



November 2025 Newsletter

Dear valued contact,

Welcome to our November Newsletter

As we move through November, it's been another busy and rewarding time for DUET diabetes. In this edition, we're looking back at the events and conferences we've attended throughout October and we look forward to our final diabetic foot screening workshop of the year in Greatham, Teesside. We'll also be turning our attention to World Diabetes Day, exploring its importance in raising awareness and supporting better diabetes care. Plus, we share details of upcoming events and highlight the NHS Healthy Choices Quiz — a simple but powerful tool for people to improve their health and wellbeing, including those living with or wanting to reduce their risk of developing type 2 diabetes.

Highlights from October's Events

October was a busy and inspiring month for DUET diabetes, with Lynne Reedman attending events across Norfolk, Suffolk and Yorkshire. From the Norfolk & Suffolk Care Support Provider meeting in Taverham, to the Royal College of Podiatry's Regional Vascular Day in York, and the Suffolk Care Association conference in Ipswich – it's been a wonderful opportunity to reconnect with familiar faces and meet new professionals dedicated to improving health and social care.

Diabetes Workshops



Norfolk & Suffolk Care Support Provider meeting, Taverham



At the end of September, in Taverham, we joined a room full of passionate individuals from across the care sector, all wanting to learn, stay up-to-date and network across the sector. As always, this was a truly engaging and informative programme put together by the NSCS team.



Next we went to York, for an event organised by the North East Regional Branch, which focused on vascular health within podiatry, and we were delighted to deliver our bite-sized sessions "An Introduction to Sounds on the Doppler", throughout the morning.



Then, we were off to Ipswich, where the SCA team once again hosted a thought-provoking and well-attended event filled with inspiring speakers and shared experiences. The team at SCA never disappoint!

Alongside these conferences, we've also continued delivering our open workshops, including diabetic foot screening and diabetes awareness sessions. This month also marked the start of a major commissioned training programme for nursing, midwifery and AHP workforces, focusing on Injectable Therapies for Diabetes & Weight Management, an exciting step forward in supporting skills and confidence across healthcare teams.

Open Workshops for the remainder of 2025



2025 is drawing to a close and we're already planning our 2026 workshop calendar, with more opportunities for practical, hands-on training to help build confidence and strengthen skills in diabetes care. If you don't see a location that works for you, we'd love to hear from you — simply **register** your interest and let us know where you'd like to see a new workshop, and we'll explore what we can do.

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

- **Diabetic Foot Screening | 15 November 2025 | Greatham, Teesside**

Fun Fact about Greatham, Teesside

Greatham in Teesside has a long history, a unique connection to the sea, and has seen its industrial past return to nature.

- **The Hospital of God:** One of the village's most significant landmarks is the Hospital of God, a foundation established in 1273 by Robert de Stichell, the then-Bishop of Durham. Originally created to help the poor, it has had a long and varied history.
- A "gravel estate": The village's name can be traced back to the Old English "Greotham," which means "a gravel estate or farm on gravel." Written records of the name first appear in 1196 as "Gretham".

We are coming to the southern regions of the England early 2026, so register your interest to nominate a town near you.



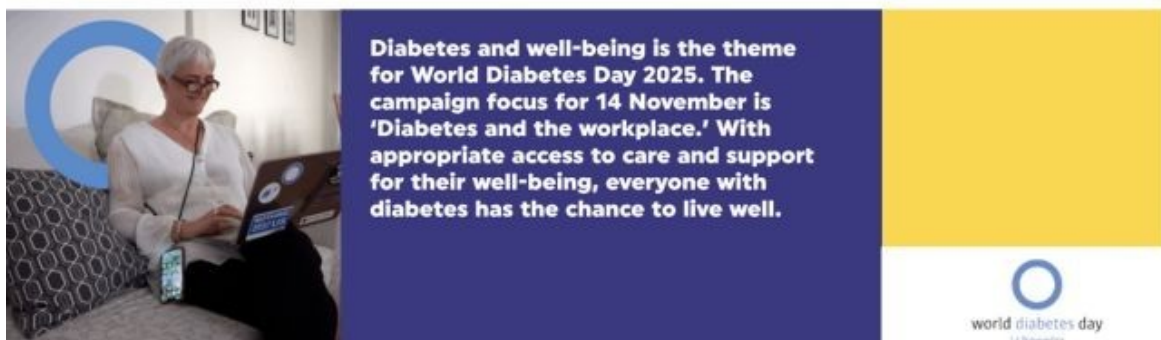
Why Attend our Training?

