

2026 Programme

v2 Dec 25

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.

All our meetings are in person and online. Please check www.sheffielddiabetesuk.group for details.

Date & Time	Topic / Title	Guest Presenter
Thursday 15th January 7pm	Annual General Meeting Reviewing 2025, planning 2026 and committee elections	2025's Committee Members and Jenni Shaw and Hannah Morrow from Diabetes UK's North Team
Thursday 19th February	Every Move Counts - and Eudaimonic Wellbeing for Health	Dr Sharon Newson PhD , from Rotherham NHS's brilliant and life changing Every Move Counts
Thursday 19th March	Transition Service	Dr Jackie Elliott , Consultant in Adult Diabetes, and a guest from the Sheffield Children's Diabetes Team
Thursday 16th April	Diabetes and Sleep Is sleep a Superpower?	Dr Mouli Banerjee , Consultant in Diabetes, Bolton NHS Trust and hopefully guests from Sheffield's Understanding Insomnia & Improving Sleep course
Thursday 21st May	OCEANIC	Professor Solomon Tesfaye , Sheffield Diabetes UK Group President & members of his team
Thursday 18th June	Progress and understanding in disordered eating & diabetes	Mary Wood , South Yorks ICB Eating Disorders Clinical Lead and Aisling Piggott Children's Specialist Dietitian in Wales
Thursday 16th July	Research Update	Simon Heller , Professor of Diabetes at Sheffield University, and research guests
August	SUMMER BREAK	-
Thursday 17th September	What happens to our diabetes if we're admitted to hospital?	Cheryl Smith , Diabetes Specialist Nurse Dr Ian Peterson , Hospital Consultant living with diabetes. Rachel Buckle , Specialist Catering Dietitian, STH
Thursday 15th October	Diabetes, Food and Nutrition (exact topic tbc)	Sheffield's Specialist Diabetes Dietitians
November date tbc	Saturday Event or a collaborative event?	World Diabetes Day - Nov 14th Diabetes Awareness Month
Thursday 19th November	Diabetes and Work	Diabetes UK + Sheffield Occupational Health Advisory Service (SOHAS)
Thursday 10th December	Social	Guest presenter: Santa Claus

