

Let's review 2025, plan 2026 and elect the committee



Join us on Thursday
15th January, 7pm
11 Norfolk Row, Sheffield
S1 2PA



Sheffield centre and online
<https://bit.ly/SheffieldAGM2026>

Please donate
to help the group and fund research.

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.org 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 Jenny Shaw and Hannah Manow from Diabetes UK's North Team
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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 Or San Peterson, Hospital Consultant living with diabetes Rachel Buckle , Specialist Caring Clinician, 2024
Thursday 15th October	Diabetes, Food and Nutrition	Sheffield's Diabetes Champions 2024
November	Diabetes	Sheffield's Diabetes Champions 2024
December	Diabetes	Sheffield's Diabetes Champions 2024

FREE!

Contacts

Stay in touch with Sheffield Diabetes UK Group
Phone/Text 0742 938 5554 Email diabetesuk.sheffield@gmail.com
Website: www.sheffielddiabetesuk.org
Facebook LinkedIn Instagram

Type 2 newly diagnosed panels

Have you been diagnosed with pre-diabetes or Type 2 Diabetes in the last 0–24 months? Find out more on the Diabetes UK webpage and fill in a short form to apply:

<https://www.diabetes.org.uk/support-us/volunteer/newly-diagnosed>

Diabetes UK are creating two panels to help shape re-

sources and support for people recently diagnosed with Type 2 diabetes and one for those with pre-diabetes.

This starts at the mid to end January 2026, requires a one year commitment with activities two or three times per year, mainly online focus groups (daytime or evening) and occasional email feedback.

Anyone diagnosed in the last 0–24 months are welcome to join, especially from Black African, Caribbean, South Asian backgrounds and people under 40.

<https://www.diabetes.org.uk/support-us/volunteer/newly-diagnosed>

Email involvement@diabetes.org.uk

Diabetes, Work and Care

Diabetes UK are looking for people of working age with diabetes (any type) to take part in a one hour online focus group this January. Your insights will help us understand the challenges of managing diabetes while working and improve support for people in employment.

We'll chat about:

- Managing diabetes in the workplace
- Reasonable adjustments and rights
- Time off work for medical appointments
- Accessing diabetes education and care processes

You'll receive a £35 voucher as a thank you for contribution.

Register your interest <https://www.smartsurvey.co.uk/s/workin-gagesurvey/>

Winter wellness + walking reset with Joanna Hall

Saturday 17 January
2026 | 2:00pm (GMT)

Free to attend – registration required

The session begins with a 30-minute Winter Wellness Walk, wherever you are in the world. Joanna will guide you through posture, breathing and simple technique tweaks to unlock quick wellness wins.

You'll then regroup for a 45-minute coaching webinar, where Joanna will help you reset your walking wellness for 2026, without being told to walk more, but by finding what works for you.

You'll leave with:

- Practical walking techniques you can use straight away
 - Realistic walking goals for 2026
- A simple 3-point walking wellness plan for your next walk
- There'll also be time for live Q&A.

Booking link <https://joannahall-walkactive.us2.list-manage.com/track/click>

The Swann-Morton Foundation

The Sheffield Diabetes UK Group was given a donation of £1000 for the second year from The Swann-Morton Foundation. The Group used the funds to support people with diabetes in Sheffield

The Swann-Morton Foundation was established to promote the advancement of education through study and research in the fields of surgery and medicine to individuals, groups, organisations and other charities engaged in the care, support and the relief of suffering of the sick, infirm, injured, handi-

capped or disabled.

Swann-Morton makes scalpel handles, blades and other surgical equipment.

The company moved to its site on Penistone Road in Hillsborough in the 1940s. At the time the directors took the decision to put the company in a trust where 50% was shared with the employees and the other 50% in a charitable trust.

