

TYPE 1 DIABETES

MANAGING FOOD AND INSULIN FOR ACTIVITY: WHAT YOU NEED TO KNOW

Aged 18+
for people with type 1
diabetes of all abilities



Friday 8 Sept 2017, 17:30 - Sunday 10 Sept, 16:30
Leeds Beckett University , Headingley Campus

In partnership with Carnegie School of Sport and the Institute of Sport, Physical Activity and Leisure.



**CARNEGIE
SCHOOL OF SPORT**

LEEDS BECKETT UNIVERSITY

Type 1 Diabetes

Managing food and insulin for activity: what you need to know

WELCOME!

Nicky, Matt, Melissa and all the team are delighted that you can join us for our 'Type 1 Diabetes Managing food and insulin for activity' weekend. We really hope you enjoy the various activities that we have planned and go away from the weekend feeling more confident and better informed about managing activity and type 1.

Please read this information which tells you all about what the weekend involves. If you have any questions or concerns, or simply want to have a chat, don't hesitate to contact one of us.

We look forward to meeting you in September!

What's it all about?

If you have type 1 diabetes, or support someone who does, you'll know that keeping your blood sugar levels within normal ranges can be a daily struggle. Add physical activity or exercise to the mix and controlling type 1

becomes even more of a challenge.

Most people with type 1 who are physically active or exercise know that it's important to adjust their insulin and food. They also know that it's incredibly easy to get this wrong and if they do, the consequences can be dangerous. If this is you, you're not alone. The vast majority of people with type 1 feel largely uninformed about insulin and diet around physical activity and exercise and are afraid they won't be able to manage their condition.

To address this fear we have founded the 'Type 1 Diabetes Managing food and insulin for activity' weekend, specifically for people living with type 1 diabetes who want to learn how to improve diabetes management around physical activity and exercise. After seeing how many professional conferences are held throughout the year for healthcare professionals and researchers, we decided to shift

the focus and develop an event for people who have, or are supporting someone with, type 1 diabetes.

Our event takes place on the weekend of Friday 8th – Sunday 10th of September 2017 at Leeds Beckett University's Headingley Campus, Leeds. Over the weekend we will provide you with the opportunity to be physically active and learn some basic skills for managing activity in a safe and supported environment. You'll be able to discuss your concerns and get advice from healthcare professionals, as well as share your experiences and tips with

others living with type 1. From this event you will walk away feeling more confident, better informed and armed with practical strategies that are easy to fit into your day-to-day life.

Refreshments will be made available throughout the weekend and lunch and dinner is included in your attendance fee. If you have any specific dietary, disability or access requirements please indicate this on the registration form so that we can make sure the event is as accommodating and comfortable for you as possible.



Leeds Beckett University Headingley Campus

REGISTRATION

Registration will take place at **Weetwood Hall hotel**. You'll find our registration desk in the social area next to the Lawnswood Room. On entering the hotel turn to your left and follow the signs to the Lawnswood Room.

Free parking is available.

You can register between 15.30 and 17.30. Please let us know if you will be arriving after 17.30.

EVENT LOCATION AND PARKING

The event will be split across two sites, Leeds Beckett University Headingley Campus and Weetwood Hall hotel.

1. Leeds Beckett University, Headingley Campus: the DAY PROGRAMME will take place here.

Based in the thriving city of Leeds, Leeds Beckett University is one of the most popular in the United Kingdom. With over 29,000 students and 3,000 staff, we are a people business and our contribution to the region and beyond is significant.

Car parking arrangements at Headingley Campus.

Please approach the Headingley Campus via Churchwood Avenue, LS6 3QS. Parking will be available on campus free of charge. The barrier will be down so you will need to quote the name of the weekend to gain access. A member of security will then advise you where to park.

2. Weetwood Hall hotel: the EVENING PROGRAMME will take place here.

Set within 9 acres of grounds and woodland just 4 miles from Leeds city centre, Weetwood Hall is the ideal location to stay when you are visiting the city and surrounding areas. The hotel is a short distance from Headingley Campus (approximately a 10-15 minute walk). A walking map showing the route between the hotel and the campus will be given to you when you arrive for the weekend.

You are welcome to make use of the bar and social facilities at the hotel regardless of whether or not you are staying overnight.

ACCOMMODATION

Weetwood Hall has 114 bedrooms that are a mixture of standard, superior and family rooms. There are also a limited number of feature and four poster rooms.

For those wanting to stay at Weetwood Hall we have reserved a number of rooms at a discounted rate of £71 bed and breakfast for a standard double room per night or £83 bed and breakfast for a superior room per night.

Please quote 'Leeds Beckett University Diabetes Weekend' when you enquire.

The rate includes complimentary parking, high-speed Wi-Fi and 24-hour check-in and room service.

For further details, please click on the link below:

Website: www.weetwood.co.uk

ACTIVITIES

There are four timetabled activity sessions, 'Activity Tasters', over the weekend, two on Saturday and two on Sunday. This means that you will be able to try out four different activities over the weekend if you want to. However, you do not have to do four *different* activities. For example, if you would prefer to do two activities on the Saturday and then repeat these on the Sunday you can. Or, if you would like to stick with one activity and do this four times you can. We will try to accommodate your request. Just let us know on the registration form.

We will confirm with you which activities you are doing and when before the weekend so that you know what to bring with you.

All the necessary equipment for each activity will be provided.

