetes.



# Our Speakers

We are excited to welcome our wonderful line-up of guest speakers who are joining us, sharing their expertise, knowledge and commitment to supporting people living with diabetes.



## Dr Adaikala Antonysunil

Senior Lecturer in Biochemistry,  
School of Science and Technology  
Masters in Medical Biochemistry  
PhD in the field of diabetes



## Barbara Hudson

The Queen Elizabeth Hospital  
Birmingham  
Clinical Nurse Specialist  
in Diabetes  
Works in collaboration with  
Diabetes UK and Diabetes Africa



## Daniel Newman

Award-winning diabetes advocate  
Host of The Talking Type 1 podcast.  
Patient representative on the  
NICE guidelines committee



## Professor David Strain

Associate Prof in  
Cardiometabolic Health  
Thematic Research Lead for  
Health to the UK Parliament  
Chair of British Medical Association  
Board of Science and Academic  
Staff Committee



## James Russ-Silsby

Final-year PhD student at the  
University of Exeter Medical School  
Specialises in novel causes of  
monogenic neonatal and early-onset  
diabetes  
Received a pump-priming grant from  
the Diabetes Research and Wellness  
Foundation



## Professor Kathleen Gillespie

Professor of Molecular Medicine at  
the University of Bristol  
Leads the Diabetes and  
Metabolism Research Group  
Helps operate the Alistair Williams  
Antibody Facility



## Dr Meera Ladwa MRCP PhD

Diabetologist and Clinical Lead for Type  
1, Transition and Young Adult Diabetes  
Newham Hospital,  
Barts Health NHS Trust  
Honorary Senior Clinical Lecturer at  
Queen Mary University London



## Professor Paul Johnson

Director of the DRWF Oxford  
Human Islet Isolation Facility  
and the Oxford Islet Transplant  
Programme.  
Chair of the NHSBT UK Islet  
Transplant Steering Group  
Professor of Paediatric Surgery at  
the University of Oxford



## Professor Ketan Dhatariya

Consultant in diabetes, endocrinology  
and general medicine at the Norfolk &  
Norwich University  
Honorary Professor of Medicine at the  
University of East Anglia  
Chair of the Association of British  
Clinical Diabetologists



## Professor Louise Goff

Professor of Nutrition Science  
at Leicester Diabetes Research  
Centre  
Leads a research programme  
focused on health inequalities in  
minority ethnic groups, working  
with communities of African  
heritage



**Bernadette Adeyileka-Tracz, MPharm, PhD, Exec MBA**

Executive Director of Diabetes Africa  
Registered Pharmacist



**Bernadette Warren**

Volunteer  
Expert patient for NICE  
Lay member of the Royal College of Ophthalmology.



**Dr Renuka Dias, BMedSci MBBS FRCPCH PhD**

Consultant Paediatric Endocrinologist  
Birmingham Women and Children's Hospital  
Honorary Associate Clinical Professor at the University of Birmingham  
Clinical Lead for Paediatric Diabetes and Lead for the National Highly Specialised Service for Wolfram Syndrome (Children) in Birmingham



**Helen Gowers**

MSc in Human Nutrition  
Registered dietitian and Director of The Lifestyle Club, for the charity Public Health Collaboration



**Marion Mackonochie**

Herbal Science Manager at Pukka Herbs  
Qualified medical herbalist and researcher  
Associate Editor for the Journal of Herbal Medicine.



**Dr Mayank Patel**

Consultant in Diabetes  
University Hospital Southampton NHS Foundation Trust  
Quality in Care Award winner for Outstanding Educator in Diabetes  
Honorary Senior Clinical Lecturer at University of Southampton



**Peter Davies**

Advocate for those with Type 1 Diabetes  
Fundraiser for Diabetes Research



**Professor Katharine Barnard**

Chairs the FDA RESCUE Global Collaborative Community  
Visiting Professor and internationally renowned expert psychosocial impact and management of illness and long-term conditions



**Professor Mark Evans**

Professor of Diabetic Medicine based in the University of Cambridge's Institute of Metabolic Science  
Consultant Physician working in diabetes and general medicine in Cambridge University Hospitals



**Professor David Matthews MA, DPhil, BM, BCh, FRCP, MD hon causa**

Co-founded the Oxford Health Alliance  
Established the Oxford Centre for Diabetes, Endocrinology, and Metabolism



**Professor Partha Kar OBE FRCP**

Consultant Endocrinologist  
Portsmouth Hospitals NHS Trust  
National Specialty Advisor, Diabetes,  
NHS England  
GIRFT Co-lead, Diabetes, NHS  
Improvement



**Doctor Rebecca Thomas**

Senior Lecturer for population  
health and medical studies  
Co-programme director MSc  
diabetes practices at Swansea  
University Medical School.



