



Diabetes Research & Wellness Foundation

Diabetes Wellness Event Programme 2022

Inform • Inspire • Empower



We're finally getting
back together again
to support people
living with diabetes

**We'd love you
to join us**



See inside for more information or to register your place

We all need help managing our diabetes. Join us at one of our award-winning Diabetes Wellness events and discover some new skills, knowledge, and tools to take more control of your health and wellbeing.

DIABETES WELLNESS DAYS

We know living with all forms of diabetes can be a daily challenge. Our Diabetes Wellness Days provide a relaxed and informal setting where you can learn about the many aspects of managing your diabetes. Family members, friends and carers are encouraged to attend too.

Our days create a sense of community and bring together a wealth of information, expertise, and knowledge under one roof. Each day features an exhibition area where you will have the opportunity to meet and chat with the visiting healthcare professionals, community groups, holistic practitioners and diabetes industry experts who will be on hand to offer advice on the latest diabetes-related information, products, and services.

Alongside the exhibition area, a full programme of interactive talks and workshops will take place throughout the day, all delivered by the specialist diabetes teams from your local area. DRWF subsidise these days as part of our key objective activities and they are only £5 per person to attend.

DIABETES WELLNESS FAMILY CAMPS

DRWF, in collaboration with children's charity Over the Wall, provide two annual events for children aged 0-17 living with Type 1 Diabetes and their families.

TYPE 1 FAMILY CAMP

This two-night residential activity camp recognises the challenges that Type 1 Diabetes places on the whole family and offers an opportunity for bonding, serious fun, and friendship. Camp is about making connections with other families in a similar situation and meeting new friends. You will be encouraged to try a range of activities including high ropes, abseiling, canoeing, climbing and arts and crafts together as a family. All the activities are designed to help create a sense of achievement and we take great pride in ensuring that every one of our campers leave camp feeling more resilient, confident, energised, and positive than when they arrived! Volunteers, medical and nursing staff who have experience in dealing with a huge variety of paediatric conditions will be there the whole weekend to offer their support. Camps are entirely FREE, and all accommodation, food and activities are subsidised by both charities.

CAMP IN THE CLOUD

This is a **FREE** to attend one-day virtual camp. These innovative, inclusive, and engaging camps feature a virtual programme where families can experience the magic of a DRWF and Over the Wall camp from the comfort of their home. Campers are given exclusive access to the bespoke Camp in the Cloud platform, where they can engage with a mixture of online and real-life activities. There are opportunities for campers and families to interact with other families who are attending the same Camp in the Cloud, through secure message boards and fun video calls. Campers are sent our 'Seriously Fun Box' in the post, containing every single resource they need to participate.

UNITED THROUGH DIABETES VIRTUAL EVENT

DRWF in partnership with Diabetes Professional Care return with this FREE to attend innovative virtual event. The United Through Diabetes programme offers an informative and engaging online event aimed at people living with all forms of diabetes, as well as family members, care givers and diabetes healthcare professionals. The comprehensive programme covers many key topics to provide personal know-how, practical tools, and information to help with good diabetes self-management. Our aim is to help give you the confidence and knowledge you need to take control of your own health and diabetes journey.

SAVE THE DATE!



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Diabetes Wellness Type 1 Family Camp

Saturday, 30th April - Monday, 2nd May 2022
NAYC and ACUK, Whitemoor Lakes, Staffordshire



Diabetes Wellness Day South

Saturday, 14th May 2022
Solent Hotel, Whiteley, Hampshire



Diabetes Wellness Day Midlands

Saturday, 24th September 2022
Chesford Grange, Kenilworth, Warwickshire



**Virtual Type 1 Family Camp
Camp in the Cloud**

15th October 2022



Diabetes Wellness Day North

Saturday, 26th November 2022
The National Museum of the Royal Navy, Hartlepool



United Through Diabetes Virtual Event

November - Date TBC

WHAT OUR DELEGATES AND COLLEAGUES SAID:

"I felt that the day exceeded my expectations as a volunteer. It was great to be part of a team of people who were so committed to getting better patient outcomes and Wellness for people with Diabetes."

