

Old Mill & Millgates Medical Practice

Patient Participation Group

Diabetes Open Evening

70 People attended a very successful Diabetes Open Evening organized by the PPG on Tuesday 4th October 2016 at The Nightingale Centre, Framingham Earl, Norwich. The speakers were Maggie Heels a Diabetes Specialist Nurse NNUH and Meg Sanders a Community Specialist Dietician who said that keeping to a balanced diet and getting plenty of exercise were very important for Diabetes 2 patients. Heather Dinar a Diabetes Podiatrist at the NNUH said that Norfolk had the highest number of amputations of Diabetes 1 patients. Kip Bertram a patient spoke about how you can live a full life with Diabetes 1.

Lucy Webster of the Norfolk Diabetes Trust said that they relied on Donations to help patients with both diabetes 1 and 2. The Trust were presented with a cheque for £200 from Asda.

At the end of the evening there was a lively Q & A session with a variety of questions from a very engaged audience, which was followed by Low -Carb refreshments provided by Gwen Nightingale of owner of the centre

The Raffle prizes were kindly donated by:



Maggie Heels, Meg Sanders, Heather Dinar, Lucy Webster and Kip Bertram of the Norfolk Diabetes Trust with members of the Patient Participation Group

**Waitrose
Aldis Farm Shop
Kip Bertram
PPG**

**£80 was raised and a donation will
be made to the Norfolk Diabetes Trust**



The Norfolk Diabetes Trust being presented with a cheque from Asda