



# Programme of Events and Sessions

## Friday, 25 October 2019

Daytime

**Sponsor Focus Groups in Winchester / Gloucester**  
Abbott — 1:00 - 2:15 • Insulet — 3:00 - 4:15

12:00

**Opening of the Exhibition Hall — County Suite Lobby**

8:30 - 7:00

Registration in Hotel Lobby; Moves to County Lobby on Saturday and Sunday

7:30 - 8:30

Jade Byrne — Sponsored by Dexcom  
**"Pricks" — Sponsored by Insulet— in County Suite**  
Followed by Reception in the Exhibition Hall

## Saturday, 26 October 2019

Time	Winchester / Gloucester	Exeter / Durham	Stafford / Canterbury	Chelmsford
Breakfast in Restaurant				
9:15 - 10:15	<b>The Road to the Bionic Pancreas: A Long Day's Journey Into Light</b> Ed Damiano — In County Suite			
10:15 - 11:00	Break in Exhibition Hall			
11:00 - 12:00	<b>Crushing After Meal Glucose Spikes and Conquering Pizza: A Dietitian's Guide</b> John Pemberton	<b>Why Does Age of Diagnosis Vary So Much Amongst People?</b> Anna Long DUK & JDRF Funded Research		
12:00 - 1:30	Lunch in Restaurant			
1:30 - 2:30	<b>Mums Discussion Group Come Join Us for Coffee &amp; Cake</b> Aileen Hillis & Jackie Jacombs	<b>Dads Discussion Group</b> Ash Head & Scott Kylo	<b>Sick Days and Diabetes: Highs, Lows, and Everything in Between</b> Tabitha Rendall	<b>Things You Want to Know But Never Get Time to Ask at Clinic</b> Brian Kennon
2:30 - 3:15	Break in Exhibition Hall			
3:15 - 4:15	<b>Come On, Mum (Dad), Really?! What Your Child Would Like You to Know</b> Jill Weissberg-Benchell	<b>Ah, Such are Life's Changes</b> Mike Cross		<b>You're Just My Type ... 1</b> Gavin Griffiths, Jade Byrne, & Chelsea Carr
7:30 - 11:30	Dinner in Restaurant followed by Family Disco in County Suite			

## Sunday, 27 October 2019

Time	Winchester / Gloucester	Exeter / Durham	Stafford / Canterbury	Chelmsford
Breakfast in Restaurant				
9:15 - 10:15		<b>Stop Beating Yourself Up! Immunotherapy for T1D</b> Tim Tree	<b>Top Ten Lessons From Over a Decade of Experimentation: Bodybuilding, Carbohydrate Manipulation, Three Peaks Challenge, Looping and Much More</b> John Pemberton	
10:15 - 11:00	Break in Exhibition Hall			
11:00 - 12:00	<b>Flying the Nest or Home Until 30: Things to Consider</b> Brian Kennon & Jude Kennon	<b>I'm Supposed to Do it All!?</b> Jill Weissberg-Benchell	<b>Schools' Discussion Group</b> Aileen Hillis & Jackie Jacombs	<b>DIY Looping: The What, The Why, and The How</b> Alasdair McLay
12:00 - 1:30	Lunch in Restaurant			
1:30 - 2:30	<b>DiAthlete: Bearing Fruit</b> Gavin Griffiths	<b>DIY Looping: The What, The Why, and The How</b> Alasdair McLay		<b>Preventing, Recognising, and Overcoming Burnouut</b> Jill Weissberg-Benchell
2:30 - 3:15	Break in Exhibition Hall — Exhibition Hall Closes at 3:15			
3:15 - 4:15	<b>Closing Keynote: Venture, Adventure</b> Mike Cross — In County Suite			



## Friday, 25 October 2019

Time	Childcare—Ages 0-5 Shrewsbury	Elementary—Ages 6-8 York / Windsor	Tween—Ages 9-12 Leicester	Teen—Ages 13-17 Nottingham
8:30	Registration in Hotel Lobby; Moves to County Lobby on Saturday and Sunday			
7:30 - 8:30	Icebreakers	Icebreakers	Icebreakers	Icebreakers

## Saturday, 26 October 2019

Time	Childcare—Ages 0-5 Shrewsbury	Elementary—Ages 6-8 York / Windsor	Tween—Ages 9-12 Leicester	Teen—Ages 13-17 Nottingham
Breakfast in Restaurant				
9:15 - 9:45		Diabetes Doesn't Define Me! The Story of Me	Insulin & Beyond	Why Would Anyone Want to Run Across the UK?
9:45 - 10:15		You Too Can be a Diathlete!		Carb Life
10:15 - 11:00	Break in Exhibition Hall			
11:00 - 11:30		Fiffles!	Tech Talk	Walking to the South Pole with Mike
11:30 - 12:00	Sports Central in County Suite	Pushing Your Buttons & Making Your Heart Sing with Jill	Talking About the Bionic Pancreas with Ed	Jamming with Jade
12:00 - 1:30	Lunch in Restaurant			
1:30 - 2:00	Visit from Dr. Tim		Food for Life with John	Going With the Flow
2:00 - 2:30		Scavenger Hunt	FFL Exercise with Gavin	Why Me?
2:30 - 3:15	Break in Exhibition Hall			
3:15 - 3:45		Food is Fun!	Tween Olympics	Obstacle Course Jeopardy
3:45 - 4:15		Carb Creatures	Diabetium	
7:30 - 11:30	Dinner in Restaurant followed by Family Disco in County Suite			

## Sunday, 27 October 2019

Time	Childcare—Ages 0-5 Shrewsbury	Elementary—Ages 6-8 York / Windsor	Tween—Ages 9-12 Leicester	Teen—Ages 13-17 Nottingham
Breakfast in Restaurant				
9:15 - 9:45		Mike—You Can Do Anything!	Green & Orange Bracelets	Teens Off Site at Bear Grylls Assault Course, Archery and Escape Room Adventures
9:45 - 10:15	Fun and Games with Gavin	Diabetes Superheroes	Building Resilience with Jill	
10:15 - 11:00	Break in Exhibition Hall			
11:00 - 11:30	Fun With Food and John		Stories From Our T1 VIPs	Wear active wear and lace up trainers. No jewellery.  Packed lunches provided.  Depart after breakfast at 8:00 Return by 1:30
11:30 - 12:00		Sports Central In County Suite		
12:00 - 1:30	Lunch in Restaurant			
1:30 - 2:00	Story Time with Jade	The Science of Diabetes	Sports Central In County Suite	3 D Talks
2:00 - 2:30		Stop Beating Yourself Up! With Dr Tim		
2:30 - 3:15	Break in Exhibit Hall			
3:15 - 3:45		70,000 Pricks! A Visit with Jade		Chill with Jill  Now You Talk to Us
3:45 - 4:15		Dragon's Den: Present Your Ideas to Make Diabetes Easier	Mindfulness	