



GUILDFORD AND SOUTH WEST  
SURREY VOLUNTARY GROUP  
NEWSLETTER

November  
2005

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**WHEN YOU NEED ADVICE, HAVE CONCERNS,  
OR DON'T KNOW WHICH WAY TO TURN...**

The Patient Advice and Liaison Service (PALS) provides confidential help with:

- Concerns or questions you may have about your care or the care of someone close to you
- Information and advice about health matters and local health services
- Details of local and national agencies that may be able to help
- Information on the NHS complaints procedure and the independent advocacy support available to help you through the procedure

PALS uses your views and experiences of health services to help improve patient care. It also gives you the opportunity to actively influence the development of local health services through getting involved in the work of Guildford & Waverley PCT.

**To contact PALS**

For issues to do with Guildford & Waverley PCT community services phone 01252 305855 or email [pals@gwpct.nhs.uk](mailto:pals@gwpct.nhs.uk)

For those to do with the Royal Surrey County Hospital phone 01483 402757, visit the PALS office in the main hospital reception area or email [pals@royalsurrey.nhs.uk](mailto:pals@royalsurrey.nhs.uk)

**EXPERT PATIENT PROGRAMME COURSE**

The next course will start on 20th January 2006 for 6 weeks, 1pm - 3.30pm at the Farnham United Reformed Church, South Street, Farnham.

Courses are free and aim to help people deal more effectively with their chronic illness.

They are run by volunteers who themselves have chronic illnesses and everyone we know who has been on one has found them invaluable.

If you are interested contact Donna on 01483 783100



**Wishing you a very Happy Christmas  
and a wonderful New Year**

from

Brian Davey and everyone on the Committee

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

**Our new 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 disabled people right at the back of the Centre.

We are currently investigating other options.

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 January 2006 to:

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

## SOME CHRISTMAS CARDS STILL LEFT!



We will have a selection of cards, wrapping paper and a few diaries from Diabetes UK for sale at our meeting on the 5th December.

## A PAT ON THE BACK FOR PAT!

Pat Millar and two of his fellow tutors have been given an award for their work with the Expert Patient programme. They're all volunteers and those of you who have been on it will agree that they deserve it.

## ROADSHOW DEEMED A SUCCESS

The Roadshow run by Diabetes UK at Sainsbury's, Burpham on 15th October was a great success. Well over 500 people had a word or took a leaflet. At least one committee member was there all day as well as people from St Peters and District Branch and Blackwater Valley groups. We had a leaflet about the group available and were able to raise it's profile so hopefully we will find some new members are beating a path to our door.

## COULD YOU PROMOTE THE GROUP?

We now have leaflets and posters about the Group. If you can think of anywhere we could put up a poster or leave a few leaflets, please let Julie Grist know. They should already have gone to all Health Clinics and Surgeries in the Primary Care Trust area. Thanks.

## MEETINGS

### Remember, new venue!

**Monday, 5th December 2005**

*'Something wrong with my foot, Doc.'*

Speaker: Dr Mike Smith.



Information on all our activities is on our website —  
[www.diabetessurrey.org](http://www.diabetessurrey.org).

### Future meetings

**Monday, 6th February 2006**

*An evening with Shirley Hampson*

**Monday, 3rd April 2006**

*AGM and update from our President, Professor David Russell -Jones*

**Monday, 5th June 2006**

TBA

**Monday, 7th August, 2006**

*Open Forum*

Led by Pat Millar