

January
2011



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

Website:
www.diabetesguildford.org.uk

GROUP PLANS FOR 2011

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We've been looking ahead, thinking about what we can do in 2011.

The Group has two primary aims

- ◆ Support and Information
- ◆ Fundraising

For the first one we focus on this newsletter, the website and regular meetings, plus occasionally we take a stand at a health event, where we have Diabetes UK leaflets as well as information about the local Group.

The first meeting, on 7th February, will be presented by Pat Millar, whom many of you will know, on the Expert Patient Programme. Pat has been a voluntary tutor pretty well since it's inception—the courses are all led by trained tutors who themselves are living with a long-term condition. Pat wants to encourage as many people as possible to take the course, which can have a big impact on people's quality of life and increases confidence in managing their condition, whatever it may be. Each course is run over six weekly sessions, each one lasting two-and-a-half hours.

Other ideas we have include a talk by a local GP and a practical workshop-type session about what we know and how we feel about having diabetes. The last two will

be at either 6th June or 3rd October meeting, but we'll let you know nearer the time.

And we always have a few social events. We had to cancel the Christmas Social because of the snow, so our April meeting has become the AGM plus the Quiz we would have had then! The August meeting will be a social event, as yet undecided. We've had boat trips and we've had skittles and we've had boules. If you have any ideas please let us know.



Our other aim is fundraising and this year so far we have plans for two street collections—in Godalming on 21st May and in Guildford on 4th June. We have a few other ideas which we're working on and we'll let you now if they come to anything. Last year we sent, as we usually do, £1,000 to Diabetes UK, £500 of which goes for research and £500 of which goes to children's holidays. Hopefully we will be able to achieve at least that this year.

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.

HOT TIP—THINK ABOUT GETTING A WEEKLY PARKING TICKET AT THE ROYAL SURREY IF YOU HAVE TO MAKE FREQUENT VISITS AS A PATIENT OR A VISITOR

If you have to attend the Royal Surrey County Hospital for multiple or long term appointments in excess of a week or are making multiple visits to a patient, you may be eligible for a weekly car parking ticket, which will cost just £15—a considerable saving. A form can be picked up at the Car Parking Office and has to be signed by staff on the ward.

HOT TIP— MAKING THE MOST OF A GP VISIT

Visits to a GP are a precious commodity so it's important to make sure you get what you want out of it. Here are a few ideas—apologies if they seem obvious.

- ◆ Think about what you want to say and write it down in advance
- ◆ Make sure you understand what the doctor is saying—ask them to explain if necessary.
- ◆ If it's complicated write it down. Sometimes it's hard to remember lots of details afterwards
- ◆ If you're going for test results, or for a serious condition, it could be a good idea to take someone with you. Two heads are better than one.

NEXT DATE FOR YOUR DIARY

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

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**Monday, 7th February
2011**

**Take more control of
your health: find out
about a course for
people living with long-
term health conditions**



Speaker: Pat Millar, Tutor for Expert Patient Programme

Join us at 8pm at CEDAR, the Centre for Endocrinology, Diabetes and Research, at the Royal Surrey County Hospital. 7.30 for tea or coffee.