

Diabetes Research & Wellness Foundation

Welcome to United Through Diabetes 2023

The Big DRWF Diabetes Wellness Day



Inform • Inspire • Empower



Celebrating
25 Years



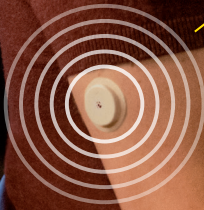
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FreeStyle
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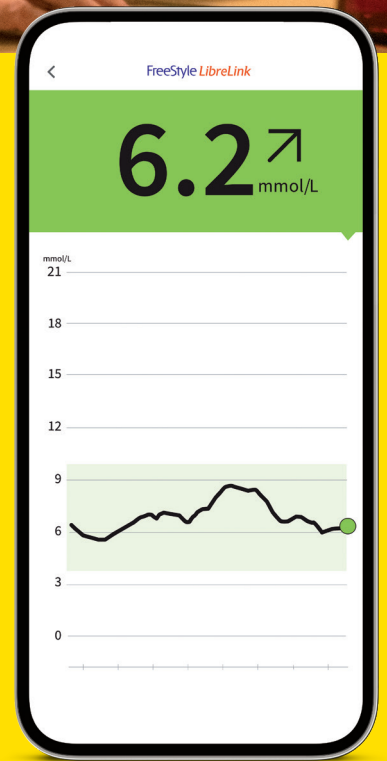


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1. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Use of FreeStyle LibreLink requires registration with LibreView. 2. Fokkert M. BMJ Open Diab Res Care (2019): <http://dx.doi.org/10.1136/bmjdr-2019-000809>.
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Welcome...

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

As DRWF turns 25 years old this year, we reflect on the diabetes landscape and the charity's impact over that time.

Since our inception in 1998, we have seen the number of people diagnosed with diabetes more than double. Whilst there have been some incredible advances in treatment and technology which improve quality of life and reduce the risk of complications, the number of people living with diabetes continues to rise at an alarming rate. With more than 5 million people now living with diabetes in the UK, our work is more important than ever.

Whilst we are recognising 25 years of raising awareness, providing award-winning Diabetes Wellness support programmes, and funding the research that we hope will one day find a cure, we are using this milestone anniversary to reflect, rethink and redouble our efforts to ensure that people with diabetes are ***'staying well until a cure is found...'***

United Through Diabetes is a wonderful concept that brings the diabetes community together with healthcare professionals, public health officials, third sector organisations, and industry partners. All of whom are invested and intent on creating a brighter future for people with diabetes.

We are a small organisation that exists on voluntary donations and fundraised income. Our supporters are the backbone of the charity, with their generosity and commitment enabling us to provide beneficiary services that make a difference. Together we have -

- Raised over £80 million and spent 82% of our income on awareness, education and research.
- Developed an International Diabetes Wellness Network with groups in the US, UK, France, Sweden, Finland and Norway, all of whom collaborate on global awareness campaigns and invest in research funding at some of the world's most prestigious institutions.
- Made a significant and longstanding contribution to the UK Islet Transplant Programme, funding the DRWF Human Islet Isolation Facility at the Churchill Hospital, Oxford and 30% of its islet team.
- Secured a Quality in Care Diabetes (QiC) award for an educational Diabetes Wellness programme that informs, inspires and empowers.
- Achieved Patient Information Forum (PiF Tick) accreditation, a quality mark for health and social care information that is relevant, medically evidenced, up-to-date and reliable.

We have yet to achieve our ultimate goal, the day when diabetes is no longer the threat to life and healthcare systems, that it is today. When that happens, we will truly be in celebration mode along with the worldwide diabetes community. Until then, we remain focused on providing the practical tools to support self-management and improve health outcomes and quality of life.

Today, we come together to learn, refresh knowledge, and share experiences with like-minded friends. Today, we are ***United Through Diabetes.***



Sarah Tutton
Chief Executive

More about the event...

The Event

Launched to mark DRWF's 25th anniversary year, we have created this unique one-stop-shop of everything diabetes to include exclusive content for people of all ages living with every type of diabetes, as well as family members, carers, and healthcare professionals. We hope you have a great day with us and go home armed with the tools, knowledge, practical skills, and confidence to enhance your diabetes self-management and overall health and wellbeing.

