

Gaia Wellness Weekend for Women with Diabetes

Weekend Programme



Friday, 18th September

Time	Session	Location
3pm	Arrival and Check In	Main Reception
6:30pm	Meet and Greet Welcome Reception	The Crusader's Bar
7:30pm	Private Dining	The Little Barn
	After Dinner Chill Out Time	

Saturday, 19th September

Time	Session		Location
6am - 10am	Buffet Breakfast Served between these times		Napier's Restaurant
8am – 8.30am	Get Moving Light Morning Exercise	Vanessa Haydock Board Certified Behaviour Analyst (BCBA) EIQ Certified Online Health and Fitness Coach Level 3 Personal Trainer Nutritional Advisor and Public Speaker	The Hotel Gardens <i>Alternatively, we will do seated exercises in The Little Barn if the weather doesn't allow us to go outside.</i>
9am	Refreshments Available		The Little Barn
9am – 9:15am	Welcome and Introduction The role of charities in improving and supporting women's health and wellness	Sarah Tutton Chief Executive Diabetes Research & Wellness Foundation	The Little Barn
9:15am – 10:15am	Informed, Inspired and Empowered. Fireside Discussion	Dr Clare Nieland President British Society of Lifestyle Medicine	The Little Barn

	In this opening session of the weekend Dr Clare Nieland looks at how diabetes is just one aspect of a full life and how we manage it as part of our overall health, wellbeing and lifestyle. Dr Nieland will be joined by DRWF CEO Sarah Tutton for a fireside discussion and to take questions posed by the ladies joining us at the weekend.	Sarah Tutton Chief Executive Diabetes Research & Wellness Foundation	
10:15am – 11am	Mind over Matter A personal diabetes journey Top 10 strategies to improve the mindset towards managing diabetes. Exploring diabetes and behaviour change tactics from a behaviour analyst's lived experience.	Vanessa Haydock Board Certified Behaviour Analyst (BCBA) ElQ Certified Online Health and Fitness Coach Level 3 Personal Trainer Nutritional Advisor and Public Speaker	The Little Barn
11am - 11.15am	Coffee Break		The Little Barn

11:15am – 11:45pm	The Gender Gap in Healthcare A look at inequality in healthcare, research and diabetes management: Addressing the unique needs of women's health	Greta Ehlers MedTech Professional Public Speaker Diabetes Advocate	The Little Barn
11:45am - 12.30pm	The Unspoken Impact: Sexual Health and Intimacy An honest look at how diabetes affects physical intimacy, from managing sensory issues with devices (pumps and CGMs) to addressing less-discussed symptoms like hypoglycaemia, hyperglycaemia and changes in libido	Greta Ehlers MedTech Professional Public Speaker Diabetes Advocate	The Little Barn
11:45am - 12:30pm <i>Alternative Session</i>	Guided Meditation and Mindfulness in Nature	Carrie Setford Calm with Carrie	The River Gazebo <i>Gather outside the Hinksey where Carrie is doing her massages.</i>

12.30pm - 1.30pm	Lunch		Napier's Restaurant
1:45m – 2:45pm	Pregnancy and Diabetes - A Journey Across Shifting Sands Navigating the intensive management required for a healthy pregnancy, the unique challenges of gestational diabetes, and the emotional toll of balancing maternal health with foetal well-being. We will also explore managing diabetes during menopause and perimenopause	Dawn Adams Diabetes Midwife The Southern Health and Social Care Trust Northern Ireland	
1:45pm - 2:45pm <i>Alternative Session</i>	Guided Meditation and Mindfulness in Nature	Carrie Setford Calm with Carrie	The River Gazebo <i>Gather outside the Hinksey where Carrie is doing her massages.</i>

3pm - 4pm	Merging Diabetes, Life and Technology Meet the team from Dexcom and Insulet / Omnipod who will be us all day on Saturday to share their expertise and answer all your questions	Your Insulet / Omnipod Team Charlotte Gomes Frankie Furlong Your Dexcom Team Kym Fearn June Murphy Abby Blockley	The Little Barn
4pm - 5pm	Diabetes Q&A Panel	Sarah Tutton Dawn Adams Vanessa Haydock Greta Ehlers	The Little Barn
5pm - 7pm	Free time		
7pm	Pre-Dinner drinks		The Crusader's Bar
7.30pm	Private Dining		The Little Barn
After Dinner	Team Quiz Night	      	The Little Barn

Sunday 20 th September			
Time	Session	Guest Speaker	Location
6am - 10am	Buffet Breakfast Served between these times		Napier's Restaurant
8am – 8.30am	Get Moving Light Morning Exercise	Vanessa Haydock Board Certified Behaviour Analyst (BCBA) EIQ Certified Online Health and Fitness Coach Level 3 Personal Trainer Nutritional Advisor and Public Speaker	The Hotel Gardens <i>Alternatively, we will do seated exercises in The Little Barn if the weather doesn't allow us to go outside.</i>
9.00am -10:30am	Sound Bath Experience Let the soothing vibrations of gongs and singing bowls guide you on an inner journey back to your essence. This experience is a gentle invitation to move through	Dawnie Queenager-Tottle	Iffley and Cowley <i>Opposite the Little Barn</i>

	doorways of perception, allowing you to clear old patterns and embrace a sense of renewal. All the women need to bring a yoga or Pilates mat, a cushion or small pillow and a comfy blanket		
10.30am -11am	Coffee Break		The Little Barn
11am -12:30pm	Weekend Reflections, Thoughts and Expressions Local coach and writer Jane Thomas who also lives with Type 1 Diabetes (janethomas.org) brings the weekend to a close with a thought-provoking and interactive session of discussion, inner reflection and expression, exploring what we have learned personally, together and as a shared experience with other women living with diabetes.	Jane Thomas Poet Writer Advocate	The Little Barn

	Each participant is invited to bring a small piece of nature, perhaps a leaf, a flower, a stone or a twig, to help create a group mandala. From there we'll move into a short meditation and a period of reflective writing, finishing with an optional opportunity to share thanks with the group.		
12.30pm	<i>Sunday Roast Lunch</i>		<i>Napier's Restaurant</i>
<i>Goodbyes</i>			

