

## Wolverhampton Action 4 Diabetes

For further information please write to  
us at:

**Wolverhampton Action 4 Diabetes**  
**P.O. Box 3526**  
**Wolverhampton WV6 7WW.**

Telephone and leave us a message  
or text us on

**07752 129214**

(We will get back to you as soon as possible)

Visit us on-line at

**[www.wdconline.org.uk](http://www.wdconline.org.uk)**

or email to:

**[action4diabetes@tiscali.co.uk](mailto:action4diabetes@tiscali.co.uk)**

You are more than welcome to come and  
see us at any of our meetings.

## Wolverhampton Action 4 Diabetes

Invites you to come to any of our  
meetings free of charge.

We meet on the 2nd Saturday of the  
month from 10.00am until 12 noon at:  
**The Civic Centre Wolverhampton.**  
**3rd Floor.**

(Please use the rear entrance in Wulfruna  
Street as you will not gain access via the  
front entrance).

You will have the opportunity to meet  
others affected by diabetes and exchange  
experiences, or you can just have a chat  
and a laugh over a cup of tea.

We have expert speakers on related  
topics as you will see from the  
programme inside.

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**President: Dr. B.M. Singh M.D., F.R.C.P.**  
Consultant Physician, Diabetes & Endocrinology

# Wolverhampton Action 4 Diabetes



WA4D was formed in March 2002, with the aim of improving and maintaining diabetes care in and around Wolverhampton.

We organise events for those living with diabetes so that we can share information.

Everyone affected or interested in diabetes is welcome to attend.

We have interpreters at all of our meetings.

Refreshments are available.

**Membership is free!!**

We have a varied programme of speakers throughout the year and will keep you informed of your rights and what services to expect.

We will tell you about the services that are available in this area.

We work closely with health professionals, Diabetes UK and other support groups.

You will have the chance to share information, experience and knowledge with others who understand what it is like to live with the effects of diabetes.

You will be made to feel very welcome - we're friendly people.

## Programme for 2010 - 2011

**10th April** - AGM and social meeting with Dr. Dev Singh (President).

**8th May** - Liz Wilson Diabetes Specialist Nurse.

**12th June** - Debbie Hagan - Kilimanjaro Trek.

**10th July** - Social Meeting

**14th August** - Jane Viner - Link Group

**11th September** - Rachel Purcell - Podiatrist

**9th October** - Maxine Espley - Managing Dir. Provider Serv.

**23rd October** - Living with Diabetes Day - Organisers - Diabetes UK. The Diabetes Centre NX and WA4D. Venue: The Holiday Inn at Dunstall race course (Pre-registration necessary)

**11th December** - Carols and light hearted chat. Donations of your favourite dishes if desired.

**2011**

**8th January** - Bring and Buy.

**12th February** - A day in the life .....

**13th March** - Community Stroke Co-Ordinators.