LANCASHIRE LIVING WITH DIABETES DAY

People living with diabetes and those at risk of the disease are invited to a second annual event at the University of Central Lancashire (UCLan) to learn more about coping with the condition and staying as healthy as possible.

Following the success of the inaugural Living with Diabetes Day last year, UCLan has again teamed up with the Diabetes Research & Wellness Foundation and specialist diabetes teams from Lancashire Care NHS Foundation Trust and Lancashire Teaching Hospitals NHS Foundation Trust to run the event again on Saturday 21 March.

Recent figures\* suggest that over 73,000 people in Lancashire were living with diabetes in 2012. It is estimated that this will rise to over 99,000 by 2030 if no changes are made.

The event is for people with both type one and type two diabetes, people at risk of developing the disease, carers or even people with a general interest in the condition, to allow them to meet healthcare professionals, exercise specialists and dietitians. Visitors can participate in interactive workshops, including how to prevent long-term complications, glucose monitoring and amputation prevention.

Dr Swrajit Sarkar, UCLan associate lecturer in nutritional sciences, is organising the event. He said: “This regional event will provide a unique opportunity for people in Lancashire to access a wealth of information and support under one roof. It will allow them to speak to visiting healthcare professionals from local specialist diabetes teams, researchers, academics and professionals in exercise, diet and nutrition.

“We recognise the benefits of sharing and discussing concerns and experiences with like-minded people and healthcare professionals outside of the surgery or clinic setting in a supportive, relaxed and informal environment.”

Attendees can also take part in an exercise class at the end of the day, delivered by UCLan physiotherapy lecturer Colin Hayes, to learn some basic exercises that can be done at home.

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Christine Elwell, Diabetes Dietitian and Diabetes Education Coordinator at Lancashire Care NHS Foundation Trust said: “We’re really pleased to be part of this important awareness raising event. As a Trust we look to support any opportunity for people to understand more about living with diabetes and developing skills that can promote health for themselves and their families. On the day we will be running a food education workshop as well as promoting the DESMOND courses that we run across Central Lancashire.”

Lee Calladine, Educational Event Co-ordinator from Diabetes Research & Wellness Foundation, said: “We are extremely pleased to be supporting and sponsoring the second Lancashire Living with Diabetes Day, and to be working collaboratively with Dr. Swrajit Sarker, UCLan and the specialist diabetes teams from across the North West.

“This unique event will bring together people living with both type one and type two diabetes, healthcare professionals, researchers and academics to create a day filled with helpful, informative and fun information about diabetes. We hope people attending leave feeling invigorated with new tools, skills and with an even greater understanding and enthusiasm of how to manage their diabetes so they can live life to the full.”

The event on Saturday 21 March will be held in Darwin Lecture Theatre 8.30am – 4.30pm. There is a £5.00 registration fee for the event which includes lunch and parking. All proceeds (less admin costs) will be donated to the Diabetes Research & Wellness Foundation.

To register for the event or for more information contact the Diabetes Research & Wellness Foundation on 023 92 636133 or [events@drwf.org.uk](mailto:events@drwf.org.uk)​