



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

July
2009

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Diabetes Awareness Day, Guildford 6th June 2009

Went the day well? Yes, indeed!. The Group's Diabetes Awareness Day was held on Saturday 6th June at the Guildhall, Guildford.

This event was primarily targeted for people who may have, or be at risk of, diabetes but are unaware of it. In fact it also drew a lot of people who have been diagnosed and wanted a chat or some advice.

221 people were tested and there were some significant results for a few. Hundreds came in for information or to look at the stands. Staff from the CEDAR Centre at the Royal Surrey County Hospital and from the Primary Care Trust were on hand - there were Specialist Diabetes Nurses doing the testing, dieticians and podiatrists and an eye screening unit. There was also a Diabetes UK stand with lots of leaflets and member of staff to answer enquiries and staff from the ActivZone at Guildford College of Technology to emphasize the importance of exercise.



The Town Crier was in the High Street and the event was opened by Peter Gordon of Eagle radio, Anne Milton MP and Councillor Pauline Searle, the Mayor of Guildford.

And there was also a street collection which raised over £550.

Left to right: of the photo: Peter Gordon; The Guildford Town Crier; Dr Sue Davidson from the CEDAR Centre; Pauline Searle; Anne Milton MP and Pat Millar, the Group Chairman.

The event was publicised in the Surrey Advertiser, on Eagle Radio and directly to local businesses – it seems all the effort was worthwhile.

Many thanks to our sponsors, Specsavers, Roche, NovoNordisk and Boehringer Ingelheim, and also to Guildford Borough Council and, in particular, the staff at the Guildhall who were all very helpful.

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 19th September 2009 to:

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A "Summer nights" Special

Anyone for Boules?

**** including BUFFET SUPPER (+ raffle!) ****



7pm Monday 3rd August 2009

Boules, or Pétanque as it's known in France, is a kind of bowls played on gravel - great fun - even if you have not played before, especially on a balmy summer's evening with a drink in hand.

Join us at **The Foresters Arms (RH14 OND)**, a charming old English Pub just by the West Sussex/Surrey border at **Kirdford**. An excellent buffet supper will follow the games.

BRING YOUR OWN SET OF BOULES IF YOU HAVE ONE.



A buffet supper is included in the price of £10.00 per head (drinks not included)

To book please **SEND YOUR CHEQUE payable to Diabetes UK - Guildford Group by 27 JULY LATEST** to
Edouard Le Maistre, 8 Hall Close, Farncombe,
Godalming, Surrey, GU7 3PW

Kirdford is a 40 minute drive from Guildford on the A281/B2133 to Billingshurst (via Alfold and Loxwood). Further route directions on request.

**** PLEASE 'phone or email for special dietary requests****

01483 416303 or ealm@aschool.ac.uk

DATES FOR YOUR DIARY

Monday 5th October 2009

The non-genetics of Type 1 Diabetes

Speaker: Professor David Leslie, St Bartholomew's Hospital, London

Monday 7th December 2009

Christmas Social and slide show by Shirley Hampson

Monday 1st February 2010

Does weight really matter in diabetes? The question answered.

Speaker: Sunil Zachariah, Diabetes Consultant, East Surrey Hospital, Redhill (formerly Research Registrar, Royal Surrey County Hospital)