The Programmes

Choose the programme that best suits your needs or feel free to jump from room to room and take part in the sessions and workshops that interest you the most. Use the timetables here in this guide or scan the QR codes to view more detailed programmes on our website. Our programme streams today are for...

- 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 Research Film
- Diabetes Technology Practical Workshops

The Exhibition Room

We are delighted to be joined by a huge line up of exhibitors from across the diabetes industry, NHS, and health sector. The exhibition area will be open all day, so take the opportunity to meet and talk with visiting experts who will be on hand to offer the very latest advice on health, lifestyle and diabetes-related products and services.

The Diabetes Village

Join us in the Diabetes Village and meet other people from across the diabetes community, make new friends and share experiences over a cup of coffee and a snack. Take part in some fun activities to raise money and awareness for charity, be a daredevil and sign up for a skydive or abseil. Win some awesome prizes in our draw, pick up your 2023 Christmas cards or one of Karen's handmade Bee-Well natural bee's wax candles. Rummage through some items in the DRWF charity shop and meet and chat with DRWF team and pick up some of the latest diabetes news and information.

The Diabetes Research Village

We have an amazing team of DRWF funded researchers joining us to showcase their work. They are looking forward to chatting with you about how their research has already made groundbreaking advancements in the field of diabetes and how it may change the lives of people like you living with diabetes, in the years to come.

Enter our FREE prize draw to win a £50 M&S voucher. Visit our researchers, and collect 10 different stamps on the back of your badge. Just put your name badge in the post box at the end of the day and we will draw the winner at 6pm. The winner will be notified by telephone.



Lee Calladine
Event Co-ordinator

Diabetes Research Film

Visit the Stoneleigh Room, where we are playing a special film throughout the day. The film features our previous and current researchers who are reflecting on the key advances and changes in diabetes over the past 25 years, their own personal highlights, and their hopes for a world without diabetes.

Exhibitor List

Meet 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 Kenilworth Suite

Abbott	GlucoRx Ltd
Dexcom	Healthier You: NHS Diabetes Prevention Programme
Insulet	HEAL.med
AgaMatrix Europe Limited	Healthwatch Warwickshire
Advanced Therapeutics UK Ltd (Dana-i/HCL)	Leicester Children's Hospital
Azmina Nutrition	Leicester Diabetes Centre
BHR Pharmaceuticals Ltd	Macular Society
Birmingham, Solihull and Black Country Diabetic Eye Screening Programme	Slimming World
Captain Lantus Books	South Asian Health Foundation
NHS Coventry, Warwickshire and Solihull Talking Therapies	South Warwickshire University NHS Foundation Trust Diabetes Specialist Podiatry Team
Desang Ltd	South Warwickshire NHS Foundation Trust Diabetes Specialist Dietetics Team
DESMOND	Type 1 Origins Comic Books
Diabetes Research & Wellness Foundation	Warwickshire County Council Healthy Walks
Embecta	Warwickshire Fire and Rescue Service
Funky Pumpers	

Located in The Diabetes Village

Bee-well Handmade Bee's Wax Candles	DRWF Fundraising
DRWF Charity Shop	DRWF Prize Draw
DRWF Christmas	

