

Time	Type 1 Diabetes Adults over 18's only	Parents of Children with type 1 diabetes	Children aged 5-8 years	Children age 9-12 years	Teens & Young Adults 13+ years
	Blue Group	Yellow Group	Red Group Barzona	Purple Group Galloway	Green Guernsey
10:00 – 10:30	Check in, Exhibition & Refreshments	Check in, Exhibition & Refreshments	Check in, Exhibition & Refreshments	Check in, Exhibition & Refreshments	Check in, Exhibition & Refreshments
10:30 – 10:45	Welcome	Welcome	Welcome	Welcome	Welcome
10:45 - 11:15 (30 mins)	<i>"Surviving and Thriving with Type 1 Diabetes Worldwide"</i> Elizabeth Rowley T1 International	<i>"Surviving and Thriving with Type 1 Diabetes Worldwide"</i> Elizabeth Rowley T1 International	<i>"Surviving and Thriving with Type 1 Diabetes Worldwide"</i> Elizabeth Rowley T1 International	<i>"Surviving and Thriving with Type 1 Diabetes Worldwide"</i> Elizabeth Rowley T1 International	<i>"Surviving and Thriving with Type 1 Diabetes Worldwide"</i> Elizabeth Rowley T1 International
11:15	Room Partition put in place	Room Partition put in place			
11:30 – 12:15 (60 mins)	Topic TBD Mark Davies	<i>"Balancing the family relationship with diabetes"</i> Moira McCarthy	Fun with Anna Banana	Reuban The Entertainer	<i>How to be a Juvenile Diabetes Delinquent; Driving your Parent Nuts in the Most efficient way.</i> Joe Solowiejczyk
12:15 - 2:00	Room Partition Removed Lunch Room Partition put in place	Room Partition Removed Lunch Room Partition put in place	Lunch in the Parnell & Pearse Ballrooms	Lunch in the Parnell & Pearse Ballrooms	Lunch in the Parnell & Pearse Ballrooms
2:00 - 2:30 (30 mins)	<i>Technology & Treatments other than insulin</i> Dr. Kevin Moore	<i>Financial Support & Entitlements for Children with Diabetes</i> Anna Clarke, Diabetes Ireland	<i>Diabetes Doesn't Stop you!</i> James O'Reilly, Kate Gajewska, Naomi Clarke, and Kevin Nolan	<i>The Truth about How much Diabetes Sucks!</i> Joe Solowiejczyk	Reuban The Entertainer
2:30 - 3:00 (30 mins)	Managing blood glucose and exercise in Type 1 diabetes Dr. Alistair Lumb	Dealing with Post Meal Spikes Gráinne Mallon, Dietitian			
3:00 – 3:30 (30 mins)	Living with Diabetes; Top 10 Tips Kate Gajewska	Parenting & Diabetes: You can do it without pulling your hair out! Joe Solowiejczyk,	<i>Diabetes & Exercise</i> James O'Reilly With the Purple group in The Galloway	<i>Diabetes & Exercise</i> James O'Reilly With the Red Group in The Galloway	<i>"Learning to say Yes"</i> Moira McCarthy
3:30 - 4:00	Break	Break	Break	Break	Break
4:00 – 4:45 (45 mins)	<i>"Diabetes Burnout"</i> Joe Solowiejczyk	<i>"Diabetes Burnout"</i> Paula Short	Group Art Project	<i>Diabetes Doesn't Stop you!</i> James O'Reilly, Kate Gajewska, Naomi Clarke, and Kevin Nolan The Guernsey	<i>Diabetes Doesn't Stop you!</i> James O'Reilly, Kate Gajewska, Naomi Clarke, and Kevin Nolan The Guernsey
4:45	Room Partition Removed	Room Partition Removed	Diabetes Quiz	<i>Living with Diabetes; Top 10 Tips</i> Kate Gajewska With the Green group in The Guernsey	<i>Living with Diabetes; Top 10 Tips</i> Kate Gajewska With the Purple group in The Guernsey
5 - 5:30 (30 mins)	<i>HSE Diabetes services update</i> Sean Dinneen National Diabetes Programme	<i>HSE Diabetes services update</i> Sean Dinneen National Diabetes Programme			
5:30 – 5:45	Closing Remarks	Closing Remarks			