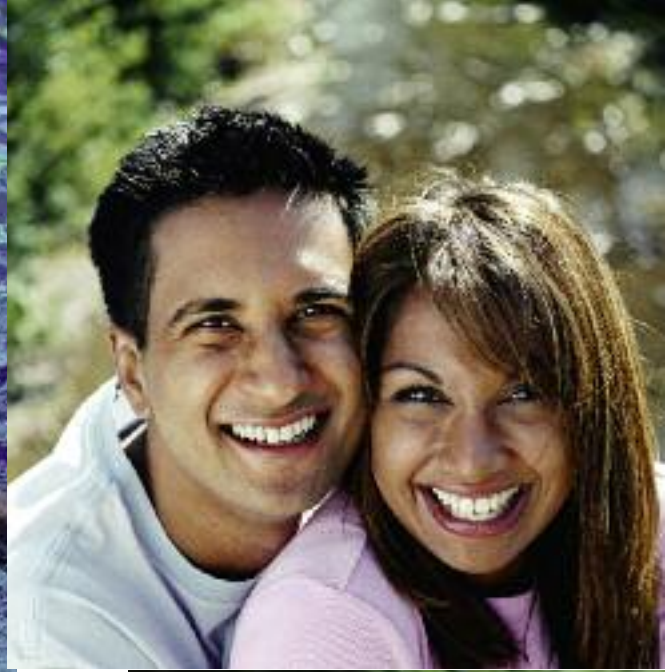


**Poole Voluntary Group**



**Living with diabetes** event

Saturday 9 October 2010  
Bournemouth University

Pre Booking Essential

## Booking Form

First name	Last name	Has diabetes	Diabetes UK member	Diabetes Treatment
		Type1/Type2/No	Yes/No	Insulin/Tablets/Diet Only
		Type1/Type2/No	Yes/No	Insulin/Tablets/Diet Only
		Type1/Type2/No	Yes/No	Insulin/Tablets/Diet Only
		Type1/Type2/No	Yes/No	Insulin/Tablets/Diet Only

Contact address

.....

.....

Postcode

.....

Telephone

.....

Email

.....

Special Requirments – please state any requirements, for example wheelchair access, nut allergy, gluten-free diet, hearing or visual impairment. All food will be appropriate for people with diabetes.

.....

.....

*Diabetes UK takes data protection very seriously. We promise we will not pass your details on to other organisations. If you do not wish to receive further mailings from Diabetes UK about our work and that of our trading company, please tick the box*

*I am happy for Diabetes UK to contact me by email*

**Entry fee £5 per person or free** if receiving state benefits.

I enclose my cheque/postal order for £\_\_\_\_\_ payable to 'Diabetes UK'

**OR**

Pay by on-line banking to Sort Code: 52-10-20 Acct Number: 43608566.

Please ensure that you mark your payment "Living" and include your name.

Please return this form and payment to

Diabetes UK (Poole Group)

10 Grange Road

Broadstone

Dorset BH18 8LA

**Closing date: 1 October 2010**



## Provisional programme

<b>9.30am</b>	Doors open Registration and exhibition
<b>10.00am</b>	Welcome
<b>10.05am</b>	What is diabetes? How will it affect me?
<b>11.05am</b>	Break
<b>11.30am</b>	Healthy living zones session 1
<b>12.30pm</b>	Lunch and exhibition
<b>1.15pm</b>	Healthy living zones session 2
<b>2.15pm</b>	Break
<b>2.45pm</b>	Healthy living zones session 3
<b>3.45pm</b>	Diabetes research
<b>4.30pm</b>	Closing remarks and depart

Poole Group of Diabetes UK is one of a number of voluntary groups around the country that work to support people with diabetes.

The voluntary groups arrange activities and meetings for members and campaigning to improve the care of people with diabetes locally. We raise money for Diabetes UK, especially for research into improved management of diabetes.

There are three groups in Dorset, as well as others in surrounding areas; if you wish to know more about these groups please contact the person named.

Poole            Bob Moberly 01202 692473  
 West Dorset   Brian Wootten 01305 251240  
 Wimborne     Chris Vernon 01202 680322

## **Living with diabetes is a one-day event devoted to promoting a healthy and fulfilled lifestyle despite diabetes.**

- The day's programme includes a mix of informative lectures and healthy living zones. healthy living zones are themed areas with displays, presentations and demonstrations, likely to include:

### **Physical activity**

**Motivation for the less fit**

**Tips and practicalities for managing diabetes when physically active**

**Healthy walks**

### **Eating well**

**Understanding food labels**

**Practical recipes/tasters**

**Dispelling myths about diabetes and eating**

**Weight management**

### **Everyday life**

**When things aren't going so well**

**Changing treatments**

**Impact of diabetes on family and friends**

**Who can help?**

**Your questions**

- There will also be a small exhibition area with additional information.
- This event is not suitable for children under 16 years old and Diabetes UK takes no responsibility for children under this age attending.
- **The cost of our *Living with diabetes* event is £5 per person or free if you are receiving state benefits. Donations towards the running costs of this event are also appreciated.**
- A buffet lunch and all refreshments are included in the cost of the day. Snacks and drinks will be available at all times – especially for treating any hypos.
- **No registrations on the day will be available – pre booking is essential as demand for places is likely to be high for this event. Please book early to avoid disappointment.**
- Closing date for receipt of registration forms and payment is **Friday 1 October 2010** and confirmation letters, including final programme, map and directions will be sent to everyone attending one week before the event.
- If you have any questions about this event please telephone Diabetes UK Poole Group on 01202 692473 or email [bob@diabetespoole.org.uk](mailto:bob@diabetespoole.org.uk)