



GUILDFORD AND SOUTH WEST  
SURREY VOLUNTARY GROUP  
NEWSLETTER

May 2008

Website:  
www.diabetessurrey.org

**PRESIDENT:**

Professor David  
Russell-Jones

**COMMITTEE:**

**Chairman:**

Pat Millar  
01483 560581

**Vice-Chairman:**

Geoff Woolley  
01483 828499

**Treasurer:**

Guy Barnby  
01483 566012

**Secretary:**

Roy Vinall  
01483 222071  
roy.vinall@btinternet.  
com

**MEMBERS:**

Ian Allen  
01483 203744  
Brian Davey  
01483 275176  
John Goodridge  
01483 889533  
Julie Grist  
01428 683448  
Daphne Millar  
01483 560581  
Valerie Ovington  
01428 683054  
Rena Reilly  
01276 501574

## FROM THE NEW CHAIR

I am writing these few words to help you to know me as the new chair of the Guildford & South West Surrey Voluntary Group. It is my job to stack up to Brian Davey, your retiring chair, who did a tremendous job spreading the word during his time in the chair.

Some of the older members may remember me, as surprisingly this is my second occupancy of the chair. It must be 12-15 years ago during the time of Dr Mike Smith at the long since gone St Luke's Hospital. I was also one of the original few who started the appeal for the construction of the Cedar Centre, and it is with an enormous amount of pride that we were able to bring the centre into being for the people of Guildford.

I also worked for the national charity in the position of Area Coordinator (Area Manager) for about 25 years. The area I looked after covered Berkshire, Surrey and West Sussex. During my time with British Diabetic Association as it was then, I became a member of

the Board of Trustees, and as such was asked to join the committee which oversaw the relaunch of the charity as Diabetes UK. It's my fault that you have the humming bird symbol. There was an enormous amount of "discussion" before it was adopted.

I think that just about covers me, apart from saying that I am now retired, which gives me the time to indulge in my two remaining passions.

- As a tutor for the 'Expert Patient Programme' running courses to teach self management skills to people with chronic conditions. This means working for the Surrey Primary Care Trust.
- Helping people with Diabetes. Having had it myself for about 40 years I feel can speak with some authority. This means working for you—I promise I will work tirelessly on your behalf as long as you will have me.

I look forward to seeing you all at our meetings, and I do hope you will talk to me.

Best wishes.

Pat Millar

## FIVE A DAY BUT THAT'S THE MINIMUM

Our Government recommends five portions of fruit and vegetables a day—but it's a minimum. Compared with targets elsewhere it's very low. For example, Japan has 17 as the target, Slovenia has 13, Canada has 10, Australia and

Greece both have 9. Diabetes UK have to follow our Government targets but emphasise that we should be aiming for **at least** 5 a day.



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

**Our venue for meetings 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, parking for 2-4 hours is £4.00 in the hospital car park, but there are a number of parking places for blue badge holders right at the back of the Centre. And staff car parks are quite empty at that time of day.

If you come by train, there are regular buses from the Station.

**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 12th July 2008 to:

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

# WALK IN THE PARK

**Sunday 1st June**

**10.00am onwards. You can take part until 3.00pm)**

Sponsorship forms available from  
Ian Allen [ian\\_trevor\\_allen@yahoo.com](mailto:ian_trevor_allen@yahoo.com)  
or Roy Vinall on 01483 222071 [roy.vinall@btinternet.com](mailto:roy.vinall@btinternet.com).

All monies raised to go in total to DiabetesUK.

The Walk starts at the Nightingale Road entrance of Stoke Park.

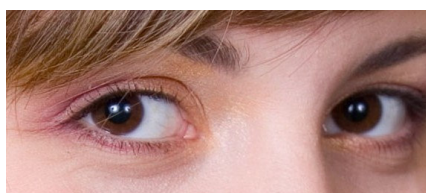
Make it a fun day— bring everyone, including the baby and the dog. Why not bring a picnic?

You only have to cross the start line to get a medal. Walk as little or as much as you like.



## Next Meeting

**Monday, 2nd June 2008**



### **Eyes Right?**

**Surrey's regional eye screening service.**

**What's it all about?**

Speaker: *Reg Parsons, Senior Screener, Diabetes Retinopathy Screening Service for Surrey*

## Future meetings

**Monday, 4th August 2008**

River Trip. Details available soon.

**Monday, 6th October 2008**

TBA

**Monday, 1st December 2008**

Christmas Social

Plus *Travelling with Shirley Hampson*

**Monday, 2nd February 2009**

Current Diabetes research

**Monday, 6th April 2009**

AGM and Speaker