**Dr Richard Hulse,  
PHD, MA, BSc**

Associate Professor at  
Nottingham Trent University  
Sensory neurophysiologist  
Post doctoral researcher at  
the University of Bristol and  
University of Nottingham



**Professor Rob Andrews**

Associate Professor at the  
University of Exeter  
Honorary Consultant Physician at  
Musgrove Park Hospital Taunton  
Co-founder of EXTOD



**Sanjay Gohil**

Director of Futures health Ltd  
He has held commercial and  
managerial roles within the  
pharmaceutical, med-tech, and  
digital health sectors



**Dr Stephanie J. Hanna  
PhD FHEA**

Diabetes Research and Wellness  
Foundation Professor David  
Matthews Research Fellows at  
Cardiff University  
Specialises in single cell  
RNA sequencing



**Dr Steven Millership, PHD**

Research Fellow  
MSc Applied Genomics META  
70003 and 70004 Module Lead



**Dr Tara Lee**

Clinical Research Fellow at the  
University of East Anglia  
Speciality Registrar in Obstetrics  
and Gynaecology at Norfolk &  
Norwich University Hospitals  
NHS Foundation Trust.



**Dr Victoria Garfield, BSc,  
MSc, PhD**

Genetic Epidemiologist  
STEM Ambassador  
Professor David Matthews  
Non-Clinical Fellowship



**Amelia Glasgow**

Type one diabetic,  
for the last 21 years





**Sheena Bhageerutty MSc**

Registered Associate Nutritionist  
Focus on reducing nutrition-related diseases within ethnic minority groups  
Fellow at the South Asian Health Foundation



**Georgette Alayyan**

Lead Diabetes Specialist Dietitian  
Health and Care Professions Council (HCPC)  
British Dietetic Association (BDA)



**Lauren Kelly**

Registered Dietitian for University Hospital Southampton NHS trust  
Joint Lead Diabetes Dietitian Gosport PCN



**Dr Adnan Massod MBChB MRCP**

DRCOG Diploma in Orthopaedic Medicine  
GP with A special interest in diabetes

Uniquely Health

# PERSONALISED SUPPORT

**10%**  
discount on our services  
with the code UTD10  
Valid until 30/10/24

- ✓ Tailored nutrition & movement plans
- ✓ Ongoing support from expert clinicians
- ✓ Easy to implement recommendations
- ✓ Online and flexible services



“The service has made me more active and eating better than I have done in the past.”

- Paul, Metabolic Programme

**Find out how we can support you**



[www.uniquelyhealth.com](http://www.uniquelyhealth.com)



Medtronic

# MiniMed™ 780G system

with the NEW Simplera Sync™ sensor



Live life with more  
Time in Range<sup>1\*</sup>



1. Choudhary P. et al, Lancet Diabetes Endocrinol. 2022; [https://doi.org/10.1016/S2213-8587\(22\)00245-5](https://doi.org/10.1016/S2213-8587(22)00245-5)

\* Compared to MDI + isCGM  
UK-DBA-2400029

STYLES FOR  
MEN &  
WOMEN

**Cosyfeet**  
extra roomy

for extra wide  
or swollen feet

WOMEN'S FOOTWEAR  
**6E**  
extra roomy  
FITTING

MEN'S FOOTWEAR  
**3H**  
extra roomy  
FITTING

Wider, deeper & roomier than  
any footwear on the high street

Suitable for a range of  
swelling & foot problems

Easy to get on & off swollen feet

Diabetic-friendly styles available



VISIT [cosyfeet.com](http://cosyfeet.com)

OR CALL 0800 731 0148  
FOR YOUR FREE CATALOGUE



# DESANG

diabetes magazine

Our monthly e-magazine is free to receive. It's packed with info about diabetes kit, interviews, counting carbs, other food news and ways to live well with the condition, whichever form of it you have.