DRESS CODE

Friday and Saturday evenings: casual.

During the day on the Saturday and Sunday please wear appropriate clothes and footwear for your chosen activities. We would also advise that you have something warm and a waterproof jacket with you.

Please bring a change of clothes and a towel with you if you want to use the shower and changing facilities in the Sports Centre on campus.

There are lockers available in the changing rooms should you wish to use these. You will need a £1 coin.

VALUABLES

We have a secure room available for you to leave any valuables whilst taking part in the activities.

Please be aware that you are taking part in this event at your own risk and therefore, Leeds Beckett University would not be liable for any loss of your personal belongings occurring during this event.

CONTACTS

Please feel free to contact us before the weekend. If you have any questions or simply want to chat about what the weekend involves, we would be delighted to hear from you.

Melissa (Project Co-ordinator)

Email: M.H.Watts@leedsbeckett.ac.uk

Tel: 0113 812 7577

MAPS AND DIRECTIONS

1. Please use the following link to access maps and directions for Leeds Beckett Headingley Campus:

http://www.leedsbeckett.ac.uk/-/media/files/about/transport/mu_campus_maps.pdf

2. Please use the following link to access a map and directions for Weetwood Hall:

<http://www.weetwood.co.uk/contact-us/maps-directions>

AND FINALLY...

Please make sure you bring your own diabetes supplies for the weekend and anything else you might need whilst taking part in the activities. Members of the team will be on hand to support you during the activities and on both evenings. Please be aware that healthcare professionals will not be able to provide a 1:1 consultation over the weekend.

WEEKEND PROGRAMME

FRIDAY

15.30-17.30

REGISTRATION

Registration will take place in the social area outside of the Lawnswood Room in Weetwood Hall.

There will also be representatives from pharmaceutical companies and other organisations with their stands in the registration area.

17.30-19.00

In the Lawnswood Room.

- 1. Welcome and introductions from the team.**
- 2. Keynote, Dr Matthew Campbell (Research Scientist):**
 - Exercise and blood sugar responses explained: what happens and why.
- 3. Presentation from Dr Andy Pettit (Diabetes Consultant).**
- 4. Workshops:**
 - Pumps and insulin
 - Injections and insulin
- 5. Reflection and Action Planning, Stuart Bootle (Retired GP and Workshop Facilitator).**

19.00-21.00

Dinner

There will be a cold buffet served in the Lawnswood Room at Weetwood Hall.

Dinner will be followed by our guest speaker **Diana Maynard (Action4Diabetics)**.

21.00 onwards

Free time.

An informal opportunity to chat with members of the team and participants. There are several bars and social spaces at Weetwood Hall, including the Stables Pub in the hotel grounds, which you are welcome to use.

SATURDAY

07.30-09.30

Breakfast for those staying at Weetwood Hall.

09.30-10.00

Refreshments

Tea, coffee, juice and water will be available in the Jubilee Room and G05 (both in the James Graham Building).

10.00-11.00

In Lecture Theatre E.

- 1. Plan for the day.**
- 2. Introductions from all the team.**
- 3. Presentation by James Moran (Dietitian).**

11.00-12.30

1st Activity Taster

A chance to try out one of your chosen activities.

12.30-13.30

Lunch

A cold buffet and drinks will be available in the Jubilee Room and G05.

13.30-15.00

In Lecture Theatre E.

- 1. Presentation by Stuart Bootle (Retired GP and Workshop Facilitator):**
 - 'Diabetes, activity and me'.
- 2. Discussion and 'Wonderwall'.**

15.00-15.30

Refreshments

Tea, coffee, juice and water will be available in the Jubilee Room and G05 (both in the James Graham Building).

15.30-17.00

2nd Activity Taster

A chance to try out one of your chosen activities.

17.00-18.00

Free time

Please make your way to the Woodlands Suite at Weetwood Hall anytime from now until 18.00.

Shower and changing facilities are available in the Sports Centre for those of you who are attending for the day and would like to change for the evening.

18.00-19.00

In the Woodlands Suite at Weetwood Hall.

Questions and Answers and Interactive Discussion.

19.00-21.00

Dinner

There will be a hot buffet served in the Woodlands Suite at Weetwood Hall.

Dinner will be followed by our guest speaker **Gavin Griffiths (DiAthlete)**.

21.00 onwards

Free time.

SUNDAY

07.30-09.30

Breakfast for those staying at Weetwood Hall.

09.30-10.00

Refreshments

Tea, coffee, juice and water will be available in the Jubilee Room and G05 (both in the James Graham Building).

10.00-10.30

In Lecture Theatre E.

Plan for the day.

10.30-12.00

3rd Activity Taster

A chance to try out one of your chosen activities.

12.00-13.00

Lunch

A cold buffet and drinks will be available in the Jubilee Room and G05.

13.00-13.45

In Lecture Theatre E.

‘Wonderwall’ and Discussion.

13.45-15.15

4th Activity Taster

A chance to try out one of your chosen activities.

15.15-15.45

Refreshments

Tea, coffee, juice and water will be available in the Jubilee Room and G05 (both in the James Graham Building).

15.45-16.30

In Lecture Theatre E.

Questions and Answers, Reflection and Action Planning.

‘Moving forward with what we have learnt’.

16.30

Close.

For those of you who would like to freshen up before heading home there are shower and changing facilities available in the Sports Centre.

Please note:

The sessions and timings in this programme are subject to change.