



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

July
2004

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THUMBS UP TO INSULIN

"I'm sorry but this is the end of the road for tablets. It's time to go on to insulin". Back in January, that was what the doctor said to me. I should have been shocked but I wasn't — I had been on the maximum dose of Gliclazide, I had tried another more powerful drug before but I couldn't tolerate it.

Actually, I was relieved. In due course I got a date from the hospital and my GP's decision was confirmed.

I had then to learn the practicalities of injecting. It's surprisingly easy. With the pen system you don't have to prepare the insulin yourself — you just put the cartridge in the "Pen". You squeeze some flesh

together, insert the pen and squeeze the trigger. It's more or less painless.

Insulin sets you free. You don't have to have such a rigid control of your diet (I was never very good at that). It does take some time to get the dosage and type of insulin right. But I have found that I have a lot more physical energy than I did. I can run upstairs. I am doing better in the gym. I was amazed to find that I could tramp around all day at the South of England Show without exhaustion. I always keep some chocolate on me — I find that this is more effective than dextrose tablets if I have a problem. And I do test three or four times a day. If you get the chance to go on insulin grab it with both hands - you really will feel better for it.

Ian Allen

CHANGING THE SITE

In the last edition Nicola Ward, Diabetes Specialist Nurse, advised changing injection needles before every injection but there are other things to consider too. Changing the site of the injection is equally important. A fatty pad can develop if the same site, be it thigh or abdomen, is used repeatedly. The uptake of insulin from these pads

can be highly variable and lead to poor control of blood sugar (glucose). If you have any queries you'd like the Diabetes Nurse Specialists to answer through these pages why not drop Julie a line?

Gwen Hall, Diabetes Specialist
Nurse/Practice Nurse Trainer
Guildford & Waverley PCT

STOP PRESS! MORE DATES FOR EXPERT PATIENTS

There are still places available on the Guildford and Godalming Courses starting in September and November. Courses are free and aim to help people deal more effectively with their

chronic illness. They run for six weeks, with a two hourly session each week. For more information check the website www.expertpatients.nhs.uk. Or telephone 01483 783100.

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 31st August 2004 to:

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SELF HELP GROUP TO CEASE

Daphne Millar has been running the local self help group for a long time and has now decided to call it a day .

The Committee would like to express their thanks to Daphne on behalf of all those who have benefited over the years—and there have been many.

If you feel you need help, contact the Diabetes UK Careline on 0845 120 2960 or you might find the answer on the Diabetes UK website www.diabetes.org.uk. Or talk to anyone on the Committee.

CAN YOU SPARE ANY JEWELLERY?

Jean Harris is planning another jewellery and bric-a-brac stall in November to raise money for CEDAR.

If you have anything you no longer need, please give her a ring on 01483 414732 or bring it with you to the August or October meeting.

COLLECTION NEWS

On 10th July a number of valiant souls collected £480 in the Guildford street collection. Brilliant!

If you would like to help another time, please give Geoff a ring on

THE QUIZ

Strange but true. Four of us went to East Grinstead on the 29th June to represent our Group at the Inter-Voluntary Group Quiz—Brian, Geoff, Valerie and myself. We were hoping not to make too much of a fool of ourselves by coming last but jokingly said we mustn't win because we thought the winning team would have to host it next year. Questions were categorized—history, sport, geography etc. What fruit is grenadine made from? and what sort of animal is a notcule? We got those but we got stumped on what was the name of the actor who played the baddie in a James Bond movie! Well – we won! Luckily Haywards Heath volunteered to host it next time. Phew!!

Julie Grist

MEETINGS

Next meeting

Monday, 2nd August 2004

Open Forum led by Pat Millar
Your chance to ask questions or discuss particular concerns.

The meeting will start at 7.30pm, with coffee or tea available from 7pm.

Future meetings

Monday, 4th October 2004

Exercise—every little helps
Dr Alison Jump, Dapdune
Surgery

Monday, 6th December 2004

Topic to be announced

Dr John Wright—Plus *Christmas get together*

Monday, 7th February 2005

Acupuncture and diabetes

Jim Laity

Monday, 4th April 2005

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