Swann-Morton®
Made in Sheffield - England

Updated Ramadan guidelines and risk calculator

The 14th Diabetes & Ramadan (DaR) International Alliance Conference took place in Dubai on 5–6 December 2025, bringing together global experts to advance knowledge on safe fasting for people living with diabetes. Presided by Prof Mohamed Hassanein, Chair of the International Diabetes Federation Working Group on Diabetes and Fasting, the meeting delivered a comprehensive scientific programme featuring 12 new studies and presented the updated DaR–ADA–IDF Ramadan guidelines.

With over 150 million Muslims estimated to be living with diabetes worldwide, Ramadan



shapes diabetes management within this population.

The revised DaR–ADA–IDF Ramadan Guidelines, available in early 2026, provide practical and safe fasting recommendations for people with type 1 and type 2 diabetes. Sessions during the conference covered

multiple facets of diabetes and Ramadan, including fasting risks, cardiovascular and microvascular health, nutrition, physical activity and the growing role of digital technology in supporting clinical care during Ramadan.

The conference also announced the forthcoming DaR–ADA–IDF Ramadan Risk Calculator. Designed to support healthcare professionals in delivering structured and personalised pre-Ramadan assessments, the calculator will also be available in 2026.

Diabetes & Ramadan Alliance <https://daralliance.me/>

Living with Type 1 Diabetes with author Jo Fox

7 February 2026
11:00am until 12:00pm
Goldthorpe Library

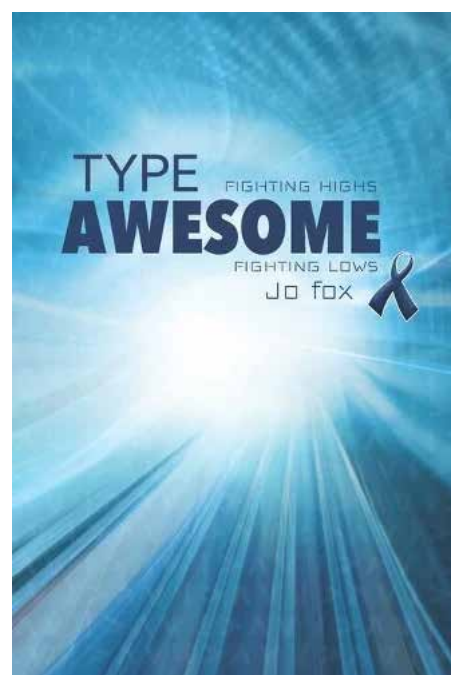
Jo Fox became vocal about raising awareness of this much misunderstood and stigmatised condition after her son was diagnosed with Type 1 in 2013, aged 6.

At the free event at Goldthorpe Library, Jo will talk positively about a T1 diagnosis and discuss the work of The Pendsey Trust, a Yorkshire-based charity which funds insulin and educational opportunities for children living with Type 1.

Jo wrote her book *Type Awesome* during lockdown. It tells personal, inspiring stories from families living with the condition. Jo will also introduce Fred Banting, the “discoverer of insulin”, who donated the patent to ensure everyone has access. Sadly, this hasn’t happened and children in the developing world are still dying from lack of insulin.

With a background in education, Jo’s work promoting Type 1 awareness, including being a trustee with The Pendsey Trust, has taken her to both India and to Canada, the birthplace of insulin. She will talk about her experiences in both countries.

Booking details <https://my.barnsley.gov.uk/Events/BookTickets/49848>



Type Awesome: Success stories from those living with Type 1 Paperback

<https://www.amazon.co.uk/Type-Awesome-Success-stories-living/dp/1800490119>

Understanding Type 2 Diabetes and Reducing the Risks

Date: Tuesday, 20 January 2026

Time: 12:30–13:30

Audience: Open to all staff and organisations across South Yorkshire.

The webinar will explore the actions that communities, professionals, and individuals can take to manage or prevent Type 2 diabetes, with a focus on early intervention, prevention, and practical support.

The session will be led by Katie Whitehead, Practice Nurse Educator, and will include a patient contribution sharing lived experience of the National Diabetes Prevention Programme (NDPP), providing valuable insight into the impact of prevention support from a patient perspective.

