

Diabetes VitaFest

To support Diabetes Awareness Week, we welcome you to our Mental Health and Diabetes patient event. The day is designed to raise awareness of the relationship between mental health and Diabetes, provide information on how NHS Talking Therapies are currently supporting patients living with diabetes, and provide information on other local services who can help.

Programme for the day

Time	Overview	Location	Speaker
12:00 – 16:00	Opportunities to speak with our collaborators and find out more about Vita and other local services.	Gordhan Parmar Room	
14:00 – 14:30	Living well with Diabetes - Taster session.	Dance studio	Laura Bermingham - Long Term Conditions Projects Lead Rosie Bishop - Step 2 Senior Team Lead
14:30– 15:00	Relaxation skills	Dance Studio	Annabel Rajgor Long Term Conditions Clinical Lead
15:00 – 15:30	Lived experience.	Dance studio	TBC (type 1) TBC (type 2)
15:30-16:00	Movement and Diabetes.	Dance studio	Everyone Active
16:00	Close		

We really hope you enjoy the day!