

## Virtual events in the South East

- Thursday 21 Jan 1-2.30pm Living emotionally well with your diabetes.  
(Karen Pearson, Deborah Barnett & Christopher Hutchins, Talking Therapies)  
Register here: <https://tinyurl.com/y5z5rq7x>
- Wednesday 3 Feb, 1.30-3.00pm Self-Management: Empowering people with **type 2 diabetes**.  
(Erwin Castro, Diabetes Nurse Consultant)  
Register here: <https://tinyurl.com/y4bur8fp>
- Monday 8 Feb, 11.00-12.30pm Eating well with diabetes.  
(Nicky Mendoza, Diabetes Dietitian)  
Register here: <https://tinyurl.com/y2wpdqca>
- Tuesday 9 Feb 7.00-8.30pm Empowering those with **type 1 diabetes**  
(Dr Mayank Patel, Consultant in Diabetes)  
Register here: <https://tinyurl.com/y6mewcld>
- Thursday 11 Feb 1.00-2.30pm How to talk about your psychological wellbeing with your Diabetes health professional.  
(Karen Pearson, Deborah Barnett & Christopher Hutchins, Talking Therapies)  
Register here: <https://tinyurl.com/y4jue7gu>
- Wednesday 17 Feb 6.30-8.00pm Diabetes and Dementia  
(Miss Rutendo Muzambi: MPharm - from the London School of Hygiene & Tropical Medicine)  
Register here: <https://tinyurl.com/y6pst9sr>
- Thursday 18 Feb 1.00-2.30pm Sick day Rules for People living with **type 1 diabetes** (putting the theory into practice).  
(Anne Eltringham Cox, Diabetes Specialist Nurse)  
Register here: <https://tinyurl.com/y5lbdqa2>
- Monday 22 Feb 1.00-2.30pm Sick day Rules for People living with **type 2 diabetes** (putting the theory into practice).  
(Anne Eltringham Cox, Diabetes Specialist Nurse)  
Register here: <https://tinyurl.com/yy6pjbyp>
- Thursday 25 Feb 10.30-12.00pm Pre-Diabetes and reducing risks of developing **type 2 diabetes** in the South Asian community.  
(Dr Shiba Qamar, GP & Aqib Elahi, NDPP educator)  
Register here: <https://tinyurl.com/yybolndr>
- Thursday 4 March 2.00-3.30pm Self Management: Empowering people with **type 2 diabetes** from the South Asian community.  
(Dr Binodh Chathanath, GP)  
Register here: <https://tinyurl.com/y4dy8be5>
- Monday 8<sup>th</sup> March 5.00-6.30pm Looking after your feet and signs of when to seek help  
(Michelle Stafford, Clinical Lead for Diabetes Foot, South East Clinical Network)  
Register here: <https://tinyurl.com/y4qqv64n>