Send us an email with the subject line, **Sign me up!** to:  
[info@desang.net](mailto:info@desang.net)



You can unsubscribe  
anytime, but we don't  
think you will want to!



# Meet our Researchers

We are proud to work with experts at the leading edge of diabetes research. From basic science to clinical application, our researchers are at the forefront of recent advances and long standing programmes. Together, we are invested in a brighter future for people with diabetes, and today, you get the opportunity to meet them...



## **Dr Richard Hulse, Nottingham Trent University**

My research is focused upon understanding how diabetic neuropathic pain occurs. Diabetic neuropathic pain is common, with large proportions of individuals living with diabetes suffering from this problem. This will allow us to develop new or refined therapeutic treatments. All individuals experience pain in some form but despite the unpleasant nature of pain, it is beneficial to protect us from injury. However, this protective nature can be lost due to damage to the sensory neurons. This results in long term chronic pain in individuals living with diabetes. To date there is a lack of effective analgesia to deliver therapeutic relief. Primary areas of investigation that I pursue relate to exploring the causative factors associated with the onset of diabetic neuropathic pain allowing for the design of disease tailored pain killers.



## **Dr Stephanie J. Hanna PhD FHEA, University of Cardiff**

Stephanie Hanna was the 2020 Diabetes Research and Wellness Foundation Professor David Matthews Research Fellows at Cardiff University. She completed her undergraduate degree and PhD in pharmacology at the University of Bath with placements at Novartis and Piramed. Her research interests focus on the immune processes that drive type 1 diabetes and how they can be prevented. She specialises in the cutting-edge technique of single cell RNA sequencing (scRNAseq) to analyse the immune cells involved in type 1 diabetes as they respond to components of the insulin-producing beta cells. She also applies these techniques to examine responses to immunotherapies for type 1 diabetes in clinical trials.



## **Dr Adaikala Antonysunil, Nottingham Trent University**

Dr Adaikala Antonysunil is a Senior Lecturer in Biochemistry, School of Science and Technology. She had a master's degree in medical Biochemistry and PhD (2006) in the field of diabetes. Her PhD focused on one of the large epidemiologic studies to elucidate oxidative damage in diabetes. For post-doctoral-fellowship at University of Essex, UK (2006), she continued the research in diabetes complications and subsequently at the University of Warwick to understand the role of B-vitamins in diabetes. Identifying the gene-nutrient interactions on metabolic disease related outcomes inspired her to pursue research in delineating the epigenetic mechanisms of the micronutrient in obesity and cardiovascular risk. With several external/internal funding (DRWF, BBSRC-DTP, RoseTrees trust, Society of Endocrinology), she set up an independent lab to investigate the potential mechanisms of B12 on obesity and gestational diabetes. In 2017, she joined the NTU and believes understanding the role of micronutrients on the health of the mother and their babies would offer novel opportunities to reduce the risk of metabolic disease in next generation.



## **Dr Victoria Garfield, University of Liverpool**

Dr Vicky Garfield is a genetic epidemiologist with a background in psychology and statistics at the University of Liverpool's Department of Pharmacology and Therapeutics. Vicky's research uses multiple large-scale population-based datasets to understand complex diseases particularly relationship between cardiovascular risk factors (particularly diabetes and hypertension) and neurodegenerative diseases (e.g., different types of dementia), as well as the association sleep disturbances and various health consequences, in mid-later life. She uses a range of approaches, but she has a particular interest in exploiting genetic data and causal inference methods (e.g., Mendelian randomization, target trial emulation, etc). Vicky is also passionate about outreach work, public engagement and mentoring young people. She has been a STEM Ambassador since 2019 and has mentored several young people over the years, many of whom are now pursuing scientific careers.



