



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

May 2003

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WELCOME

Welcome to the first newsletter from the new committee. It'll be published alternate months between meetings.

As well as giving you the basic information about forthcoming meetings and events, and how to contact the committee, we

are hoping to have news items, notes about previous meetings and occasional articles.

So please get in touch if there is anything specific which you would like to see, or if you would like to write something for us.

MEETINGS

Meetings are held on the first Monday of every other month at Dray Court, The Chase, Guildford. Coffee and tea are available from 7.30pm and the meeting starts at 8pm. 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.

Next meeting

2nd June 2003

Holiday and travel

Jackie Patterson

Diabetic Nurse, RSCH

Future meetings

4th August 2003

To be announced

6th October 2003

Chiropody

Timothy Noyce

Special Events

23rd June 2003

Quiz night at Crawley.

If you'd like to join in contact

Valerie Ovington 01428

683054

26th June

Research presentation *Focus on Youth*, plus an update of last year's presentation.

Hosted by Horsham Diabetes

UK Group. Contact Brian

Davey on 01483 275176 if

interested.

THE EXPERT PATIENT

I've just attended a 'Living well' course through the NHS *Expert Patient Programme*. The courses are for people with chronic illnesses — the idea is to develop self-management. In the one I attended there were fourteen people, of which three had diabetes.

It was extremely enlightening to meet people with other conditions — they had different problems, or challenges as we preferred to call them, but everyone was trying to adapt their lifestyle so that the illness fitted in rather than dominated it.

The course consisted of six 2½ hour weekly sessions. It was excellent. Topics covered included managing your symptoms, exercising, healthy eating, communication, managing your medicines and planning for the future.

If you are interested in joining a course contact Sharon Rennie on 01273 403530. You need to be able to commit yourself to attend all six sessions although obviously if, in the event, you have to miss one, that's fine.

Julie Grist

Please send items for inclusion to:

The Editor

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*by the 28th of June
2003.*

INFORMATION ABOUT DIABETES

A selection of Diabetes UK's wide range of publications is available at the meetings.

They include living with diabetes, diabetic complications, food and activity, children and young people, and travel and discrimination. Some are free,

some are not.

Publications are also available direct from Diabetes UK by telephoning 0800 585 088 and some can be downloaded from the website www.diabetes.org.uk

OTHER DATES FOR YOUR DIARY

8th – 14th June.

Diabetes Week 2003. There are *Walks in the Park* where you walk for sponsorship — none near here unfortunately — but there is one in Regent's Park on Sunday 8th June between 2pm - 5pm.

No entries after 3.30pm. Contact Elizabeth Clément on 020 7424 1000.

There is a *Tea for Diabetes* (T4D) pack available if you want to have a tea party during the week and there will be a lot of publicity in the media.

2nd August.

There will be a street collection in Guildford. If you would like to help — and help would be much appreciated — contact Geoff Woolley on 01483 8284999.
