



GUILDFORD AND SOUTH WEST  
SURREY VOLUNTARY GROUP  
NEWSLETTER

May  
2005

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## LOCAL HAPPENINGS

At our Group AGM in April, Professor David Russell-Jones gave us an update about the exciting developments which are happening in Guildford. The CEDAR Centre at the Royal Surrey County Hospital, which is due to open to patients soon, was funded entirely independently of the NHS. One of the values of the Centre is that staff will be working closely with researchers at the University. Ground breaking research on human metabolism is taking place and research equipment has been donated by Wolfson. The Professor is a great believer in the idea that the best care is provided where research is happening. That's the good news. The bad news is that we have one of the worst retinal screening programmes in the United Kingdom, largely as a result of the fact that we get the least per head from the NHS—60p here rather than £2 in Scotland and Northern England. But more good news is that with the new Centre, among other things, blood tests results done there will be available while you wait—no more waiting for days.



## BECOME AN EXPERT PATIENT

The next course is at Cranleigh on Wednesday afternoons over a six week period starting on June 8th. Ring Donna on 01483 783100 if you would like more information.

## HAVE YOU JOINED DIABETES UK YET?

Diabetes UK lists seven reasons to become a member, and it really is worth it (that's the editor speaking!):

- A bi-monthly members' magazine, *Balance*, packed with useful and interesting news and information.
- A wide range of publications
- The option to talk in confidence to Diabetes UK Careline about any issue or aspect of Diabetes.
- We have a regional office working to improve services in our area and at present the coordinator is in the process of organising a Roadshow in Guildford on October 14th.
- The chance to join one of the voluntary networks like this one
- Diabetes UK Services including insurance and financial projects designed to meet the needs of people with diabetes
- The chance to help yourself and others with diabetes in the UK

Call free on 0800 371 455 for more information or 020 7424 1010 during office hours.

## DIABETES CARE RESULTS 2004

If you have access to the internet, to find out how the Guildford and Waverley Primary Care Trust is doing in relation to diabetes care, check out <http://www.drfooster.co.uk/diabetes/>

Meetings are held on the first Monday of every other month, the exception this year being the AGM.

**Our new venue for the meetings is CEDAR, the Centre for Endocrinology, Diabetes and Research, at the Royal Surrey County Hospital.**

Meetings will start at 7.30pm.

If you come by car, parking for 2-3 hours is £2.50 in the hospital car park, but there are a number of disabled parking places 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.

## AND THE MONEY KEEPS ROLLING IN!

We had our usual tombola stall at the Godalming Fair held in Buryfields on 30th April—the footballs were very popular again! And we made £175 for Diabetes UK—the money will go towards research and work with children. Our street collection in Godalming on Saturday 14th May raised £328. Thanks to all those who gave up their time to help.



There will be another street collection, this time in Guildford on Saturday, 30th July. If you would like to help, please contact Geoff Woolley on 01483 828499.

## WALK IN THE PARK

There'll be a Walk in the Park on 12th June for Diabetes Week in Cuckfield, Mid Sussex starting at 11am. Phone Richard Williams for more details on 01444 236110.

## EVERY COIN COUNTS

Diabetes Week runs from 12th –18th June and this year there is a home coin collection. You will have received easy to assemble collection boxes with the March/April issue of *Balance*. If you would like to bring your boxes to the June meeting, we can deposit the money for you. Or ring Geoff Woolley and he'll work something out with you.

## SURREY VOLUNTARY GROUPS QUIZ

The quiz this year is in Haywards Heath on Thursday 23rd June at 8pm. Fancy joining the winning team? We won last year—couldn't believe it. We need two teams of four, so ring Valerie Ovington on 01428 683054 for more details.

**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 8th July 2005 to:  
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## MEETINGS

**Remember, new venue!**

**Monday, 6th June 2005**

*Health and fitness.*

Speaker: Julie Manning, Active Zone, Guildford College



Information on all our activities is on our website

[www.diabetessurrey.org](http://www.diabetessurrey.org).

### Future meetings

**Monday, 1st August 2005**

*Open Forum.* Your chance to discuss your concerns and issues about diabetes. Led by Pat Millar

**Monday, 3rd October 2005**

*The NHS and you.*

Speakers: Jane Thwaites and Laura Dennett.

**Monday, 5th December 2005**

*Diabetes then and now.*

Speaker: Dr Mike Smith.