



GUILDFORD AND SOUTH WEST  
SURREY VOLUNTARY GROUP  
NEWSLETTER

September  
2004

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*THE LATEST ON CEDAR*



*OUR WEBSITE TO GO PROFESSIONAL*

We've had a donation of £1500 from Tandridge Council to be used locally. Councillor Ian Chaplin chose to support Diabetes UK during his year in office as Chairman of the Council.

Brian Davey, our Chairman wrote to him saying:

"As you will appreciate, some days are better than others when it comes to providing the means to improve the lives of people with diabetes and ultimately to find a cure for it . . . . .

It's great that people like you think of us (when you must have had a million duties to carry out!) and provide us with important sums of money to allow us to carry on with our work.

We have decided to use the money to get professional help in order to develop the web site so as to reach a wider audience in Surrey. "

So over the next few months you'll see the website grow. In the meantime if there is anything you think we should add please let us know.

The website is at  
<http://www.guilforddiabetes.org.uk>

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 12th November 2004 to:

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

## IT'S TIME TO THINK ABOUT CHRISTMAS!



Would you like to save yourself some money?

We will have a selection of cards and wrapping paper and a few diaries from Diabetes UK for sale at our meeting on the 4th October. If you buy from us, you won't have to pay postage.

If you would like to order anything from the Diabetes UK catalogue to be collected at the 6th December meeting, please phone me, Julie Grist, on 01428 683448 or give me the details at the October meeting. We can't deliver, I'm afraid.

## MYTHS ABOUT DIABETES

People with diabetes should eat special diabetic foods. True or false?

The Diabetes UK website has a section on myths about diabetes and this is one they discuss. The answer is of course false. The healthy diet for people with diabetes is the same as that recommended for everyone—low in fat, salt and sugar, with plenty of meals based on starchy foods like bread and pasta and plenty of fruit and vegetables. Diabetic versions of sugar-containing foods offer no special benefit. They still raise blood glucose levels, are usually more expensive and can also have a laxative effect!

## THIS IS A JEWELLERY HEIST?

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 October meeting.

## MEETINGS

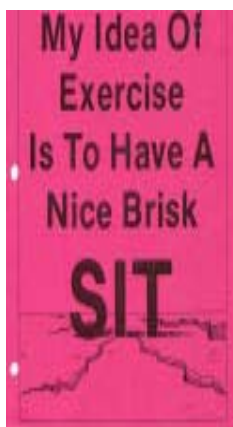
### Next meeting

**Monday, 4th October 2004**

*Exercise—every little helps*

Dr Alison Jump,  
Dapdune Surgery

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



### Future meetings

**Monday, 6th December 2004**

*On Alcohol and Diabetes*

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.*