



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

May 2010

Website:
www.diabetessurrey.org

PRESIDENT:
*Professor David
Russell-Jones*

COMMITTEE:
Chairman:
Vacancy
Vice-Chairman:
*Geoff Woolley
01483 828499*
Treasurer:
*Roy Vinall
01483 222071*
Secretary:
*Roy Johnson
01483 486486*

MEMBERS:
*Ian Allen
01483 203744*
*Julie Grist
01428 683448*
*Edouard Le Maistre
01483 416303*
*Daphne Millar
01483 560581*
*Pat Millar
01483 560581*
*Gill Vinall
01483 222071*

News about the Group

Changes are afoot with the Group Committee

At the AGM in April, Pat Millar stood down as Chairman having been in the position for the last two years and for many years before, albeit with a few years off in between. Everyone who has been in the diabetes world locally and in Diabetes UK, for that matter will know Pat. He has been fighting our corner both locally and nationally for over thirty years and we owe him a great debt. Happily Pat and Daphne are both continuing on the Committee.

Another big change is that Guy and Hazel Barnby have resigned—Guy was the Treasurer for a good few years and Hazel did a great job as hostess for our committee meetings and as chief coffee maker for the Group meetings. We wish them both well.

We are in the position of having no-one on the committee willing to take up the post as Chairman at present so we have a vacancy. If you are interested in that role or in being on the committee as an ordinary member, please contact Geoff Woolley, Vice Chairman on 01483 828499.



What's happening next?

When you receive this newsletter we will just have had a street collection in Godalming, on 21st May, and the next, hot on its heels, will be in Guildford on 4th June. If you would like to rattle a box, please give Geoff Woolley a ring or just pop something in one of the boxes!

The next meeting on 7th June promises to be quite inspiring. We came across Slimming World when we had a stand at the University of Surrey Health Awareness session a few months ago. They are very excited about their mission and Diabetes is up there among their priorities.

The August meeting is our social event but is still in the planning stage. There will be more information in the next newsletter.

The October meeting is focussing on the emotional and psychological aspects of living with Diabetes. This is the first time we have covered this topic. It has long been recognised that adjusting to living with diabetes can mean that we are at increased risk of anxiety and depression which may make it harder to manage the condition, putting people at an increased risk of long-term complications. In fact a new joint report by NHS Diabetes and Diabetes UK has just been published to help staff and services provide the appropriate support.

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 16th July 2010 to: Julie Grist, Editor
Holmbury
Wheeler Lane,
Witley, Surrey
GU8 5QU
01428 683448 or
email
julie.grist@lineone.net

BITS AND PIECES FOR DIABETES UK

Diabetes UK Insurance Services

Diabetes UK Insurance Services receive many enquiries from people who, as a result of having diabetes, have trouble getting some insurance products – particularly travel or life insurance – at a reasonable cost, if they are able to get cover at all.

These policies are not just for people living with diabetes, but are also for friends, family and supporters of Diabetes UK. For every policy sold an amount is given to Diabetes UK at no additional cost to you.

Diabetes UK Insurance Services have negotiated insurance schemes for travel, motor, home and pet insurance.

Myth of the Month 1 —It's not safe to drive if you have diabetes

Providing you are responsible and have good control of your diabetes,

research shows that people with diabetes are no less safe on the roads than anyone else. Nevertheless, the myth that people with diabetes are not safe persists, and Diabetes UK is currently campaigning against legislation that prevents people who treat their diabetes with insulin from driving certain vehicles.

Myth of the Month 2 — Having diabetes means you can't do certain jobs

Having diabetes should not stop you from getting and keeping a job. Despite the Disability Discrimination Act (DDA) people with diabetes still face blanket bans in some areas of employment. Diabetes UK continues to campaign to lift discriminatory blanket bans. One way forward has been the individual medical assessment which can offer a safe and legally defensible system of recruitment.

DATES FOR YOUR DIARY

Monday 7th June 2010

Healthy eating is good for you, but can it be as simple as 1-2-3? (and how Slimming World differs from other weight reduction techniques)

Talk and discussion by Andy Wood



Saturday, 7th August 2010

Buffet evening at a local hostelry, date and venue to be confirmed

Monday 4th October 2010

Living well with diabetes
Speaker: Jacqui Seaton,
Chartered Clinical Psychologist,
Health Psychology Service, Surrey
and Borders Partnership NHS
Foundation Trust

Monday, 6th December 2010

Christmas social