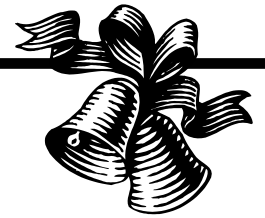




GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

November
2003



XMAS DIET EXTRA

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Christmas is a time of celebration, and this, of course, is associated with traditional fare. Over this period most of us will relax whatever dietary rules we usually follow, but here are a few tips to help you limit the damage!

Take care with the between-meal nibbles that are often a temptation at this time. Instead of the nuts, crisps, sausage rolls and cheese-based snacks, try lower fat alternatives such as raw vegetables or bread sticks with low fat dips or tomato salsa, or chopped fruits on cocktail sticks eg., mango, melon, pineapple etc.

Try to reduce the calorie load of some seasonal items :

Use a layer of apple in mince pies to cut down on the amount of mincemeat, or make an 'open' mincemeat tart, with just a few strips of pastry to decorate the top

Have a small portion of Christmas pudding, but instead of traditional brandy butter, use low fat custard or white sauce (which you could 'lace' with brandy), single cream, or low fat fromage frais.

If you have Christmas cake, try to leave the icing and marzipan, or have one decorated with glazed fruits or nuts instead.

If you want all the trimmings with the turkey (sauces, stuffings) plus several roast vegetables, your blood glucose level will be higher than usual after the meal. It may be helpful to reduce your portion size of potatoes.

Alcohol is often consumed more frequently at Christmas, and can be an additional source of hidden calories. Try not to overindulge, especially as alcohol can cause a hypo for those on insulin and some types of tablets.

Instead of a glass of wine on its own, make it into a spritzer with soda water.

Have a glass of sparkling water, or a diet or sugar-free drink in between glasses of wine.

Low alcohol drinks are often higher in sugar than ordinary ones, so they don't offer any real benefits.

Low carbohydrate beers are also of little benefit because they are higher in alcohol.

Diabetes UK has produced a Christmas Cookbook, priced £4.95 (order on 0800 585 088

Order code 2027). There is more Christmas information on their website www.diabetes.org.uk.

Joy Davis, Chief Dietitian
Royal Surrey County Hospital

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.

Got email? Send me an email and you can have this Newsletter that way and save us lots of postage !

Please send items for the next issue by the 31st of December 2003 to:

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01428 683448 or
email

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SPECIALIST NURSES AT PCT

I'm sure you all know Jackie Patterson who has been providing diabetes care to the community for 17 years; adults and children alike. Well, now she's got some help.

Numbers of people with diabetes are increasing all the time and until recently the amount of specialist nursing hours (Jackie's) had failed to keep pace with the extra workload.

Guildford & Waverley Primary Care Trust has recognised this need and has employed two other specialist nurses, Gwen Hall and Nicola Ward, to work in the community as part of the same team.

Gwen and Nicola will jobshare and cover the Farnham, Haslemere, Godalming, Cranleigh area allowing Jackie to focus on Guildford and the special needs of children.

Marie Maisey, specialist nurse at the Royal Surrey County Hospital, will continue to see in-patients there.

BRIC-A-BRAC OR RAFFLE PRIZES?

We're running a bric-a-brac stall at the Farnham Maltings on 29th November . If you have anything suitable can you let Jean Harris know—01483 414732. Or if you have anything suitable for a raffle prize ring Kate on 01483 821029.

NEXT EXPERT PATIENT COURSE IN GODALMING

The next course is to be held in Godalming from 6th March to 10th April. If you are interested, call Jane Thwaites or Alison Ballerino on 01483 783116.

OUR OWN WEBSITE

John Goodridge is in the process of developing our Group website and hopes to have it up and running by the New Year—so watch this space!

MEETINGS

Next meeting

1st December 2003

Glucose Monitoring

Di Walker of Medisense

Plus the Christmas Social

P.S Did you spot the deliberate mistake? I put the wrong date in last time. Some of you spotted it! Our meetings are always on a Monday.

Future meetings

2nd February 2004

Diabetes and your eyes

*Dr Shirley Hampson, Eye Clinic,
Royal Surrey Hospital*

5th April 2004

An update from our President,
David Russell-Jones and the
AGM
