



East Staffordshire And Surrounds Diabetes UK Patient Network

Next virtual meeting

Thursday 22nd September 2022 between 6.30pm and 8.30pm.

We will be having a presentation from Shelly Arkless, who is Cognitive Behavioural Therapist from the Staffordshire and Stoke on Trent Wellbeing Service, who has kindly agreed to lead a session on wellbeing with her colleague Lucy Hudson, a Senior Psychological Wellbeing Practitioner.

As with previous meetings, it will be held via Zoom and is open to everybody who either has diabetes, knows and/or cares for someone with diabetes, or has an interest in diabetes.

Please find below the details regarding registration for the meeting

You are invited to a Zoom meeting on Sep 22, 2022, starting at 06:30 PM London
Register in advance for this meeting by going onto the following link:

https://us02web.zoom.us/meeting/register/tZMldO6urjoqGNHd6fi4qfzokPVHeQS_AnaK

After registering, you will receive a confirmation email containing information about joining the meeting.

Agenda

1. Welcome and Introductions
2. Presentation from Shelly Arkness and Lucy Hudson
3. Update on the 2022 Project Work
4. Update on the Shobnall Fun Day August 24th
5. Plans for World Diabetes Day in November 2022
6. Conference at Wolverhampton 19th November
5. Members' Feedback.
6. Diabetes UK Feedback.
7. Social Evening
8. Any Other Business.

Please forward this poster to anyone whom you consider would be interested

Best wishes

John

John Bridges

Chair East Staffordshire and Surrounds Diabetes UK Patient Network

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