



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

November
2010

Website:
www.diabetesguildford.org.uk

Need someone to talk to?

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Sometimes life with diabetes gets a bit complicated, sometimes overwhelming, and you need to talk to someone who understands.

There are a number of options, Here are four easy ones — talk to someone local who has diabetes, talk to someone online who has diabetes, talk to one of the health professionals who are working with you on your diabetes or ring the Diabetes Careline.

If you prefer to talk to someone local you could start with someone on the Group Committee or make an appointment to see someone at your surgery or the hospital, depending on where your care is based

The Group Committee are all either people with diabetes or carers of someone with it. Some of us have Type 1 and some have Type 2, some of us are on insulin and some on tablets. So between us we have a lot of experience of living with diabetes. We are not health professionals and it is very important that you keep up to date with your hospital, surgery, optician and eye clinic appointments. But we can sometimes help if you need someone to talk to if you are going through a bad patch, or even a good patch! Our phone numbers are in the column on the left if the person you ring can't help they

might be able to suggest someone who can.



If you are on the internet, you could try the Diabetes Support Forum

Supported by Diabetes UK, the forum has proved an invaluable resource to those who use it, many of whom say they never previously had the chance to talk to other people with the condition.

The Diabetes Support forum is free to join. You can browse the various topics of conversation before signing up and can find more information on the site: www.diabetessupport.co.uk.

If you prefer to talk to someone on the phone, try the Diabetes UK Careline

The Careline is the only dedicated diabetes helpline in the UK.

The confidential helpline is staffed by trained counsellors who can provide information on living with diabetes as well as the time to talk things through.

Call: 0845 120 2960 , Monday–
Friday, 9am–
5pm. Email: careline@diabetes.org.uk

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.

There are a number of parking places for blue badge holders right at the back of CEDAR. But we also have agreement to park in the staff car park between 7.30pm and 10 pm. Or you can, of course, park in the pay and display visitors car park, if you prefer.

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

If you wish to discontinue receiving this newsletter please let me know. We have to ask this under the terms of the Data Protection Act.

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Alcohol and Christmas

- ◆ Most people enjoy the occasional alcoholic drink over Christmas and the good news is that there is no need to give up alcohol just because you have diabetes. Guidelines are in line with the rest of the population of a maximum daily recommendation of two units for women and three units for men.
- ◆ the alcoholic strengths of drinks can vary considerably, with many drinks having increased in alcohol content over the years. Your drink may contain more units than you think.
- ◆ If you drink alcohol make sure that you never drink on an empty stomach and that you always have a starchy snack before bedtime such as toast, cereal or a sandwich.
- ◆ Low alcohol wines are often higher in sugar than ordinary ones, so if you do choose these just stick to a glass or two.
- ◆ Drinking low carbohydrate beers (eg Pils) and cider offer no benefit because of the higher alcohol content.
- ◆ If you are drinking soft drinks remember that sugar in liquid form is quickly absorbed and can cause a rise in blood glucose. Sugary drinks or drinks based on unsweetened fruit juice should not be used to quench the thirst. This is best done with 'sugar free' or 'diet' drinks.
- ◆ Never drink and drive.

Taken from Diabetes UK website

Stop Press

We've changed our website address to www.diabetesguildford.org.uk to make our geographical base clearer, but if you use the old one there will be a redirection for the next few months.

NEXT DATE FOR YOUR DIARY

Monday, 6th December 2010

Christmas Social - there'll be a Quiz

Join us at 8pm at CEDAR,
the Centre for
Endocrinology, Diabetes and
Research, at the Royal
Surrey County Hospital.