#### **James Russ-Silsby, University of Exeter**

James is a final-year PhD student at the University of Exeter Medical School, specializing in novel causes of monogenic neonatal and early-onset diabetes. Throughout his PhD, James has contributed to the identification and description of three novel subtypes of neonatal diabetes. He aims to further this research in his post-doctoral career. James has received a pump-priming grant from the Diabetes Research and Wellness Foundation to investigate the genetic causes of transient neonatal diabetes. This subtype of monogenic diabetes is characterized by an onset before six months, remission during infancy, and a return in childhood or adolescence. By studying the world's largest cohort of individuals with transient neonatal diabetes, referred to Exeter, James hopes to uncover new genetic causes of the disease. Identifying new causes of neonatal diabetes can improve patient treatment and provide insights into the pathology of all diabetes forms. James's research aims to enhance our understanding and management of this disease, contributing to better therapeutic strategies for patients.



#### **Professor Kathleen Gillespie, University of Bristol**

Kathleen Gillespie is Professor of Molecular Medicine at the University of Bristol. She leads the Diabetes and Metabolism Research Group who coordinate a series of type 1 diabetes natural history studies including the first study of risk in adults, T1DRA and the long-running Bart's Oxford family study. The team also operate the Alistair Williams Antibody Facility which specialises in measurement of islet autoantibodies, key predictors of future type 1 diabetes. A growing portfolio of studies include understanding why children with Down Syndrome are at increased risk of type 1 diabetes (DRWF-funded) and the exocrine pancreas in type 1 diabetes. Kathleen is currently Chair of the UK Type 1 Diabetes Research Consortium which brings together researchers across the UK working collaboratively towards improved therapies.



#### **Dr Steven J. Millership PhD, Imperial College London**

Dr Millership completed his PhD in Cell Biology at Cardiff University in 2012 and his postdoctoral work at the MRC London Institute of Medical Sciences (LMS) in 2020 which centered around epigenetic function of pancreatic beta cells. In February 2020 he was awarded a Wellcome Trust ISSF Springboard Fellowship and joined the Section of Cell Biology and Functional Genomics at the Department of Metabolism, Digestion and Reproduction at Imperial College London. He is also supported by a DRWF project grant, a Society for Endocrinology Early Career Grant and is lead for two modules of the Imperial College MSc Applied Genomics programme. Dr Millership has over 20 peer reviewed publications to date and presents his work at multiple international Diabetes/ islet conferences each year. He is also the early career editor of the Journal of Endocrinology and Journal of Molecular Endocrinology, and is a Society for Endocrinology Leadership and Development Programme Awardee (2022-2025).



#### **Dr Tara Lee, University of East Anglia**

Tara Lee is a Clinical Research Fellow at the University of East Anglia and Speciality Registrar in Obstetrics and Gynaecology at Norfolk & Norwich University Hospitals NHS Foundation Trust. Having qualified in 2012, she completed postgraduate Core Medical Training and is currently training in Obstetrics and Gynaecology in the East of England. Tara is the 2021 DRWF Sutherland-Earl Clinical Fellow and undertaking a PhD at UEA where her work focuses on type 1 diabetes in pregnancy and the use of diabetes technologies. As well as her own studies, she is a researcher on the AiDAPT (Automated insulin Delivery Amongst Pregnant women with Type 1 diabetes) and PROTECT (Pregnancy Outcomes using continuous glucose monitoring Technology in pregnant women with Type 2 diabetes) studies.



# Meet our Sponsors and Exhibitors

We are delighted to welcome our supporting line up of sponsors and exhibitors. Visit the exhibition room where you will have the opportunity to meet and talk with these experts from the leading diabetes technology companies about the latest CGM sensors, insulin pumps and blood-glucose meters. Put your questions to the visiting diabetes specialist teams, diabetes community groups and council and local government health teams, who will be on hand to offer advice on health, lifestyle and the very latest diabetes-related products and services.



## Registration Sponsor and Headline Exhibitor

### Abbott Laboratories



Abbott Laboratories create breakthrough products, in diagnostics, medical devices, nutrition and branded generic pharmaceuticals – that help you, your family and your community lead healthier lives, full of unlimited possibilities. Today, 115,000 of us are working to make a lasting impact on health in the more than 160 countries we serve.

## Headline Exhibitor and Programme Streams Sponsor



### Dexcom

Dexcom UK and Ireland develop and market real-time Continuous Glucose Monitoring (rtCGM) Systems for people living with diabetes on insulin. The company is a leader in transforming diabetes care and management through rtCGM technology. This technology enables healthcare professionals to support people living with diabetes, whilst taking control of their diabetes management. Dexcom focuses on better outcomes for patients, caregivers, and clinicians by delivering real-time CGM solutions and empowering the community to take control of diabetes.