Maggie Meer

Founder of Diabetes Professional Care (DPC)



"I attended the day with my wife to hopefully learn more about living with diabetes, new drugs and treatments, tips and advice. Well, to put it straight to the point, I was amazed on how much I learned. It has helped me see so many new ways of assisting my wife to keep her diabetes under control and in seeking support from our diabetes team. Thank you for all your help and we look forward very much to seeing you all next year."

Gordon and Doreen Luck

Diabetes Wellness Day Delegates



"People live with diabetes day in, day out. Not everyone can be seen regularly by a diabetes specialist. Access to high quality education of an appropriate standard in an appropriate setting is fundamental if we are to see engagement and successful self-management. Education is pivotal if we are to empower people to take charge of their diabetes as much as possible. I am honoured to support these unique events provided by DRWF for people living with diabetes."

Dr Mayank Patel

Physician in Diabetes, University Hospital Southampton NHS Foundation Trust



ACKNOWLEDGMENT AND RECOGNITION

DRWF's Diabetes Wellness events have been recognised by the Sanofi Diabetes (QiC) Quality in Care Award Programme and are the recipients of a national award in Empowering People with Diabetes. This national award recognises innovative practice demonstrating quality in diabetes management, education, and services for people with diabetes and/or their families, throughout the UK. In November 2018 DRWF was also thrilled to be awarded Charity of the Year at the Diabetes Professional Care (DPC) Industry Awards.



BOOKING FORM

DIABETES WELLNESS DAY INSTRUCTIONS

We only ask a nominal registration fee of £5 per person to attend each of the Diabetes Wellness Days. Your registration fee includes the full programme, the exhibition area, all-day refreshments, a healthy lunch, delegate bag and parking. If you need to travel, special hotel rates can also be provided. To register your place/s easily please use the Eventbrite links below.

SOUTH

southdiabetes.eventbrite.co.uk

MIDLANDS

midlandsdiabetes.eventbrite.co.uk

NORTH

northdiabetes.eventbrite.co.uk

Alternatively please complete (including the names of everyone attending with you) this form and return it with your enclosed registration fee of £5 per person, per event. Cheques can be made payable to DRWF.

OTHER EVENTS INSTRUCTIONS

For all our other events, please return this form or e-mail **events@drwf.org.uk** or telephone Educational Event Co-ordinator, Lee Calladine on **023 92 636133** for more details.

RETURN ADDRESS

Mr. Lee Calladine, DRWF, Building 6000, Langstone Technology Park, Havant, Hampshire, PO9 1SA.

Please make cheques payable to DRWF.

Event Attending: _____

Title: _____ **First Name/s:** _____

Surname: _____

Address: _____

_____ **Postcode:** _____

Telephone: _____ **Email:** _____

If you would like to pay by credit or debit card, please contact Event Coordinator Lee Calladine direct on **023 92 636133**.

We'd love to keep you updated by e-mail about future Diabetes Wellness Days and other things that may be of interest such as the latest diabetes news and guidance, fundraising events and other DRWF activities.

☐ **Yes, please keep in touch by e-mail about the above DRWF activities**

☐ **No, I prefer not to hear more from DRWF about the above activities**

DATA PROTECTION: DRWF is committed to protecting your personal data and complying with relevant legislation and codes of practice. We will process your data for the purposes for which it is being collected here and in accordance with our Privacy Notice.

For more information, please visit our website www.drwf.org.uk/privacy-notice

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DRWF ARE ONLINE.

Visit our website and follow us on social media for the latest diabetes news, updates on our events and funded research, and helpful information for managing your diabetes.

 www.drwf.org.uk

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 [healthunlocked.com/drwfdiabetes](https://www.youtube.com/healthunlocked.com/drwfdiabetes)