Booking link <https://events.teams.microsoft.com/event/ee62d7b6-febf-4581-bf67-7ec95a396a43@37c354b2-85b0-47f5-b222-07b48d774ee3>

NIHR | HealthTech Research Centre
Long-term conditions
(Devices for Dignity)

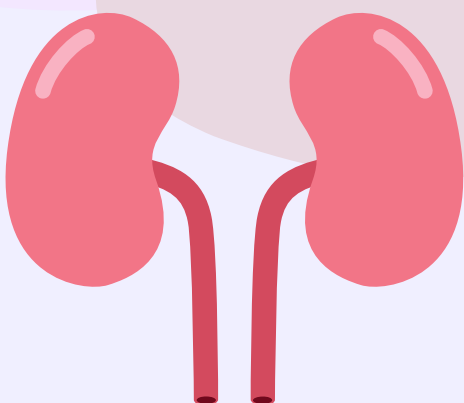
DEVICES FOR DIGNITY ARE INTERESTED IN HEARING FROM PATIENTS UNDERGOING DIALYSIS WITH DIABETES

Do you undergo **dialysis**, have **diabetes** and have
experience of **diabetic foot ulcers**?

We want to hear about your experiences and talk to you
about a new technology for foot ulcer treatment.

If you are interested in attending a virtual workshop,
please contact us via email at:
longtermconditions@nihr.ac.uk

Participants will be reimbursed for their time



Foundations of Health 2026

Practical Tools for Everyday

Evidence-based strategies to support wellbeing through simple, sustainable behaviour changes.

Following on from the very successful Autumn series 2025, we have another 6 webinars exploring the effects of lifestyle and non-pharmaceutical factors on physical and mental health.

Who can attend the session?

This session is open to all. Anyone is welcome to attend, including healthcare professionals, ICS staff, and individuals with an interest in health and wellbeing.

How will the sessions work?

If you cannot attend all sessions as planned, don't worry, all sessions will be recorded and shared on the [Diabetes SharePoint](#) Page. If you don't have access or have any questions, please email Katie.Whitehead@nhs.net, Practice Nurse Educator.

To Register: [Foundations of Health, Webinar Series - Registration 2026](#) – Fill in form or scan the QR ->



Foundations of Health Webinar Series – 2026

Tue 3rd Feb 12:30-13:30	1. Using Health Coaching to Enhance Lifestyle Medicine Dr Ollie Hart, GP and Director of Peak Health Coaching.
Tue 10th Feb 12:30-13:30	2. Sleep, its impact on Physical & Mental Health & Dealing with Insomnia. Dr David Garley, GP and Director of The Better Sleep Clinic.
Tue 17th Feb 12:30-13:30	3. Coaching Approaches to unlock Chronic Pain Recovery Dr Ollie Hart, GP and Director of Peak Health Coaching.
Tue 3rd Mar 12:30-13:30	4. Focusing on MORE – Why Nutrition Matters for all of us, and how we can all be Healthier. Lesley Harper, Registered Dietitian, Healthier Lifestyles and Population Health Lead Officer, Somerset NHS ICB. Tamara Bennett, public health nutritionist, Somerset Council.
Tue 17th Mar 12:30-13:30	5. The Gut Microbiome and Its Impact on Physical and Mental Health. Dr Sheena Fisher, GP and national lead on microbiome and gut health, creator of BSLM Fundamentals of Gut Microbiome Science CPD, Microbiome Medics podcast host.
Tue 24th Mar 12:30-13:30	6. Breathing Well for Health. The physiological impact of inefficient breathing on physical and mental health, and how to improve it. Lorna Nicholson, Advanced Nurse Practitioner, chronic pain nurse specialist, Buteyko breathing instructor.

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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

phone: 0742 938 5554 email: diabetesuk.sheffield@gmail.com x: @Sheffield_DUK
facebook: en-gb.facebook.com/SheffieldDUKGroup web: sheffielddiabetesuk.group

