



## April 2025 Newsletter

Dear valued contact,

### Welcome to April

This month, we're excited to share the latest developments in diabetes care and education. Dive into our featured collaboration between Care Development East and DUET diabetes, which addresses critical gaps in diabetes awareness and blood glucose management. Mark your calendars for our upcoming workshops, and don't miss our practical guide on "Five Easy Steps to Daily Footcare" that can provide practical tips for living with diabetes. Read on to discover resources that can empower better diabetes management this spring.

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## Bridging the Gap in Diabetes Awareness & Training



We are proud to say that we are featured in another publication.

"With 25% of care home residents living with diabetes, social care workers play a crucial role in supporting those affected. However, a lack of structured, role-relevant training means many staff feel unsure about recognising fluctuating blood glucose levels or using glucometers correctly. This knowledge gap can lead to delayed interventions and avoidable health risks for care home residents.

To address this issue and reduce unnecessary hospital admissions, Care Development East partnered with DUET diabetes, a specialist training provider with a strong track record in diabetes education.

Together they:

- ✓ Developed a practical, hands-on training programme focused on diabetes awareness and blood glucose monitoring.
- ✓ Delivered six face-to-face sessions across two locations in Suffolk to equip social care workers with the skills needed to provide safe, confident, and person-centred care.

This initiative highlights the importance of accessible, hands-on training in improving diabetes management within social care settings."

[Read article in full](#)

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## 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. There are only 3 places available for the Swindon Diabetic Foot Screening workshop.

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

- Diabetic Foot Screening | 12 April 2025 | Cardiff
- Diabetic Foot Screening | 26 April 2025 | Swindon
- Diabetes Awareness and Blood Glucose Monitoring | 27 May 2025 | Lingwood, Norfolk
- Diabetic Foot Screening | 21 June 2025 | Wisbech
- Ankle Brachial Pressure Index Assessment | 22 June 2025 | Norwich
- Diabetic Foot Screening | 27 June 2025 | Perth, Scotland
- Diabetic Foot Screening | 5 July 2025 | Towyn, North Wales
- Diabetic Foot Screening | 6 September 2025 | Newtownabbey, NI
- Diabetic Foot Screening | 20 September 2025 | Shropshire

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.

## 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](#)

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## Five Easy Steps to Daily Footcare

**DAILY FOOTCARE – FIVE EASY STEPS**

 1. CHECK FOOTWEAR  
 2. LOOK AT FEET ALL OVER, INCLUDING BETWEEN TOES\*  
 3. WASH FEET  
 4. DRY FEET THOROUGHLY, INCLUDING BETWEEN TOES  
 5. MOISTURISE FEET

\*any concerns/changes - seek advice from healthcare professional  
Remember wear clean socks/tights every day.  
Talk to your footcare professional about appropriate footwear, including socks.

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We're excited to share a brand-new resource created by our founder, Lynne Reedman. The "Daily Footcare – Five Easy Steps" card has been designed to support people living with diabetes in their day-to-day self-care. The simple, practical guide helps raise awareness of the importance of foot health and encourages daily habits that can make a real difference. This handy A6 card comes in packs of 25 which are available to purchase at our workshops and at the conferences we attend.

The response so far has been very positive and is seen as a fantastic tool for people living with diabetes to keep on hand and refer to regularly.

## Latest Blog:

### Preventing Complications - Five Essential Foot Care Tips for People Living with Diabetes in Care Homes



Nationally, up to 85% of diabetes-related amputations could be prevented through appropriate care / early intervention. Our latest blog highlights critical foot care practices for people living with diabetes patients in care homes, where one in four residents are living with diabetes.

DUET diabetes provides five essential daily practices: performing daily foot checks, maintaining clean and dry feet, keeping the skin hydrated by moisturising proper moisturising techniques, ensuring well-fitted footwear, and careful nail trimming. These simple yet effective strategies can significantly reduce the risk of serious complications including ulcers and potential limb loss. The care home team are encouraged to involve residents in their diabetes management plan when possible and to seek appropriate professional care when needed. For more comprehensive guidance, DUET diabetes offers specialised workshops including Diabetes Awareness and Diabetic Foot Screening led by experienced healthcare professionals.

[Read blog here](#)

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## 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!

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

**Caring UK Conference** | 20 May 2025 | Norfolk

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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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