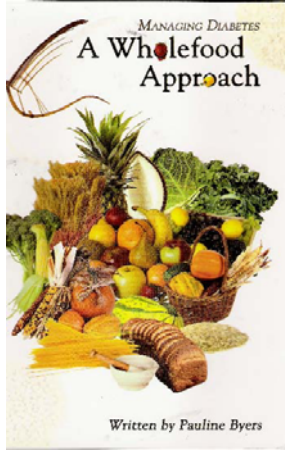


STUDY DAY

DIET DECISIONS and DIABETES in BME COMMUNITIES



The Riverside Centre, Riverside Road,

Pride Park, Derby, DE24, UK

Thursday 2nd July 2009

Time 10.00 – 3.30



Featuring- Managing Diabetes a Wholefood Approach:

Winner of the Nursing Standard Nurse Award 2008: Diversity in Health

The aim of the study day is to provide knowledge and information of the value of indigenous foods from BME communities in the management of type 2 diabetes. The day will include evidence based information from a leading Clinician; Dr Clarence Ing, of the Weimar Institute, California, USA and individuals from BME communities

Cost

Members of the public and voluntary sector £50.00 per person
NHS and similar organisations £90.00

Contents

Wholefoods and type 2 diabetes
Evidence based practice
Impact on Patient experience
Facilitating change and empowering patients
Impact on diabetes complication and lifestyle changes

Who should attend?

Individuals with type 2 diabetes
Practitioners/Nurses/Doctors
Voluntary Sector Workers



BOOKING INFORMATION

Name.....

Title..... Organisation.....

Correspondence Address.....

.....Postcode.....

Telephone.....Email.....

Payment by cheque made payable to TPDU
or BAC transfers
Account details
HSBC
403330
61100068

Post to the Practice Development Unit Suite 6-7 International House Osmaston Rd
Derby DE1 2RF UK +44 (0) 1332 207132 / Fax + 44 1332 639933+44 (0) 07737 961 555
www.tpdu.co.uk email:p.byers@tpdu.co.uk or k.palmer@tpdu.co.uk
Company Registration 5570463 Vat Registration 911545053

Hotel Accommodation

Express By Holiday Inn
Derby Pride Park
Wheelwright Way, Pride Park
Derby, De24 8hx
England
Hotel Reservations:
0871 423 4931
Email: derby@expressholidayinn.co.uk

Hallmark Hotel (formerly the Midland Hotel)
Midland Rd
Derby, DE1
01332 345 894
Derby.sales@hallmarkhotel.co.uk

Stuart Hotel
119 London Road
Derby
Derbyshire
DE1 2QR
England
01332 340633
reservations@thestuart.co.uk

The European Inn
Midland Rd
Derby
DE12SL
01332 292000

Directions

From the North (not north west)

Follow the M1 south to junction 28. Follow signs to Derby on the A38. After about 16 miles there is a roundabout on the A38 - filter left following signs to Derby City Centre. Carry straight on at the next three roundabouts. Drive for 2 miles or so past the car sales centres on your right.

At 'THE PENTAGON' roundabout (next to Derbyshire Cricket Ground) take the second exit following signs to Nottingham on the A52. Leave the A52 at the next exit following signs to Pride Park and The Wyvern. Turn right at the first roundabout - Take the first exit at the next roundabout (after half a mile) and follow the directions below – **'You should pass...'**

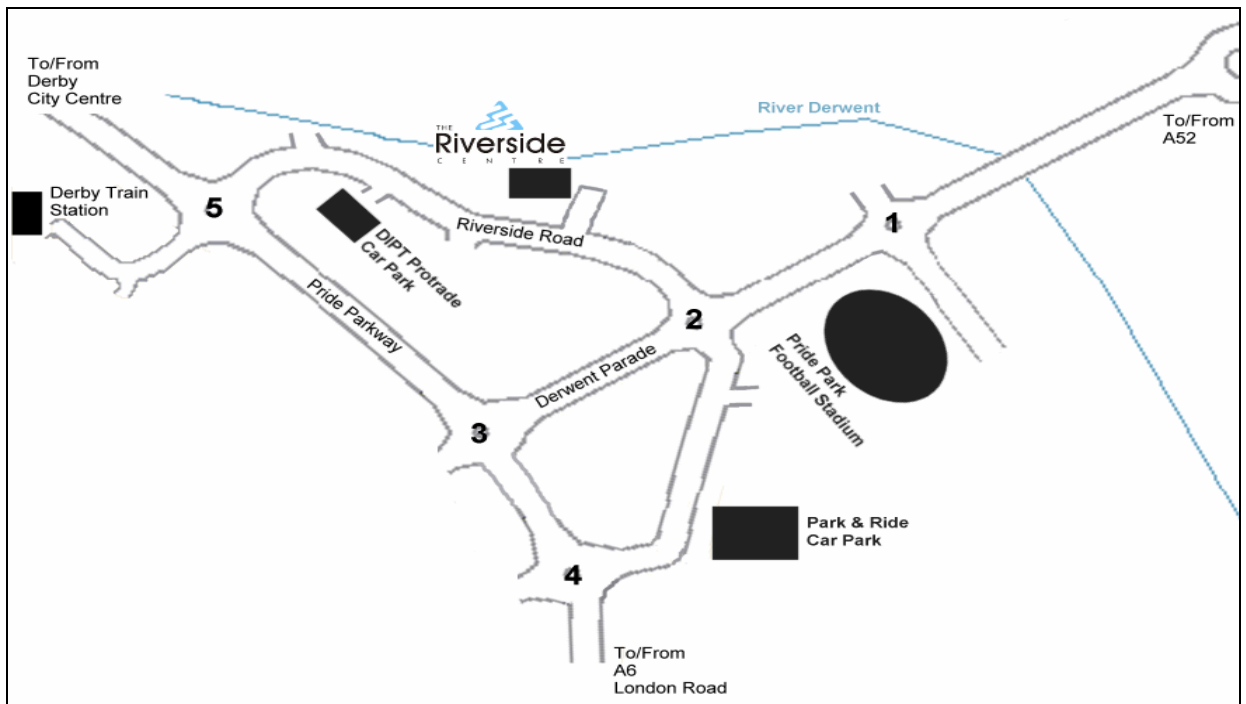
From the South

Follow the M1 north to junction 25. Follow signs to Derby on the A52. Look out for signs to 'Pride Park Stadium'. After approximately 7-8 miles exit the A52 to PRIDE PARK and The Wyvern shopping centre. Take the third exit at the roundabout and follow the directions below – **'You should pass...'**

You should pass the football stadium on your left - turn right at No. 2 roundabout into RIVERSIDE ROAD. The Riverside Centre is in Riverside Court – the second turn on your right.

From the North West

Follow the M6 to Stoke on Trent and connect with the A50. Follow signs to Uttoxeter on the A50. Continue on the A50 towards Derby. Take the A6 exit signposted for Alvaston Derby. Follow the A6/London Road until you see signs for the new Link Road to Pride Park Stadium. The Riverside Centre is very easy to find from the football stadium using the map below.



Derby Train Station (marked on the above map) is approximately five minutes walk to/from The Riverside Centre. You need to use the Pride Park entrance/exit for the station. The map will help you to find The Riverside Centre.

Please note we have limited parking and so you may be asked to park at our second car park when we are full. This is the DIPT car park marked on the map which is a 2 minute walk from the centre. The local businesses operate clamping policies which we cannot control, please only park in designated car parks.