## Sponsor of DRWF's 'Diabetes Research Village'

### Insulet



Insulet Corporation, is an innovative medical device company dedicated to simplifying life for people with diabetes. The Omnipod DASH® System and Omnipod 5® Automated Insulin Delivery System, are alternatives to traditional insulin delivery. With its simple, tubeless and waterproof\* design, the Pod provides up to 3 days of continuous insulin delivery.

*\*The Pod has a waterproof IP28 rating for up to 7.6 m for 60 min*

## Hospitality Sponsor

### Pukka Herbs



We at Pukka are dedicated to crafting delicious organic teas, connecting people to the magical secrets of powerful herbs, from rise to rest. Our team of leading herbal experts blend the finest organic ingredients using a mastery of science, traditional and Ayurvedic wisdom to create a range of herbal symphonies that nurture with every delicious sip. Since our founding in 2001, we have ensured our organic ingredients are always sourced fairly, ethically, and sustainably from around the globe. This is guaranteed by Fair for Life and FairWild. Two of the fairest, most equitable and transparent fair-trade systems in the world. From giving 1% of annual sales to environmental courses, robust independent standards, recyclable packaging and home compostable tea bags, at Pukka we are passionate in our mission to do things differently to minimise our impact on the planet. One cup at a time.

## Media Sponsor

### Vertex



Vertex is a global biotechnology company that invests in scientific innovation to create transformative medicines for people living with serious diseases. We are serial innovators, committed to developing medicines that treat the underlying cause of disease, not just the symptoms. Founded more than 30 years ago in Cambridge, USA, Vertex Global Headquarters are in Boston, USA, and the International headquarters are in London, England. Today, we have ~5,500 employees worldwide in 22 global office locations, and we operate in over 60 countries. We have dedicated research and development sites in San Diego, Boston, Rhode Island and Oxford (UK).

## Headline Exhibitor

### Medtronic



Medtronic Diabetes focuses on improving the lives of those within the global diabetes community. As a business, Medtronic strives to empower people with diabetes to live life on their terms by delivering innovation that truly matters and providing support in the ways they need it. We're committed to meeting people with diabetes where they are in their journey, always with an aim to make their lives easier. Our portfolio of innovative solutions are designed to provide customers greater freedom and better health, helping them achieve better glucose control, while spending less time managing their disease

**A big thank you  
to our sponsors  
and exhibitors**



**Diabetes Research &  
Wellness Foundation**

**Diabetes Research & Wellness  
Foundation**



**CAHN**



**Cosyfeet**



**Southern Health**



**DESMOND**



**Diabetes Africa**



**Funky Pumpers**



NHS DIABETES PREVENTION PROGRAMME

**Healthier You: NHS Diabetes  
Prevention Programme**



**Healthwatch Warwickshire**



**Birmingham, Solihull and Black Country  
Diabetic Eye Screening Programme**



**Leicester Diabetes Centre**  
Committed to Growing International Research, Education & Innovation

**Leicester Diabetes Centre**





**The Lifestyle Club**



**Noctura 400**



**Revolve Comics**



**Royal National Institute  
of Blind People (RNIB)**



**South Asian Health Foundation**



**South Warwickshire NHS Foundation  
Trust Diabetes Specialist Dietetics Team**



**Uniquely Health**



**Warwickshire Fire &  
Rescue Service**



**Xyla**

# dexcom one+



# one+

## discover an easier way to manage diabetes<sup>†,‡,1</sup>

## introducing the new Dexcom ONE+

A continuous glucose monitoring system (CGM) that lets you see your glucose readings at a glance on your smartphone,<sup>§</sup> receiver,<sup>||</sup> or smartwatch.<sup>¶</sup>

- ✓ Accurate<sup>2-4</sup> readings 24/7
- ✓ No finger pricks\* or scanning
- ✓ Customisable high and low alerts
- ✓ For type 1 and type 2 diabetes

ask your diabetes team about Dexcom  
[dexcom.com/en-gb](https://dexcom.com/en-gb)