- Expert-led training focused on early detection of diabetic foot problems.
- Practical, hands-on sessions to build your confidence such as in foot screening techniques and blood glucose monitoring.
- Enhance person centred care with valuable knowledge that can help maintain or improve quality of life in a holistic, safe and responsive manner for people living with diabetes.

[Learn more & book your place](#)

World Diabetes Day - 14 November 2025

Know more and do more for diabetes at work.



This year's World Diabetes Day continues to shine a light on "Diabetes and well-being", with a particular focus on the workplace. It's a timely reminder that for the millions of people living with diabetes worldwide, having the right care and understanding in place can make all the difference to both their personal and professional lives.

Why it matters:

- Celebrated each year on the birthday of Sir Frederick Banting, co-discoverer of insulin, it raises awareness of the ongoing global fight against diabetes.
- It remains the world's largest diabetes awareness campaign, reaching more than 1 billion people across 160+ countries.
- With around 70% of people with diabetes being of working age, the workplace plays a key role in shaping their health, confidence, and overall well-being.

Our role at DUET diabetes

At DUET diabetes, we believe education is the key to improving outcomes. Through our practical workshops and training, we help healthcare professionals feel confident in supporting people with diabetes to live and work well. On World Diabetes Day, we're proud to stand alongside the global community in:

- Refreshing and strengthening knowledge
- Encouraging inclusive and supportive workplaces
- Reinforcing the link between informed care and better health outcomes

World Diabetes Day is a call to action — not only to raise awareness, but to put that awareness into practice. Together, we can help build workplaces where people with diabetes are understood, supported, and empowered.

Find out more....

World Diabetes Day

Events for 2025 and Beyond

We're always out and about at events, connecting with people living with diabetes, their families, and the professionals who support them. With just one event left in 2025 and our first event for 2026 already confirmed, if you are attending, we would love to meet you.

Whether you'd like to learn more about how we can support you or your organisation, or simply share your own experiences, we'd love to chat.

Take a look at the events below, we'd be delighted to see you there. And don't forget to keep an eye out for future updates, as we'll be adding more 2026 dates soon!

- **West Midlands Foot Health Conference | 8 November**
- **Yorkshire Foot Health Conference | 28 March 2026**

Events

Healthy Choices Quiz



Have you tried the Healthy Choices Quiz yet?

This free tool asks simple questions about your eating habits, activity levels, sleep, alcohol and smoking, offering you a score out of 10 and tailored advice on how to improve your lifestyle. While it's designed for adults without existing health conditions, the insights it provides are highly relevant for anyone living with type 2 diabetes or working to prevent it. By reflecting on everyday choices and seeing where you could make small changes, the quiz supports stronger self-management of diabetes and helps reduce the risk of developing complications. It's a quick, practical way to take control of your health journey — and a great first step towards better long-term outcomes.

Health Choices Quiz

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 & DUET diabetes team

DUET diabetes Ltd



Copyright © 2026 DUET diabetes Ltd.

DUET diabetes Ltd | Cardinals Cottage, Mill Green, Horseheath, Cambridgeshire, CB21 4QZ
Registered in England and Wales. Registration No. 10687394

We sent you this email because of previous communications with you.
[Click here to unsubscribe.](#)

Please add **duetdiabetes@mail.101smartmessenger.co.uk** to your address book.