Type 1 Diabetes Programme

Time	Topic	Speakers	Location
8:45	Registration and Refreshments		The Kenilworth Foyer and The Grange Bar
8:45 - 10:30	Opportunity to visit the Research Village, Diabetes Village and Exhibition Room		The Kenilworth Suite The Kenilworth Foyer The Grange Bar
10:30 - 11:15	Type 1 Diabetes and Sick Day Rules	Dr Mayank Patel Paula Johnston	The Avon
11:15 - 12:00	Refreshment Break and opportunity to visit the Research Village, Technology Programme and Exhibition Room		
12:00 - 12:45	Diabetes and the Kidney	Dr Sue Jones	The Avon
12:45 - 13:45	Hot and Cold Buffet Lunch		The River Room Restaurant
12:45 - 14:30	Diabetes and Technology	Professor Partha Kar Dr Iain Cranston	The Avon
14:30 - 15:00	Refreshment Break and opportunity to visit the Exhibition Room, Diabetes Research Village and Diabetes Village and Technology Programme		
15:00 - 15:45	Putting Your Best Foot Forward	Graham Bowen	The Avon
All day from 8:45	Enjoy all day refreshments, share fundraising fun and meet others in our Community Area		The Grange Bar The Diabetes Village
All day from 9:00	Meet the Experts in our Exhibition Room		The Kenilworth Suite The Grange Bar
All day from 9:00	Meet our Researchers in the Research Village		The Kenilworth Suite
All day from 9:45	View our DRWF Research Film		The Stoneleigh
All day from 9:45	Technology Workshops	Dexcom Abbott Advanced Therapeutics Insulet	The Hamlet (Lower Ground Floor)



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

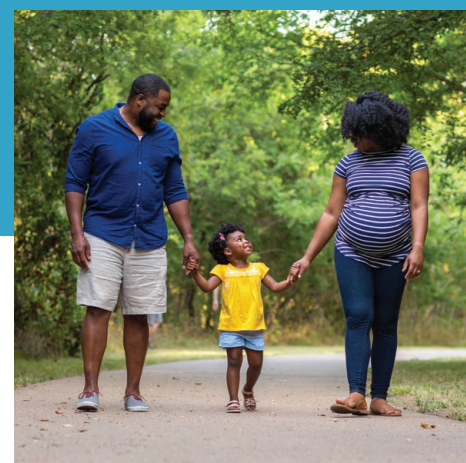


Type 1 Family & Children's Programme

Time	Topic	Speakers	Location
8:45	Registration and Refreshments		The Kenilworth Foyer and The Grange Bar
8:45 - 9:45	Opportunity to visit the Research Village, Diabetes Village and Exhibition Room		The Kenilworth Suite The Kenilworth Foyer The Grange Bar
9:45 - 11:15	Mammoths, Hedgehogs and Living Well with Type 1 Diabetes for all the Family	Dr Rose Stewart Katie Lamb	The Hamlet, Prospero and Oberon Lower Ground Floor
11:15 - 12:00	Refreshment Break and opportunity to visit the Research Village, Technology Programme and Exhibition Room		
12:00 - 13:00	Experts Panel Discussion Type 1 Diabetes and Transition in Children, Young People and Young Adults	Dr Renuka Dias Dr Rose Stewart Dr Meera Ladwa Nicholas Diaper	The Hamlet, Prospero and Oberon Lower Ground Floor
12:00 - 13:00	Creating Digital Diabetes Art with Katie and Other Fun Activities	Katie Lamb Jade Poulton, Loretta Meer, Terri-Ella Meer and Lillie-May Meer	The Oberon and Prospero and Family Lounge
13:00 - 14:00	Hot and Cold Buffet Lunch		The River Room Restaurant
14:00 - 14:45	Dare to Dream, Flying with Diabetes	Douglas Cairns	The Oberon and Prospero and Family Lounge
All day from 8:45	Enjoy all day refreshments, share fundraising fun and meet others in our Community Area		The Grange Bar The Diabetes Village
All day from 9:00	Meet the Experts in our Exhibition Room		The Kenilworth Suite The Grange Bar
All day from 9:00	Meet our Researchers in the Research Village		The Kenilworth Suite
All day from 9:45	View our DRWF Research Film		The Stoneleigh
All day from 9:45	Technology Workshops	Dexcom Abbott Advanced Therapeutics Insulet	The Hamlet (Lower Ground Floor)



