



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

January
2005

PRESIDENT:

David Russell-Jones

COMMITTEE:

Chairman:

Brian Davey

01483 275176

bcdavey@enta.net

Vice-Chairman:

Geoff Woolley

01483 828499

Treasurer:

Guy Barnby

01483 566012

Secretary:

Ian Allen

01483 568108

ian_trevor_allen@
yahoo.com

Members:

Hazel Barnby

01483 566012

Kate Boland

01483 821029

John Goodridge

01483 767157

Julie Grist

01428 683448

Jean Harris

01483 414732

Elizabeth Hillman

01483 568332

Iain MacColl

01483 579925

Daphne Millar

01483 560581

Pat Millar

01483 560581

Valerie Ovington

01428 683054

Derek Ramsden

01483 533309

***CEDAR—THE CENTRE FOR
ENDOCRINOLOGY, DIABETES AND
RESEARCH, ROYAL SURREY COUNTY
HOSPITAL, GUILDFORD***



**THE GRAND
OPENING IS
GETTING VERY
CLOSE NOW!**



The official opening is to be by Prince Andrew on 7th February 2005 but numbers invited will have to be limited because of security. A bigger party with a bigger guest list will take place a bit later, probably in April. The Centre is expected to start working with patients towards the

end of February. And the dream of so many people over the many years of campaigning and fundraising will come to fruition.

Photos taken by John Goodridge. Thanks, John

**A SHARPS
HINT FROM
GWEN HALL**

How do you dispose of your sharps? Special sharps boxes are now available on prescription. This is the safest way to get rid of used needles and lancets. Some practices accept the full boxes back but if not, your local council can arrange disposal. In any event sharps should never be put into your normal rubbish—even if double wrapped or in a bottle or jar.

Meetings are held on the first Monday of every other month at Dray Court, The Chase, Guildford. Coffee and tea are available from 7pm and the meeting starts at 7.30pm. (These timings have changed recently.)

Dray Court is near the Cathedral and ten minutes walk from Guildford Station.

If you come by car, there is free parking in the surrounding streets but not in Dray Court itself.

If you come by train, leave the station by the University exit and turn right along Madrid Road. Dray Court is on the right at the junction of Madrid Road and The Chase.

If you have email? Send me an email and you can have this Newsletter that way. Cheaper for us and maybe easier for you!

Please send items for the next issue by the 14th March 2005 to:

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

ARE YOU AN EXPERT PATIENT? YOU COULD BE!

Places are available on the Expert Patient course to take place in Haslemere over a period of six weeks starting in March.

Roy Monk, whom many of you will know, attended the course and gave me the quote below from one of the other participants who summed it up in this way —

'The key objective of the course was to enable participants to transcribe their perception of their conditions from a minor to a major key, by focussing on what they can do rather than what they can't. It was successful in this aim. This was partly due to the tutors

themselves having chronic conditions—they were "two of us". But it was more than that—they enthused the group of 10 from the beginning and set the note for a positive response. I had feared that we might be derailed by individuals majoring on the most interesting topic (viz their own condition) but in the event it was not so and there was a decent sharing of experiences without boring the rest. It was salutary to realise that the others present had problems at least as significant as one's own and usually more so.'

For further details ring 01483 783100 or 01483 783273 and ask for Donna or Wendy.

GODALMING FAIR ON 30TH APRIL

We'll be having our usual stall at Godalming Fair and need prizes for the tombola. Could you ring Guy and Hazel 01483 566012 if you have anything suitable. Or just bring it or them with you to the meeting on the 7th February. Thanks.

SPECIALIST NURSES AT PCT

Nicola Ward is now the PCT's full time Paediatric Diabetes Specialist Nurse and from 1st February Henri Mulnier is taking her place as Diabetes Specialist Nurse in Primary Care covering the Waverley area with an office in Haslemere Hospital.

MEETINGS

Next meeting

Monday, 7th February 2005

Acupuncture and diabetes

Jim Laity



Coffee and tea are available from 7pm and the meeting starts at 7.30pm.

Future meetings

Monday, 4th April 2005

AGM plus an update from Professor David Russell-Jones about what's going on locally in the NHS.

Monday, 6th June 2005

TBA

Monday, 1st August 2005

TBA

Monday, 3rd October 2005

TBA