



March 2025 Newsletter

Dear valued contact,

Step forward into Spring

As we step into spring, we're excited to share the latest updates from *DUET diabetes*. This edition highlights key events in March, including Nutrition & Hydration Week, where we'll be focusing on the importance of maintaining good nutrition and fluid intake for people with diabetes.

We're also proud to feature *Care of Older People with Diabetes: A Manual for Healthcare Practice*, a valuable resource with contributions by our founder, Lynne Reedman, offering essential guidance for healthcare professionals.

Alongside this, we have new dates for our workshops and will be attending key conferences, providing opportunities to connect and share best practices in diabetes care. We look forward to seeing many of you soon!

Yorkshire Foot Health Conference & Diabetic Foot Screening Workshop



Earlier this month, we had a fantastic few days in Yorkshire, starting with our Diabetic Foot Screening workshop on 7th March, followed by the Yorkshire Foot

Health Conference on 8th March. With over 120 attendees enjoying a wonderfully sunny day, the conference featured a diverse lineup of speakers covering topics from hyperkeratosis to 3D-printed orthotics and 'nail care nightmares'!

A real highlight was meeting Tilly, the adorable 'Love Your Feet' hypo puppy in training! We also caught up with many familiar faces, connected with fellow exhibitors, and confirmed new training dates—keep an eye out for details on our West Midlands workshop on 20th September.

Excitingly, we also launched our brand-new 'Daily Footcare – Five Easy Steps' A6 cards, a handy resource for practitioners to share with clients living with diabetes. Plus, we had great conversations with Vickie and Nina from Sole At Heart, learning more about their stainless steel foot file and Peclavus products.

Thank you to everyone who joined us—what a fantastic event!

DUET diabetes events

Workshops for 2025

We're excited to continue to add 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. Please note the Cardiff Diabetic Foot Screening workshop has moved from 11th to 12th April.

Important News: The early bird price for **Cardiff** and **Swindon** (only 4 spaces left) ends at the end of March, so don't delay, reserve your space today!

Here's what's coming to a town near you.

- 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 | 12 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
- Ankle Brachial Pressure Index Assessment | 22 June 2025 | Norwich
- Diabetic Foot Screening | 5 July 2025 | Towyn, North Wales
- Diabetic Foot Screening | 6 September 2025 | Newtownabbey, NI

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](#)

Nutrition & Hydration Week



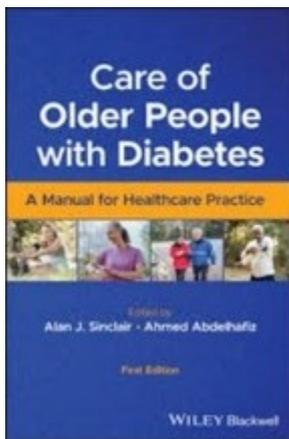
Nutrition and Hydration Week has taken place every March since 2012. Its purpose is to bring people together to create energy, focus and fun in order to

highlight and educate people on the value of food and drink in maintaining health and well being in health and social care.

The highlight of every Nutrition and Hydration Week is the **Global Tea Party** which takes place on Wednesday 19th March. On this day they invite everyone taking part in Nutrition and Hydration Week to hold tea parties in their organisations.

To help you plan, please visit the their **website**, which is packed with loads of recipes on our resources page as well as invitation, menu and place card templates. Don't forget to share your photos on social media using #NHWeek.

Care of Older People with Diabetes Book



13b Management of Diabetes in Care Homes	201
<i>Lynne Reedman and Alan J. Sinclair</i>	
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Lynne Reedman, founder of *DUET diabetes*, has contributed to **Care of Older People with Diabetes: A Manual for Healthcare Practice**, edited by Alan Sinclair and Ahmed Abdelhafiz. Lynne has provided valuable insights in Chapter 13b: Management in Care Homes, offering practical guidance on supporting residents with diabetes in care settings.

Her contribution reflects her expertise in diabetes education and her commitment to improving care standards for older people. This comprehensive manual is an essential resource for healthcare professionals working with older adults living with 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!

Essex Care Association Conference | 19 March 2025 | Chelmsford

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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