Smart devices sold separately.<sup>¶</sup>



\*If glucose alerts and readings from Dexcom ONE+ do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions. †Results obtained with Dexcom G7 study, which shares similar features and usability. ‡Compared to self-monitoring of blood glucose (SMBG). §For a list of compatible devices, visit [www.dexcom.com/compatibility](https://www.dexcom.com/compatibility). ||Optional receiver sold separately. ¶Compatible smartphone required to send readings to a compatible smartwatch. 1 Dexcom. Data on file, 2022. 2 Dexcom ONE+ User Guide, 2023. 3 Garg SK, et al. Diabetes Technol Ther. 2022;24(6):373-380. 4 Laffel LM, et al. J Diabetes Sci Technol. 2023;17(4):962-967. Dexcom, Dexcom Clarity, Dexcom Follow, Dexcom ONE+, Dexcom Share, and any related logos and design marks are either registered trademarks or trademarks of Dexcom, Inc. in the United States and/or other countries. ©2024 Dexcom International Ltd. All rights reserved. Dexcom International Ltd and its affiliated European entities. This product is covered by U.S. patent. dexcom.com | +1.858.200.0200 Dexcom, Inc. 6340 Sequence Drive San Diego, CA 92121 USA | MDSS GmbH Schiffgraben 41 30175 Hannover, Germany. MAT-2600.

# the new Dexcom ONE+

Smart devices sold separately.<sup>§</sup> The Dexcom ONE+ Sensor is waterproof and may be submerged under 2.4 meters of water for up to 24 hours without failure when properly installed.

## Take control of your diabetes, so you can get back to doing the things you love.

Living with type 1 or type 2 diabetes can be an overwhelming balancing act that requires a lot of guesswork. But, thanks to Dexcom ONE+, there's now an easier<sup>†,‡,1</sup> way to manage your diabetes, available on prescription.

Dexcom ONE+ is a continuous glucose monitoring (CGM) system with a wearable sensor that lets you see your glucose readings at a glance, 24/7. Without finger pricks\* or scanning, you can keep track of your glucose levels anytime, anywhere and manage your diabetes with confidence.

## better diabetes management<sup>‡</sup>

### Dexcom ONE+ offers exceptional accuracy, even when glucose levels are rapidly changing.<sup>2</sup>

By seeing your glucose levels and patterns as they happen, you can make informed diet, exercise, and treatment decisions in the moment.\*

This also gives you a reliable 24-hour picture.\* Finger pricking only gives a snapshot of your glucose levels at one point in time, but with continuous, automatic readings you get the full story at a glance.\*

You can also see where you're heading as Dexcom ONE+ has customisable high and low alerts<sup>2</sup> that can give you time to take action.

## as easy as 1, 2, 3

- 1** Dexcom ONE+ **connects** to a dedicated mobile app on your smartphone,<sup>§</sup> a Dexcom receiver,<sup>||</sup> or smartwatch<sup>¶</sup> so you can be up and running in no time.
- 2** The sensor is **painless to apply**,<sup>†,‡,2</sup> and lasts for up to 10 days.\*\*
- 3** You can **wear it your way** – Dexcom offers multiple wear locations<sup>††</sup> so that adults can wear the sensor on their arm or abdomen for flexibility and convenience – tailored to their lifestyle.



Smart devices sold separately.<sup>§</sup>



# insights you can act on

Dexcom ONE+ gives a more complete picture of glucose numbers and trends for better diabetes management\* and a healthier,\*\*,3,4 more confident life.

With Dexcom ONE+ you will be able to see how small changes can make a big difference – the event logging feature allows you to log your food choices, exercise routines, and stress levels to help you see what affects your glucose patterns. The Dexcom Follow app<sup>§§</sup> enables you to share your glucose levels, including high and low alerts, with up to 10 followers – giving you extra support and your family and friends extra peace of mind.†

Dexcom CGM has proven results and has been shown to reduce time outside of range<sup>‡,5-7</sup> and improve quality of life.<sup>||,8</sup>



## available on the NHS

NICE (The National Institute for Health and Care Excellence) have guidelines on funding CGM for people living with type 1 diabetes and some people living with insulin-treated type 2 diabetes.

Your diabetes healthcare team will have their own local policy in line with NICE guidelines. So, at your next appointment, why not ask what they could mean for you now that Dexcom ONE+ is available on prescription?

