



GUILDFORD AND SOUTH WEST  
SURREY VOLUNTARY GROUP  
NEWSLETTER

March  
2010

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

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## Bits and Pieces

### If you need to talk to someone

The Diabetes UK Careline provides support and information not just for people with diabetes but for friends, family and carers as well. They can provide information to help you learn more about the condition and how to manage it.

The Careline is staffed by trained counsellors who can provide a listening ear and the time to talk things through.

Telephone: 0845 120 2960,  
(Monday–Friday, 9am–5pm)

Email: [careline@diabetes.org.uk](mailto:careline@diabetes.org.uk)

### What care to expect from your Healthcare Team

To achieve the best possible diabetes care, you need to work together with healthcare professionals as equal members of your diabetes care team. It is essential that you understand your diabetes as well as possible so that you, yourself, are an effective member of the team.

### Top tips to get the most out of an appointment

- Prepare before your appointment
- Keep asking until you understand the answer
- What treatment, if any, is best for you?
- What happens next and who to contact?
- Write notes to help you remember

### Myth of the month 1 — People with diabetes can't play sport

People with diabetes are encouraged to exercise as part of a healthy lifestyle. Keeping active can help avoid complications associated with diabetes, such as heart disease.

There may be some considerations to take into account with your diabetes before taking up a new exercise regime – so talk it through with your healthcare team first.

Think about all the people with diabetes who take part in the London marathon every year. Steve Redgrave, Olympic rower, still won gold medals. You don't have to do anything quite so impressive—just whatever you can manage.

### Myth of the Month 2—People with diabetes should eat special diabetic foods

Diabetic versions of foods offer no special benefit. They still raise blood glucose levels, contain just as much fat and calories, are usually more expensive and can also have a laxative effect. The healthy diet for people with diabetes is the same as that recommended for everyone – low in fat, salt and sugar, with meals including starchy foods like bread and pasta and plenty of fruit and vegetables.

*Excerpts taken from Diabetes UK website.*

Meetings are normally held on the first Monday of every other month.

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

Meetings start at 8pm but tea and coffee are available a bit earlier.

If you come by car, it is now **Pay and Display**. The charges are £2 for up to 2 hours and £4 for up to 4 hours. There is an opportunity to top up the payment by 30 minutes at a time by using the machines in the hospital. There are a number of parking places for blue badge holders right at the back of CEDAR.

**If you have email?** Send me an email and you can have this Newsletter that way.

If you have items for the next issue please send them by the 14th May 2010 to:  
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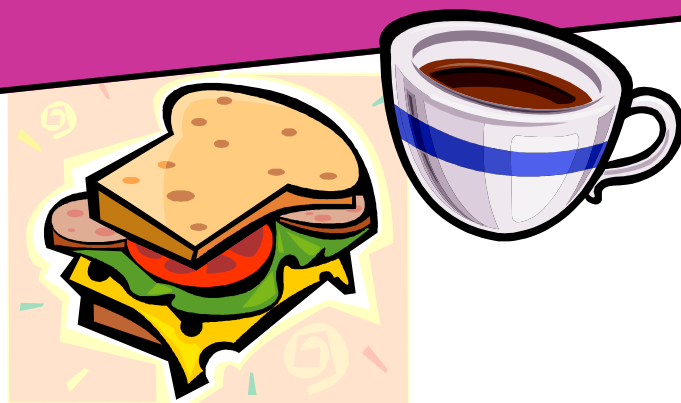
## NEXT MEETING

**Monday, 12th April 2010**

at CEDAR, Royal Surrey County Hospital

**Come along to our AGM—  
your chance to have  
your say!**

**Help us determine  
Diabetes support in this  
area.**



**Tea, coffee and refreshments  
available from 7.30pm.**

**AGM from 8.00pm**