



February 2025 Newsletter

Dear valued contact,

Winter Updates: Conferences, Workshops & Events

As we embrace the winter months, we're excited to share the latest updates from *DUET diabetes*. This edition brings you insights from our time at the Foot & Ankle Show earlier this month, where we had the opportunity to connect with healthcare professionals and discuss the importance of early intervention in diabetes care.

Looking ahead, we'll be attending key conferences in March, providing more opportunities to engage with our team. Plus, we have fresh dates for our Diabetic Foot Screening workshops, helping you enhance your skills in this vital area of care.

We look forward to seeing many of you at both our workshops and conferences.

DUET diabetes at the Foot & Ankle Show: Highlights from this wonderful event!



Lynne Reedman, the founder of *DUET diabetes*, had a highly successful two days at the Foot & Ankle Show in Liverpool earlier this month. The event was marked by an enthusiastic response to our new prevention packs initiative and valuable

feedback on the upcoming 'Five Easy Steps to Daily Footcare' card (watch this space!) The show provided an excellent networking opportunity, with Lynne reconnecting with past workshop attendees and forming new connections with passionate professionals from around the world, including notable meetings with Simone McConnie from Barbados and a group of Icelandic podiatrists.

A particular highlight was Gareth Hicks's well-attended presentation on Stage 3, which generated immediate interest on the *DUET diabetes* stand. He shared lots of information and tips, including useful resources on 'diabetes footcare in dark skin tones' handbook from **Diabetes Africa**.

The event also offered valuable opportunities to meet industry figures like Ivan Bristow in person, while strengthening relationships with organisations including the **InDependent Diabetes Trust** and the **Cleversocks** team, and learning more about our neighbouring exhibitors, **Canonbury Products Ltd** and **Heine Optotechnik**.

Thank you to the Foot & Ankle Show team for looking after us in Liverpool.

DUET diabetes events

Upcoming Workshops for 2025

We're excited to announce additional workshops in our 2025 calendar! These sessions are designed to provide practical, hands-on training to enhance your skills and knowledge in diabetes care. Here's what's coming up so far

- **Diabetic Foot Screening | 7 March 2025 | Yorkshire**
- **Insulin Awareness & Injection Technique * | 10 March 2025 | Bury St Edmunds**
- **Diabetic Foot Screening | 22 March 2025 | Northampton**
- **Diabetic: Eating for Health | 25 March 2025 | Dereham**
- **Diabetic: Eating for Health * | 27 March 2025 | Needham Market**
- **Diabetic Foot Screening | 11 April 2025 | Cardiff**
- **Diabetic Foot Screening | 26 April 2025 | Swindon**
- **Diabetic Foot Screening | 18 May 2025 | Perth, Scotland**
- **Diabetic Foot Screening | 21 June 2025 | Wisbech**

Stay tuned—more dates and locations are being added all the time! Spaces are limited, so be sure to book early to secure your place.

While our open workshops, such as those on **Diabetic Foot Screening**, are a popular way to enhance skills and knowledge, we'd like to remind you that we also offer in-house workshops and commissioned training programmes. These tailored sessions are designed to meet the specific needs of health, social care, beauty & wellness providers, ensuring your team receives the training that's most relevant to them. Whether you prefer to join one of our scheduled workshops or organise a bespoke session, we're here to support you in providing exceptional care and services.