If you are not eligible on the NHS, you can also buy Dexcom ONE+ online from just £35 for a 10 day sensor.<sup>\*\*\*||</sup>

**So why not take a look at everything Dexcom ONE+ has to offer?**



“

The anxiety I had experienced eased, my management improved.”

LUCY FOX, DEXCOM WARRIOR



Discover more about **DEXCOM ONE+**

Lucy is a sponsored spokesperson of Dexcom. \*If glucose alerts and readings from Dexcom ONE+ do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions. †Results obtained with Dexcom G7 study, which shares similar features and usability. ‡Compared to self-monitoring of blood glucose (SMBG). §Smart devices sold separately. For a list of compatible smart devices, please visit dexcom.com/compatibility. ||Optional receiver sold separately. ¶Compatible device required for smartwatch connectivity. #Users reported that 94% of sensor insertions were painless. \*\*Each Dexcom ONE+ glucose sensor can last up to 10 days, plus a 12 hour grace period. ††Dexcom ONE+ is approved for wear on the arm and abdomen, and children 2-6 years can also wear their sensor on the upper buttocks. †††Based on a reduced risk for long-term complications with better glycaemic control. §§Separate app and internet connection required. Always confirm readings on the Dexcom CGM app or receiver before making treatment decisions. ||||Results obtained with a previous generation of Dexcom CGM system and are applicable to Dexcom ONE+ given similar feature sets and better performance and usability. ¶¶Prices are shown excluding VAT. If you are purchasing CGM for someone who has diabetes, you are eligible for VAT exemption on this purchase. There is an additional £4.99 shipping fee for all UK Dexcom ONE+ orders. 1 Data on File. Dexcom G7 UK Survey, 2022. N = 231, 92% of participants reported Dexcom G7 is overall easy/very easy to use. 2 Dexcom ONE+ user guide, 2023. 3 Lind M, et al. Diabetes Care. 2021;44(1):141-9. 4 DCCT Research Group. Diabetes 1997;46:271-86. 5 Beck RW et al. JAMA. 2017;317(4):371-8. 6 Beck RW et al. Ann Intern Med. 2017;167(6):365-74. 7 Soupal, J. "Comparison of Different Treatment Modalities in 7 years of follow-up in the COMISAIR study" Presented only at EASD 2023 in Hamburg. Study includes a non-Dexcom CGM system. 8 Polonsky WH, et al. Diabetes Care. 2017;60(6):736-41. Dexcom, Dexcom Clarity, Dexcom Follow, Dexcom ONE+, Dexcom Share, and any related logos and design marks are either registered trademarks or trademarks of Dexcom, Inc. in the United States and/or other countries. © 2024 Dexcom International Ltd. All rights reserved. Dexcom International Ltd and its affiliated European entities. This product is covered by U.S. patent. dexcom.com | +1.858.200.0200 Dexcom, Inc. 6340 Sequence Drive San Diego, CA 92121 USA | MDSS GmbH Schiffgraben 41 30175 Hannover, Germany. MAT-2597.



YOUR SUPPORT MAKES ALL THE DIFFERENCE!



# EVENT HIGHLIGHTS

UTD 2023



# How DRWF can support you

## RESEARCH

Since 1998 we have provided over £12 million of funding for medical research programmes, with the aim of finding a cure for all types of diabetes. In 2004, we made a significant commitment to Islet Cell Research and Transplant, a programme which focuses on the role of islet cells in diabetes. Read more about our commitment to research:

[www.drwf.org.uk/drwf-research](http://www.drwf.org.uk/drwf-research)

## DIABETES INFORMATION

We are committed to providing high-quality, clearly communicated, evidence-based healthcare information, to ensure that people with diabetes can make informed decisions about their health, safe in the knowledge that our information is trustworthy and reliable. To this end, we are members of the Patient Information Forum (PIF) – the independently-assessed quality mark for trusted health information.