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



Type 2 Diabetes Programme

Time	Topic	Speakers	Location
8:45	Registration and Refreshments		The Kenilworth Foyer and The Grange Bar
8.45 - 10.00	Opportunity to visit the Research Village, Diabetes Village and Exhibition Room		The Kenilworth Suite The Kenilworth Foyer The Grange Bar
10:00 - 10:45	Diabetes Question Time	Dr Parijat De Joanne Lloyd	The Stratford
10:45 - 11:15	Refreshment Break and opportunity to visit the Research Village, Technology Programme and Exhibition Room		
11:15 - 12:00	Putting Your Best Foot Forward	Graham Bowen	The Stratford
12:00 - 12:45	Hot and Cold Buffet Lunch		The River Room Restaurant
12:45 - 13:30	Eating Well with Type 2 Diabetes	Lisa Poole	The Stratford
13:30 - 14:00	Refreshment Break and opportunity to visit the Exhibition Room, Diabetes Research Village and Diabetes Village and Technology Programme		
14:00 - 14:45	Diabetes and the Kidney	Dr Sue Jones	The Stratford
14:45 - 15:00	Comfort Break		
15:00 - 15:45	Type 2 Diabetes and Sick Day Rules	Dr Mayank Patel	The Stratford
All day from 8:45	Enjoy all day refreshments, share fundraising fun and meet others in our Community Area		The Grange Bar The Diabetes Village
All day from 9:00	Meet the Experts in our Exhibition Room		The Kenilworth Suite The Grange Bar
All day from 9:00	Meet our Researchers in the Research Village		The Kenilworth Suite
All day from 9:45	View our DRWF Research Film		The Stoneleigh
All day from 9:45	Technology Workshops	Dexcom Abbott Advanced Therapeutics Insulet	The Hamlet (Lower Ground Floor)



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





Diabetes Management System

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ALLY Home enables you to simply monitor your diabetes results from the AgaMatrix WaveSense JAZZ and WaveSense JAZZ WIRELESS blood glucose meters.

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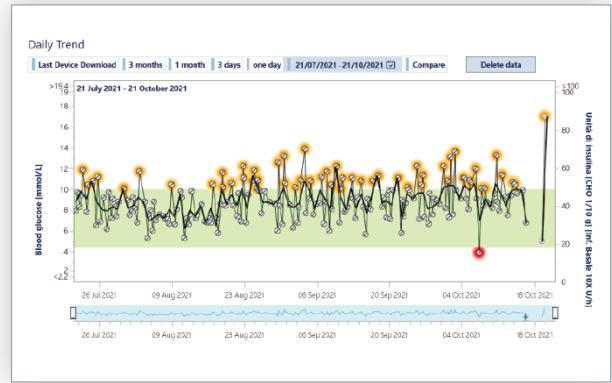
Download ALLY Home to your PC and upload results from your JAZZ meter using a free of charge cable.



Alternatively, sync data from your JAZZ WIRELESS meter to the AgaMatrix Diabetes Manager app. The app can be linked to ALLY.

Discover Patterns and Trends

View a choice of reports and graphs to help simplify your diabetes management.



Share and Review

Easily share data with your Diabetes Care Team using reports. Review your results together with your Healthcare Professional.*



Download ALLY Home for free by visiting www.agamatrix.co.uk/ally For more information call Customer Care on 0800 093 1812 or email customercare@agamatrix.co.uk

*Only applicable for Diabetes Care Teams who are using the ALLY Diabetes Management System. ©2023 AgaMatrix, Inc. All rights reserved. 7500-10319 Rev A



Diabetes Technology Programme

Time	Topic	Speakers	Location
8:45	Registration and Refreshments		The Kenilworth Foyer and The Grange Bar
8.45 - 10.15	Opportunity to visit the Research Village, Diabetes Village and Exhibition Room		The Kenilworth Suite The Kenilworth Foyer The Grange Bar
10:15 - 10:45	Dexcom CGM and Diabetes Management	Dexcom Education Team	The Hamlet (Lower Ground Floor)
11:00 - 11:30	Insulin Pumps and The Closed Loop System	Advanced Therapeutics Education Team (Dana-i Insulin Pump)	The Hamlet (Lower Ground Floor)
11:45 - 12:15	FreeStyle Libre 2 and Diabetes Management	Abbott Education Team	The Hamlet (Lower Ground Floor)
12:00 - 13:30	Hot and Cold Buffet Lunch		The River Room Restaurant
13:30 - 14:00	Dexcom CGM and Diabetes Management	Dexcom Education Team and Dexcom Warriors	The Hamlet (Lower Ground Floor)
14:15 - 14:45	FreeStyle Libre 2 and Diabetes Management	Abbott Education Team	The Hamlet (Lower Ground Floor)
15:00 - 15:30	Insulin Pumps and The Closed Loop System	Advanced Therapeutics Education Team (Dana-i Insulin Pump)	The Hamlet (Lower Ground Floor)
15:45 - 16:15	Omnipod® Simplify Life™ with Tubeless Insulin Delivery	Insulet Education Team Maker of Omnipod	The Hamlet (Lower Ground Floor)
All day from 8:45	Enjoy all day refreshments, share fundraising fun and meet others in our Community Area		The Grange Bar The Diabetes Village
All day from 9:00	Meet the Experts in our Exhibition Room		The Kenilworth Suite The Grange Bar
All day from 9:00	Meet our Researchers in the Research Village		The Kenilworth Suite
All day from 9:45	View our DRWF Research Film		The Stoneleigh
All day from 9:45	Technology Workshops	Dexcom Abbott Advanced Therapeutics Insulet	The Hamlet (Lower Ground Floor)



