



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

March
2006

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Jones

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COURSE PLANNED FOR TYPE 1 DIABETICS

Guildford and Waverley PCT has moved a step nearer to providing the DAFNE course for people with Type 1 diabetes.

This course - *Dose Adjustment For Normal Eating* - provides training and education to enable people to confidently adjust their insulin to match their daily living.

DAFNE is based on:

- * 2 injections of long-acting (background) insulin each day
- * Injecting quick-acting insulin each time you eat
- * Testing blood sugar level before each injection

DAFNE involves groups of 6-8 participants attending a local 5-day training course plus a follow-up session around 8 weeks after the course and yearly half-day top-up sessions.

Our course will be led by Dr Susan Davidson, Henrietta Mulnier (Diabetes Specialist Nurse) and Joy Davis (Chief District Dietitian). It covers topics including carbohydrate estimation, blood glucose monitoring, insulin regimens, hypos, illness and exercise.

Most of the training is built around group work, sharing and comparing experiences with other people with Type 1 diabetes. However, there are opportunities for each person to speak to a doctor, nurse or dietitian individually.

If you want more information about DAFNE, the website address is www.dafne.uk.com

Gwen Hall
Diabetes Specialist Nurse/Primary
Care Clinical Educator
Tel: 01483 783020

VACANCIES ON GROUP COMMITTEE

The next meeting on 3rd of April is the Group AGM when we elect the Committee. There could be some vacancies, so can you have a think about whether you could help? Committee meetings are on the first Tuesday of the month in which we don't have a Group meeting. The main things the Committee does are organise the meetings, support

local diabetics through the newsletter and website www.diabetessurrey.org and we also do a lot of fundraising, for which we are quite well known.

If you think you could help with any of these things ring Brian Davey on 01483 275176 or email him on bcdavey@enta.net

Meetings are held on the first Monday of every other month.

Our venue for meetings is CEDAR, the Centre for Endocrinology, Diabetes and Research, at the Royal Surrey County Hospital.

Meetings start at 7.30pm. If there is a speaker, that part of the evening begins at 8pm.

If you come by car, parking for 2-3 hours is £2.50 in the hospital car park, but there are a number of parking places for blue or orange badge holders right at the back of the Centre. And staff car parks are quite empty at that time of day.

If you come by train, there are regular buses from the Station.

If you have email?
Send me an email and you can have this Newsletter that way.

Please send items for the next issue by the 12th May 2006 to:

Julie Grist, Editor
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Wheeler Lane
Witley, Surrey
GU8 5QU
01428 683448 or
email
julie.grist@lineone.net

STREET COLLECTIONS

We've got two street collections in the pipeline—Saturday 15th April in Godalming and Saturday 15th July in Guildford.

Collectors always welcome.

If you would like to help ring Geoff Woolley on 01483 828499.

SPRING FAIR AT THE BURYS

We'll be running our stall at the Spring Fair at the Burys in Godalming on Saturday 29th April. If you have anything you could donate that would interest children in particular, please ring Hazel on 01483 566012. Or come and join the fun of our tombola on the day.



There is to be a **Charity Night** at Fairlands Community Hall on Saturday 12th April. 7.30pm—11.30pm. Buffet and raffle. Tickets £12.

Fairlands is off the Aldershot Rd near Worplesdon. Contact Brian Davey on 01483 275176 or email bcdavey@enta.net

EXPERT PATIENTS PROGRAMME

The Expert Patients Programme is a free course for people living with long-term health conditions.

There are two forthcoming courses. One is at Merrow in Guildford from 5th April—10th May 1pm—3.30pm and the other is at Park Barn Centre, Guildford from 4th May—15th June from 6pm—8.30pm.

For more details call Donna on 01483 783100 or Laura on 01252 305855

MEETINGS

Next Meeting

Monday, 3rd April 2006

Our Annual General Meeting

And an update from our President.

CEDAR one year on.

Speaker: Professor David Russell-Jones

Future meetings

Monday, 5th June 2006

Children and Diabetes

Speaker: Nicola Ward, Diabetes Specialist Nurse (Paediatric), Guildford and Waverley PCT

Monday, 7th August 2006

Open Forum. Your opportunity to give others your tips for living with Diabetes and discuss your concerns

Led by Pat Millar

Monday, 2nd October 2006

The role of the Area Manager

Speaker: Jill Steaton, South East Area Manager, Diabetes UK

Monday, 4th December

Christmas Social

Speakers: Dr John Wright and Joy Davis, Chief Dietitian