

# 2025 Programme

Our 'meet the expert' meetings are held on the **third Thursday of the month from 7pm**, at Norfolk Chambers, 11 Norfolk Row, Sheffield, S1 2PA.



How to  
find us



**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.  
**SHEFFIELD GROUP**

All our meetings are in person and online. Please check [www.sheffielddiabetesuk.group](http://www.sheffielddiabetesuk.group) for details.

Date & Time	Topic / Title	Guest Presenter
Thursday 16th January 7pm	<b>Annual General Meeting</b> Review 2024 with reports from committee members, share your ideas and join the team!	All welcome!
Thursday 20th February	<b>Making 2025 Your Year</b>	<b>Sue Kesterton</b> , Expert in Motivation, Health and Wellbeing in Health Conditions
Thursday 20th March	<b>Diabetes and Weight</b>	<b>Dr Carol Auma</b> , Nutrition Lecturer & Researcher, <b>Donna Krukowski</b> , MoreLife, <b>Kirsty Burdett</b> , South Yorkshire Diabetes Lead Pharmacist, <b>Heather Richmond</b> , Reed Wellbeing
Thursday 17th April	<b>Low Blood Sugars matter</b> avoiding them <b>and</b> staying on track!	<b>Dr Ahmed Iqbal</b> Senior Lecturer and Consultant in Diabetes
Thursday 15th May	<b>Pre-conception, pregnancy, and gestational Diabetes</b>	<b>Dr Emma Walkinshaw</b> , Consultant in Diabetes and Diabetes Pregnancy Lead <b>Carly Devin</b> , Specialist Diabetes Dietitian
Thursday 19th June	<b>How Primary Care supports people with Diabetes</b>	<b>Katie Whitehead</b> , Practice Nurse <b>Dr Seleena Thukral</b> and <b>Dr Ras Perera</b> , GPs Special Interests in Diabetes & Culinary Medicine

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Thursday 17th July	<b>Research Update</b>	<b>Professor Simon Heller</b> , National Health Research Lead in Diabetes <b>Dr Debasish Kar</b> , GP at Sharrow Lane Medical Centre <b>Dr Ning Ma</b> , Lecturer in Medical Computing <b>Dr Vitor CM Neves</b> , Senior Clinical Lecturer
August	-	-
Thursday 18th September	<b>The Art of Diabetes and Mouth Health</b> Type 1, Type 2, and Teeth	<b>Dr Vitor CM Neves</b> , Senior Clinical Lecturer <b>Emily Grayson</b> , Dental Nurse
Thursday 16th October	<b>Flavour of the Month</b> An update on a current food related topics	Sheffield's Specialist Diabetes Dietitians
<b>Saturday</b> 8th November	<b>Diabetes and Hope</b>	<b>Andy Broomhead</b> , Former Chair of Sheffield Diabetes UK addressing Diabetes Stigma <b>Allison Low</b> , South Yorkshire Children and Young People's Diabetes Lead <b>Dr Amar Puttanna</b> , Leading Expert on Diabetes and Ageing <b>Dr Seleena Thukral</b> , GP specialist in Diabetes <b>Scott Pickles</b> , Reducing Sight Loss across Sheffield
Thursday 20th November	<b>OCEANIC</b> and reversing neuropathy	<b>Professor Solomon Tesfaye</b>
★ ★ Thursday 11th December	<b>Sheffield Diabetes UK Festive Social</b> and draw of Annual Fundraising Raffle	Santa Claus ★ ★

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