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



Diverse Communities Programme

Time	Topic	Speakers	Location
8:45	Registration and Refreshments		The Kenilworth Foyer and The Grange Bar
8:45 - 10:15	Opportunity to visit the Research Village, Diabetes Village and Exhibition Room		The Kenilworth Suite The Kenilworth Foyer The Grange Bar
10:15 - 11:15	Expert Panel Discussion Diabetes Diagnosis and Identifying Types in Diverse Communities	Dr Shivani Misra Dr Meera Ladwa Dr Kash Patel Sanjay Gohil	The Warwick Suite
11:15 - 12:00	Refreshment break and opportunity to visit the Research Village, Technology Programme and Exhibition Room		
12:00 - 13:00	Plant Based Eating and Diabetes. How to Make Savvy Dietary Choices	Azmina Govindji	The Warwick Suite
13:00 - 13:45	Hot and Cold Buffet Lunch		The River Room Restaurant
13:45 - 14:45	Managing Diabetes During Cultural Festivals and Holidays	Dr Hala Alsafadi	The Warwick Suite
15:00 - 15:45	The DESMOND Programme and Diverse Communities	Bernie Stribling	The Warwick Suite
All day from 8:45	Enjoy all day refreshments, share fundraising fun and meet others in our Community Area		The Grange Bar The Diabetes Village
All day from 9:00	Meet the Experts in our Exhibition Room		The Kenilworth Suite The Grange Bar
All day from 9:00	Meet our Researchers in the Research Village		The Kenilworth Suite
All day from 9:45	View our DRWF Research Film		The Stoneleigh
All day from 9:45	Technology Workshops	Dexcom Abbott Advanced Therapeutics Insulet	The Hamlet (Lower Ground Floor)



Please scan for more information on the Diverse Communities Programme and our speakers



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.



Professor Partha Kar OBE FRCP

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



Dr Iain Cranston

Consultant Physician in Diabetes
and Endocrinology
Portsmouth Hospitals NHS Trust



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



Dr Parijat De

Consultant Physician in Diabetes
and Endocrinology
Honorary Senior Clinical Lecturer
Sandwell and West Birmingham
Hospitals NHS Trust (SWBHT)



Azmina Govindji RD MBDA

Director, Azmina Nutrition
Award-winning Dietitian and Media
Nutritionist Media Spokesperson
British Dietetic Association



Graham Bowen

Principal Podiatrist
Solent NHS Trust



Dr Rose Stewart

Consultant Clinical Psychologist Diabetes
Psychology Lead
(BCUHB) Betsi Cadwaladr University
Health Board Author
Lecturer and Chair of UK Diabetes
Psychology Network



Katie Lamb

Artist and Advocate for Children
and Young People with Diabetes.



