



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

March
2007

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www.diabetessurrey.org

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AGM AND AN UPDATE FROM PROFESSOR DAVID RUSSELL-JONES

Our next meeting will be on Monday, 2nd April 2007. Tea or coffee will be available from 7.30pm and at 8pm we will have our AGM.

If you are interested in having a say in what the Group does, please think about joining the Committee - we're looking for new ideas. Most of the Committee have been involved for quite some time and a few would welcome a break. It's not unknown for groups to close because just a few people are doing all the work. One nearby has just recently. We don't seem near to that but it's worth bearing in mind.

In particular we need someone to look after the meetings programme. If that would be up your street, please contact Brian Davey on 01483 275176.

After the AGM, Professor David Russell Jones, Consultant Diabetologist at the Royal Surrey County Hospital and our President, will give us an update on what's happening, including the push to test for diabetic retinopathy.



In addition Dr Denise Robertson will give a brief overview of the research project which the Group is supporting. It's on the role of resistant starch in the treatment of insulin resistance.

EYE SCREENING

Surrey Primary Care Trust is in the process of contacting all of us who are 'affected by diabetes' to encourage us to have an annual retinal eye examination free of charge. At present they are just asking for interest and will send out information about arranging appointments in due course.

This is different from sight tests that local optometrists do and does not replace it. But the Trust is very keen that you take the opportunity to have the examination as, to quote the letter, 'diabetic retinopathy is treatable if detected early and it could save your sight'. It has been a fight to get this programme funded so let's use it.

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 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 16th May 2007 to:

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ALL ABOARD? WOULD YOU BE INTERESTED IN AN EVENING ON THE RIVER WEY?

We're thinking of having a change for our meeting on 6th August and taking a boat trip from the Guildford Boat House. The cost is likely to be in the region of £20 per person for a three course meal and the trip itself.



We need between 25 and 40 people to make it work. What do you think?

If you are interested contact John Goodridge on 01483 889533

WALK IN THE PARK

16th June 2007—please make a note in your diary.

We are planning a 'Walk in the Park' in Stoke Park for Diabetes Week. It won't be a long walk—the idea is that you do as much or as little as you want. The point is that we publicise diabetes issues and that you raise some money for Diabetes UK.

We'll have help from Diabetes UK for some things but a lot of it will be down to us and we really need your help.

If you would like to help with the planning or be there on the day to help, please ring Ian Allen on 01483 203744 or email him on ian_trevor_allen@yahoo.com



Next Meeting

Monday, 2nd April 2007
AGM plus an Update from Professor David Russell-Jones, our President and an overview of new research by Dr Denise Robertson. The research is supported by our fundraising.

Future meetings

Monday, 4th June 2007
What patients are told but do not understand—communication between Doctor and patient.
Speaker: Dr Sue Davidson

Monday, 6th August 2007

Proposed river trip leaving from Guildford Boat House—see above

Monday, 1st October 2007

Gadgets for coping with Diabetes
Speaker: Rena Reilly, CEDAR, Royal Surrey County Hospital

Monday, 3rd December 2007

Christmas Social

Monday, 4th February 2008

To be announced