** Suffolk Social Care Providers only*

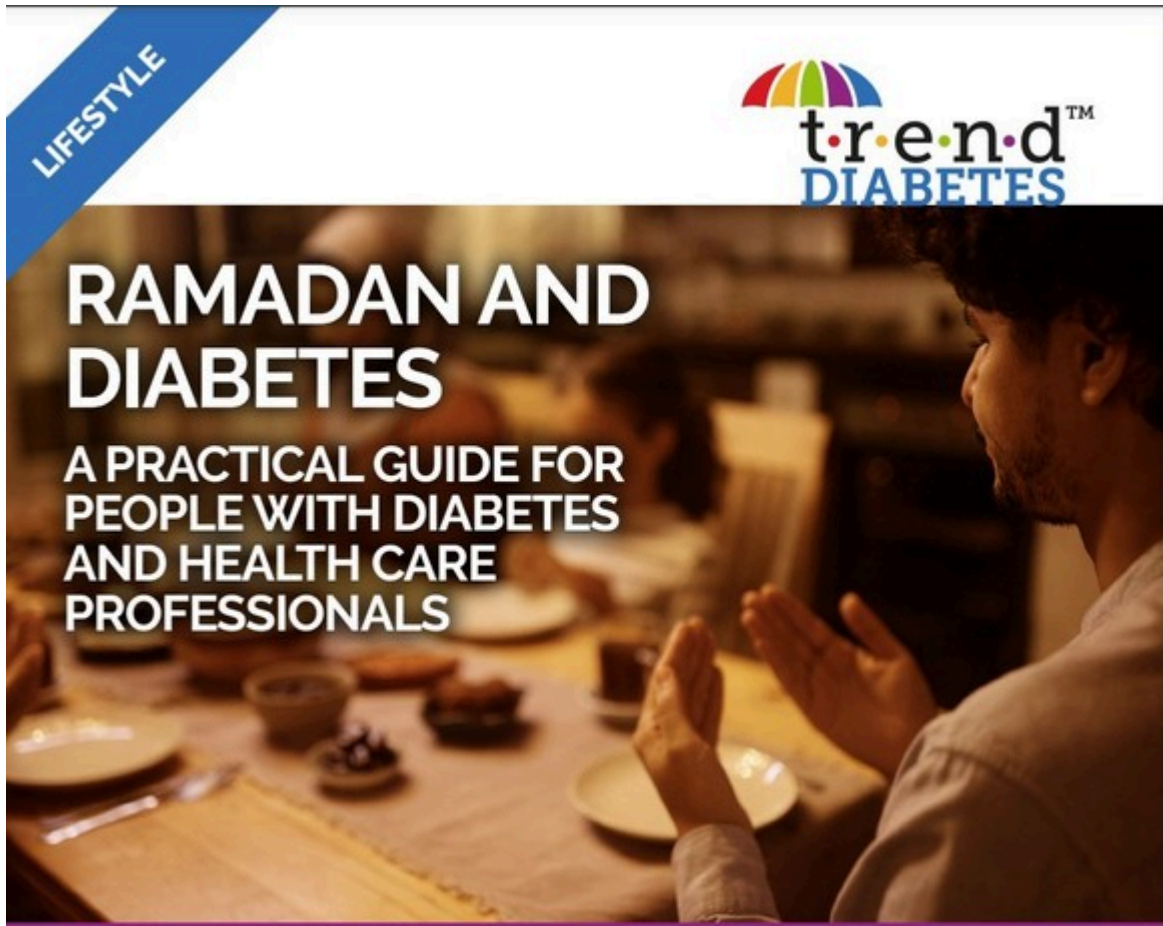
Why Attend our Training?

- **Expert-led training** focused on early detection of diabetic foot problems.
- **Practical, hands-on sessions** to build your confidence in foot screening techniques.
- **Enhance person centred care** with valuable knowledge that can help prevent serious complications.



[Learn more & book your place](#)

Ramadan & Diabetes



As the Islamic calendar is based around the lunar cycle, the Holy month of Ramadan rotates by approximately ten days each year. This year, Ramadan is expected to begin on the evening of Friday 28th February 2025 or Saturday 1st March 2025, depending on the sighting of the moon. People with diabetes who wish to fast should consult their healthcare team in advance to create a personalised management plan that ensures their safety during this important religious observance.

Here are some resources to help you:

[Ramadan Timetable 2025](#) | [Diabetes UK](#)

[Leicester Diabetes Centre](#) | [Trend Diabetes](#)

Events for 2025

We're always out and about at events, eager to connect with individuals living with diabetes, their supporters, and professionals dedicated to diabetes care.

Whether you're looking to learn more about how we can support you or your organisation, or simply want to share insights about your own experiences, we're here for a chat.

Join us at the events below, where it would be a pleasure to meet you and discuss how we can assist you and the people living with diabetes you support.

Keep an eye out for updates as we add new locations, we'd love to meet you!

Yorkshire Foot Health Conference | 8 March 2025 | Barnsley

Essex Care Association Conference | 19 March 2025 | Chelmsford

South Wales Foot Health Conference | 12 April 2025 | Cardiff

Suffolk Care Association's Network Forum | 13 May 2025 | Kesgrave

If you'd like to explore how **DUET diabetes** could support your team or discuss potential collaboration, please don't hesitate to get in touch. Alternatively, feel free to pass along our information to colleagues within your organisation, Primary Care Network (PCN), or Integrated Care Board (ICB) who may find it relevant.

Whether you are an individual practitioner/therapist or part of a larger organisation, please feel free to contact us for an informal chat about your diabetes training needs, we are always happy to help where we can.

Contact us

Looking forward to connecting with you.

Best regards

Lynne Reedman

Founder & Service Lead

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Welcome to the DUET diabetes Winter Newsletter

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