Paula Johnston

Lead Inpatient Diabetes Specialist Nurse
University Hospital Southampton NHS
Foundation Trust
Visiting Lecturer at University of
Southampton



Joanne Lloyd

Diabetes Specialist Nurse
Formerly - Sandwell and West
Birmingham Hospitals NHS Trust
(SWBHT)
Medical Education Associate
Abbott



Dr Kash Patel

Wellcome Trust Career Development Fellow
Consultant Physician in Diabetes and Endocrinology
University of Exeter



Dr Sue Jones

Consultant Physician in Diabetes
North Tees and Hartlepool NHS Foundation Trust



Dr Hala Alsafadi

Diabetes Consultant at West Hampshire Community Diabetes Team
Acute Medicine Consultant and Clinical Lead for Acute Medicine
Royal Hampshire County Hospital Winchester
Southern Health NHS Foundation Trust



Lisa Poole

DRWF Volunteer
Dietitian and Nutritionist and Mental Health Dietitian
Southern Health NHS Foundation Trust



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



Douglas Cairns

Founder and Director of 'Flying with Diabetes'



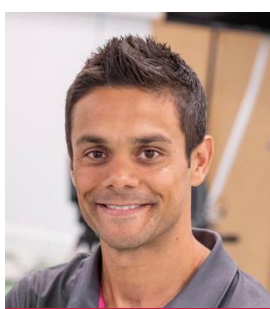
Dr Renuka Dias MBBS FRCPCH PhD

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



Sanjay Gohil

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



Nicholas Diaper

Head of Paralympic Performance Support at the UK Sports Institute.
Nik is a strong advocate for the positive role that peer support groups can play in supporting families affected by type 1 diabetes.



Bernie Stribling

Assistant Director of International and External Business Development,
Leicester Diabetes Centre

Dana-i

Insulin Pump

DISTRIBUTED IN THE UK BY:

 Advanced
 Therapeutics
 (UK) Ltd

Discretely control your Dana-i using your Smartphone!

- AAA alkaline battery
- Small & light
- Waterproof IP68 rating
- Full pump functionality including bolusing via smartphone
- Android & iOS compatible
- Designed for use with licensed Artificial Pancreas Systems e.g. CamAPS® FX
- 24 programmable insulin:carb ratios & correction factors



CamAPS® FX

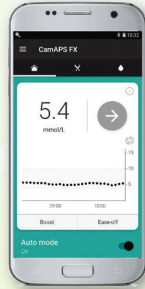
The hybrid closed-loop app that automatically adjusts insulin delivery on your Dana-i insulin pump based on your glucose sensor readings, see www.camdiab.com

CamAPS FX Users:

'This is absolutely AMAZING!! All my dreams answered ... I'm enjoying the diabetes holiday! First time we as parents were able to sleep the night straight since diagnosis.'

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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.

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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 longstanding programmes. Together, we are invested in a brighter future for people with diabetes, and today, you get the opportunity to meet them...



Dr Kashyap Patel, University of Exeter

Kash Patel is a Wellcome Trust Career Development Fellow and Consultant Physician in Diabetes and Endocrinology. His main area of research includes understanding the genetics of diabetes with a focus on Monogenic and Type 1 diabetes. His research uses next-generation sequencing technology and large data sets to improve diagnosis and understanding of monogenic diabetes in humans.

He was a Wellcome Trust PhD Research Fellow in prestigious MRC Protein Phosphorylation Unit in Dundee where he was awarded his PhD studying the glucose metabolism in the liver. After his PhD, he obtained Wellcome Trust Postdoctoral Fellowship to study monogenic diabetes in Exeter with by Professor Andrew Hattersley and Professor Sian Ellard. He is the recipient of prestigious Young Investigator awards from Diabetes UK and EASD-SGGD for his work in monogenic diabetes.



Kelly Carden, University Hospital Southampton

Kelly is a diabetes specialist nurse currently working as a transition outreach nurse with young adults aged 19-25. Kelly has been living with type 1 diabetes for 10 years. Kelly has an interest in diabetes research and enjoyed a secondment in research where she was able to co-lead on a underserved communities project. Kelly is interested in diabetes and mental health, improving care for young adults and for those with a cognitive impairment and type one diabetes.

Kelly is a co-founder of a peer support service, Sugarbuddies, for those living in Hampshire and Dorset where she has been able to meet others living with diabetes, make new friends and take part in challenges such as climbing Snowdon with others living with or working alongside those with diabetes.

Kelly enjoys sea swimming, cycling and being around most types of animals!



