



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

May
2007

Website:
www.diabetessurrey.org

PRESIDENT:
Professor David
Russell-Jones

COMMITTEE:
Chairman:
Brian Davey
01483 275176
bcdavey@enta.net

Vice-Chairman:
Geoff Woolley
01483 828499

Treasurer:
Guy Barnby
01483 566012

Secretary:
Valerie Ovington
01428 683054

**Children and
Young Persons
Support Group:**
Jackie Lipinski
01483 835147

MEMBERS:
Ian Allen
01483 203744
Hazel Barnby
01483 566012
John Goodridge
01483 889533
Julie Grist
01428 683448
Elizabeth Hillman
01483 568332
Daphne Millar
01483 560581
Pat Millar
01483 560581
Rena Reilly
01276 501574

ARE YOU DOING ANYTHING FOR DIABETES WEEK- 10TH-16TH JUNE?

Taking a walk in Stoke Park?

This is the first time we have got involved in the annual Diabetes UK 'Walk in the Park' for Diabetes Week. But we are trying it this time in Stoke Park. It won't be a long walk—the idea is that you do as much or as little as you want, you can even do the course several times!

If you would like to register and we need as many people as possible to do that, please contact Penny January on 01372 720148 or email her on south.east@diabetes.org.uk

Making lifestyle changes

By eating and drinking well and making activity part of your life you can get better control of your condition.

Diabetes UK has some tips:

- Eat regular meals
- Be prepared so you don't make the wrong decision on what to eat when you are hungry
- Serve meals in the kitchen rather than at the table when it is so easy to take second helpings
- Put your knife and fork down between mouthfuls and allow at least 20 minutes to eat

Raising awareness?

- You could distribute information about diabetes at any club or event you attend
- You could recruit a new Diabetes UK member. Phone 0800 585 088 for information leaflets and membership forms.

YOUR LOCAL CARE- HOW DOES IT RATE?

The National Service Framework on diabetes lays out what we are entitled to expect and Diabetes UK keeps an Infobank which analyses what is happening. You can find it on their website, but just to highlight a few things:

- 38% of people are newly diagnosed as a result of routine tests in 2006 in Guildford and Waverley compared with only 20% in

the South East as a whole;

- all children with diabetes are receiving expert help between clinic visits compared to 95% in the South East as a whole.
- Just under 70% of diabetics were screened in 2006 for retinopathy. (*Letters have recently gone out offering the screening programme to all so hopefully that percentage will improve in 2007. Ed.*)

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 13th July 2007 to:

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

A FEW PLACES LEFT ON THE RIVER TRIP

There are just a few places left on the boat for our evening trip on 6th August.



If you are interested contact John Goodridge on 01483 889533.

GODALMING COMES UP TRUMPS—TWICE

The valiant fund raisers have been working hard again, in Godalming twice in two consecutive weeks.

On 5th May we had a tombola stall at St John's Fair in the Burys and raised over £300—better than last year.

And on 12th May there was a street collection and Geoff Woolley and his helpers raised £377.58 precisely.

Thanks to all who helped.

THE GROUP SENDS MORE MONEY TO DIABETES UK

We have donated another £500 towards the research project we are supporting— on the role of resistant starch in the treatment of insulin resistance. The

research is being run at the Royal Surrey County Hospital under the watchful eye of Professor David Russell-Jones.

Next Meeting

Monday, 4th June 2007

What patients are told but do not understand— communication between Doctor and patient.

Speaker: Dr Sue Davidson, Associate Specialist, CEDAR



Future meetings

Monday, 6th August 2007

River trip

Please note there is no meeting at CEDAR on this date

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