- See our series of professionally authored **leaflets on diabetes and related health**, freely available as a .pdf download, audio file or as hard copy upon request: [www.drwf.org.uk/understanding-diabetes/information-leaflets](http://www.drwf.org.uk/understanding-diabetes/information-leaflets)
- Always get the latest news on diabetes online. Keep up to date with research, medication and tech, all in fact checked news that you can trust: [www.drwf.org.uk/news-and-events/news](http://www.drwf.org.uk/news-and-events/news)
- Learn more about healthy living, nutrition, exercise and diabetes self-management: [www.drwf.org.uk/living-with-diabetes/healthy-living](http://www.drwf.org.uk/living-with-diabetes/healthy-living)
- The event's not over when you leave, you can find videos of the talks, audio interviews and other resources from United Through Diabetes on our **UTD Digital Hub** – coming soon: [www.drwf.org.uk/UTD](http://www.drwf.org.uk/UTD)
- Join the **Diabetes Wellness Network**. Our aim is to bring people with diabetes together through the sharing of knowledge and experience, as well as providing important health advice. When you join the Network, you can be confident that you will have a wealth of diabetes and related health expertise at your fingertips: [www.drwf.org.uk/diabetes-wellness-network](http://www.drwf.org.uk/diabetes-wellness-network)
- Podcasts: Our Living with Diabetes podcast aims to share accurate information and tell inspirational stories about diabetes. Coming soon is our joint podcast with Abbott, titled 'Stigma in Type 2 Diabetes', featuring Professor Katharine Barnard-Kelly, Dr Mayank Patel, and TV presenter Dave Benson Phillips: [www.drwf.org.uk/news-and-events/podcasts](http://www.drwf.org.uk/news-and-events/podcasts)





# Thank you to all our volunteers!

## We couldn't have done this without you.

We'd like to take this opportunity to say a huge thank you to all of **our amazing and dedicated volunteers**. Over the past 26 years, you've travelled the length and breadth of the UK with us, supported us at all of our diabetes wellness days, residential weekends, 'Active with Diabetes' walking weeks, healthy cooking days, community education and occupational health events. You've done bucket collections at racecourses and cricket matches, you've helped us take blood samples at our HbA1c screening days, you've jumped out of planes, abseiled down towers, run, baked, swam and cycled. You've helped us stuff envelopes, distribute resources to hospitals, GPs and care homes, and you've been the friendly and knowledgeable face of DRWF out in the community. We simply couldn't have done it without you. You are not just our volunteers; **you are our friends and part of the DRWF family**. Thank you for all you do. We love you.







# How to support us

## YOUR GENEROSITY CAN HELP OUR DREAMS BECOME A REALITY

We don't receive any government income and rely entirely on donations and fundraised income to support our work. The researchers we fund work tirelessly to improve our knowledge of diabetes; explore new treatments and management pathways, on the long road towards our ultimate goal of a CURE. Alarming, diabetes continues to grow in pandemic proportions around the world and with almost 5 million people living with diabetes in the UK, our work is increasingly important.

Your support enables us to fund the research that we believe will make diabetes a thing of the past. We are investing in a brighter future for people with diabetes, **WILL YOU?**

If you would like to get involved in our fundraising activities, perhaps participate in a pre-planned challenge event, or hold an event in your local community with family and friends, please contact us on 023 92 637808, email [fundraising@drwf.org.uk](mailto:fundraising@drwf.org.uk) We would love you to **JOIN US!**

## ALTERNATIVELY YOU CAN –



Make a one-off donation or set up a regular giving direct debit on our website [www.drwf.org.uk/get-involved/donate](http://www.drwf.org.uk/get-involved/donate)



Play our lottery, a great way to be in with a chance to win a prize and make a donation at the same time [www.drwf.org.uk/lottery](http://www.drwf.org.uk/lottery)



Talk to your employer about their Corporate Social Responsibility (CSR) policy, most have one. They may be encouraged to match-fund your fundraising sponsorship. This is a great way to double the money you raise!

It is sometimes hard to understand how making a donation today, or getting involved in a fundraising event can make a difference in the future, but it is this combined effort that drives change forward.

You can visit our website for more inspiration on how you can help us find a cure and create a world without diabetes.

**We are investing in a brighter future for people with diabetes, and you help us to do that!**

Please scan to start donating today



[www.drwf.org.uk](http://www.drwf.org.uk)



Diabetes Research & Wellness Foundation, Building 1000,  
Langstone Technology Park, Havant, PO9 1SA

Registered Charity in England & Wales,  
Registration no: 1070607 Company no: 03496304 Company Limited by Guarantee