Nay Parnell

Nay has been living with type 1 diabetes for 16 years. After participating in several research projects herself, Nay went on to work in two different areas of diabetes research in the NHS: young adults with diabetes, and cognitive impairment in people with T1D.

A few years ago, Nay discovered peer support, she found it life changing and has since made lots of friends in the diabetes community, both in person and online. Nay loves to travel and explore, she has a Jack-a-poo pup called Oscar and they both enjoy beach days and hiking (and naps too).



Dr Rebecca Spiers, University of Oxford

Rebecca manages the DRWF Human Islet Isolation Facility in Oxford. The Islet Facility is a purpose-built cleanroom unit, commissioned and maintained with generous support from DRWF. The Facility isolates (extracts) pancreatic islet cells from deceased donor pancreases. The islets are used for transplantation in patients with Type 1 Diabetes who have unstable diabetes with severe complications.

Rebecca has been a part of the Islet Isolation Team since 2014. She completed her doctorate under the supervision of Prof Paul Johnson, the Facility Director. Her thesis focused on optimising the human islet isolation process. In particular, her research aims to define the structure and composition of the extracellular matrix which surrounds human islets. This matrix must be effectively broken down by specific enzymes in order to release the islets from the pancreas.



Dr Richard Hulse, Nottingham Trent University

My research programme is focused upon dissecting the mechanisms underpinning diabetic neuropathic pain to inform the development of new or refined therapeutic interventions. Our work explores how neurons that control our perception of pain can be damaged due to diabetes. In people living with diabetes, high levels of sugar as well as other metabolic factors such as obesity initiate molecular changes in these neurons as well as other aspects of the nervous system that controls pain. We have identified that hypoxia responsive factors respond to these changes causing diabetic neuropathic pain.



Dr Shivani Misra, Imperial College London

Dr Shivani Misra is a Consultant in Diabetes and Metabolic Medicine at Imperial College Healthcare NHS Trust and a diabetes researcher in Imperial College London. Dr Misra graduated from medical school in 2005 and has actively pursued a research career in diabetes over the last decade. She set up the MY DIABETES study as a PhD student, to examine types of diabetes in different ethnic groups and received the Sutherland-Earl Clinical Research Fellowship from the DRWF to fund this. Her current clinical activity focuses on people with diabetes diagnosed at young age with unusual types of diabetes and on young-onset type 2 diabetes. Dr Misra was a recipient of the prestigious European Federation for the Study of Diabetes Future Leaders Mentorship Award in 2017 and continues to balance clinical and research activity in diabetes.



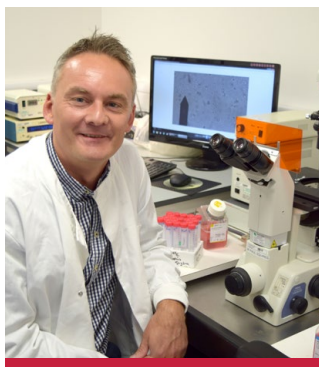
Dr Stephanie J. Hanna PhD FHEA, University of Cardiff

Stephanie Hanna is currently the 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.



Professor Claire Hills, University of Lincoln

Claire Hills is Professor of Renal Physiology and Head of kidney research at the University of Lincoln. Celebrating women in Physiology, Claire was the recipient of the biannual 2019 Joan Mott Prize Lecture (The Physiological Society), and is a champion of women in Science, Technology, Engineering and Mathematics (STEM). She has published numerous research articles and received international recognition for her cutting-edge science examining how inflammation and ageing contribute to the onset and progression of kidney complications in diabetes. Recipient of the Nick Hales (Diabetes UK) and Eli Lilly (European foundation for the Study of Diabetes) Young Investigator Awards, Claire now contributes to Diabetes UK Research Steering Group (DRSG) 6 to help improve the lives of people with or at risk of diabetes through research. The group brings together researchers, healthcare professionals and people living with or at risk of diabetes, to pinpoint precisely where more research needs to happen so we can make the greatest possible difference to the lives of people with diabetes. As Basic Science Editor for Diabetic Medicine, the Society Journal for Diabetes UK, Claire is an ardent advocate of promoting the development of early career researchers in diabetes. Claire is currently examining the use of SGLT2i's on cardio-renal (Heart-Kidney) interactions in diabetes and has instigated several projects with the Lincolnshire Heart Centre (ULHT).



