



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

July 2008

Website:
www.diabetessurrey.org

PRESIDENT:

Professor David
Russell-Jones

COMMITTEE:

Chairman:

Pat Millar
01483 560581

Vice-Chairman:

Geoff Woolley
01483 828499

Treasurer:

Guy Barnby
01483 566012

Secretary:

Roy Vinall
01483 222071
roy.vinall@btinternet.com

MEMBERS:

Ian Allen
01483 203744
Brian Davey
01483 275176
John Goodridge
01483 889533
Julie Grist
01428 683448
Daphne Millar
01483 560581
Valerie Ovington
01428 683054
Rena Reilly
01276 501574
Edouard Le Maistre
01483 416303

'Summer Nights' Dinner Cruise

We are pleased to announce our second 'Summer Nights' cruise to take place on 4th August 2008 at 6.30 pm



You are invited to join us for a two hour cruise and dinner aboard The Zachariah Kepple narrowboat on the Wey and Arun Canal commencing from The Onslow Arms at Loxwood.

Our evening cruise aboard this 50' converted narrowboat will take us on a round trip from Loxwood, 10 miles south of Guildford, to the newly re-built Drungewick Aquaduct and back again to Loxwood. During our trip, dinner (buffet type fare) and complimentary drinks will be served. whilst we cruise through some of the most peaceful and beautiful countryside in the South of England.

Cost: £14.95 p.p. inc.dinner and complimentary wine.

You'll need to book quickly as we are restricted to 28 places. For further information and booking please 'phone John Goodridge on 01483 889533 or email:johengo@googlemail.com.

RESEARCH FUNDED BY DIABETES UK

Diabetes UK is one of the largest funders of diabetes research in the UK, investing up to £7.3 million to develop better treatment, prevent diabetes and to find a cure.

They are currently focusing on two areas—funding research into better ways to manage diabetes and learning more about how diabetes causes life-threatening health complications.

For example, one project for Type 2 diabetes investigated producing a drug using a hormone that could improve glycaemia control without increasing the risk of hypos.

Another discovered that a deficiency of vitamin B1 is likely to be a cause of complications. Clinical trials need to prove this but it could mean that simple vitamin supplements could reduce the health risks associated with diabetes.

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 8pm but tea and coffee are available a bit earlier.

If you come by car, parking for 2-4 hours is £4.00 in the hospital car park, but there are a number of parking places for blue 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.

If you have items for the next issue please send them by the 12th September 2008 to:

Julie Grist, Editor
Holmbury
Wheeler Lane
Witley, Surrey
GU8 5QU

01428 683448 or
email

julie.grist@lineone.net

A NEW INITIATIVE IS IN THE PLANNING STAGE—WATCH THIS SPACE!

The Group has two main priorities—to support diagnosed people in the area about living with diabetes as well as raising awareness with undiagnosed people and also to raise as much money as we can to help Diabetes UK both locally and nationally.

We're working on a new initiative for next year which will focus on the support angle. There are no firm details just yet but we expect there will be by the next issue.

A GOOD FEW MONTHS FOR FUNDRAISING

Our fundraising has reached new heights in the last few months.

The tombola stall at the May Fair in Godalming on 3rd May raised £250.

The street collections did well—the Godalming one raised £333 and the Guildford one raised £509. Thanks to Geoff Woolley, as always, for organising them and of course to the helpers on the day.

And the **Walk in the Park** on the 1st June has so far raised a magnificent £1,200.

Many thanks to Ian Allen for coordinating our efforts on that.



Next Meeting

River Trip. See other page.

Monday, 4th August 2008

Future meetings

Monday, 6th October 2008

GP Targets—before and after QAF (Quality and Outcomes Framework)

Speaker: Dr Alison Jump,
Dapdune House Surgery,
Guildford

Monday, 1st December 2008

Christmas Social
Plus Quiz

Monday, 2nd February 2009

Current Diabetes research at CEDAR —The Energy Expenditure Study

Speaker: Sunil Zachariah,
Research Registrar

Monday, 6th April 2009

AGM and Speaker