Professor Paul Squires, University of Lincoln

Paul Squires is Professor of Biomedical Science and Lead of the Diabetes, Metabolism & Inflammation Group at the University of Lincoln. As Fellow of the Physiological Society, Paul has 35 years experience in diabetes and endocrinology and has worked in several research institutions, including the University of Sheffield, University of British Columbia in Vancouver, and King's College London. As Course Director for Biomedical Science, Paul was involved in the development of the Leicester/Warwick Medical School and is now helping establish clinical research within between the United Lincolnshire Hospital NHS Trust (ULHT) and the new Lincoln/Nottingham Medical School. Recipient of several international awards for his research into diabetes, he was the RD Lawrence Research Fellow for Diabetes UK and has served on the Research Advisory Boards for Diabetes UK, the European Foundation for the Study of Diabetes, the Diabetes Wellness Network (Sweden) and DRWF. The focus of his research programme examines how different cells talk to each other and their local environment in disease and how we can help improve the conversation. Despite working in Lincoln, he still lives in Kenilworth with his wonderful wife, Professor Claire Hills.



Professor F. Susan Wong, FRCP, PhD, FHEA, FLSW, Honorary Consultant Physician in Diabetes, University of Cardiff

F. Susan Wong is currently Professor of Experimental Diabetes and Metabolism at Cardiff University and Honorary Consultant Physician in Diabetes at the University Hospital of Wales, Cardiff. She trained in Medicine, and subsequently specialized in adult Diabetes and Endocrinology at Kings College London University, where she also obtained her PhD. Following a post-doctoral period of training in Immunology at Yale University, USA, with Charles Janeway, she returned to the UK to commence her independent research career with a Medical Research Council UK senior fellowship.

She has many years of research into the causes of type 1 diabetes, focusing on the role of the adaptive immune system, particularly CD8 T cells and B cells, as well as innate immunity related to the gut microbiome. She has interests in the development of immunotherapy for Type 1 diabetes, and is a member of the Type 1 Diabetes UK Immunotherapy Consortium, supporting clinical trials in the immunotherapy of Type 1 diabetes.

She has been honoured to receive the Diabetes UK Dorothy Hodgkin Award in 2018 and the JDRF Gerold and Kayla Grodsky Award in 2021 for contributions to basic science research in type 1 diabetes.



Dr Nerys Astbury

Nerys M Astbury is a Senior Research in Diet & Obesity at the Nuffield Department of Primary Care Health Sciences, University of Oxford.

Her research has focused on developing and testing effective weight loss interventions, with a particular emphasis on preventing and managing diabetes.

More recently she has been exploring methods of weight management in women before, during and after pregnancy. With relevance to diabetes that exists of developing before, during and after pregnancy and the impact of these conditions on longer term health in the mother and her infant.

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Karen is the Community Fundraiser for DRWF and is donating ALL proceeds from the sale of her candles to the charity to further their aims supporting people living with diabetes and funding vital research.



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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 We would love you to **JOIN US!**

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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



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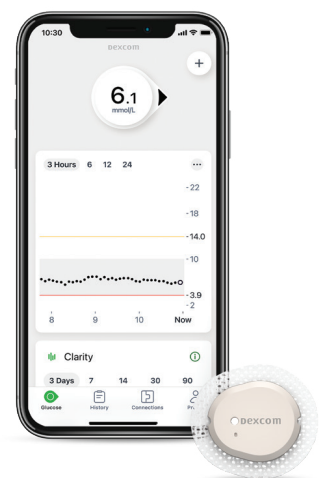
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¹ Dexcom G6 and Dexcom ONE User Guides.

² Shah V LL, Wadwa P, et al. Performance of a Factory-Calibrated Real-Time Continuous Glucose Monitoring System Utilizing an Automated Sensor Applicator. *Diabetes Technology and Therapeutics*. 2018;20(6).

³ Dexcom is approved for children 2 years old or above.

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