



GUILDFORD AND SOUTH WEST  
SURREY VOLUNTARY GROUP  
NEWSLETTER

May  
2011

Website:  
[www.diabetesguildford.org.uk](http://www.diabetesguildford.org.uk)

## Diabetes Question Time event – May 2011

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This event took place on 11th May 2011 at Portcullis House in Westminster, London, and was jointly organised by Diabetes UK, Novo Nordisk and C3 Collaborating for Health. Around 100 people were in the audience, one of them Roy Johnson, our Secretary, and Twitter followers were also invited to ask questions during a live feed.

The people on the panel were:

- Barbara Young, Chief Executive, Diabetes UK
- Adrian Sanders MP, Chair of APPG on Diabetes, Liberal Democrat MP for Torbay
- Valerie Vaz MP, member of Health Select Committee, Labour MP for Walsall
- Margot James MP, Conservative MP for Stourbridge
- Dr Brian Karet, RCGP and Diabetes UK clinical lead for diabetes

Topics raised by the invited audience included the NHS Health Bill, concerns about gaps in services and access to insulin pumps.

Diabetes UK Chief Executive, Barbara Young, said: *'The Question Time event was an interactive way of giving people with diabetes the opportunity to question leading public figures, doctors and*

*Diabetes UK about diabetes issues. The invited audience, and a whole virtual audience of people on Twitter, had the chance to ask questions about things that concern them regarding diabetes care and treatment.*

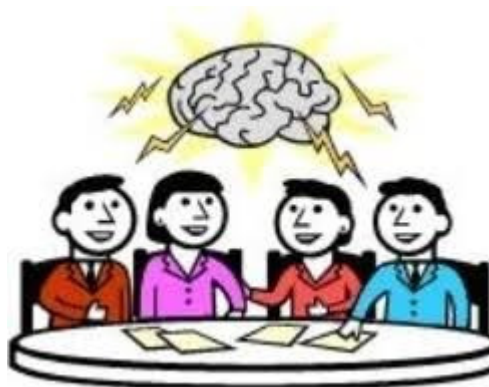
*On the panel we got to hear first-hand what issues are of real concern to the people who took part, and it was also an opportunity for people with diabetes to meet others who are campaigning on issues they care about. The feedback from the event has been positive, and Diabetes UK was pleased to have been involved.'*

Amy Carley, Diabetes UK's Training and Development Manager said after the event *'Last night's event brought home the scale of the changes to the NHS. They are not law yet but soon could be. We need to keep raising awareness of the issues as the Health and Social Care Bill goes through parliament and need your help to make sure people living with diabetes are heard.'*

*(Taken from the Diabetes UK website)*

Roy didn't find the experience as intimidating as he expected and hopes that the panel listened to what was said. He met a lot of chairs of groups and

exchanged contact details so, as always, the networking opportunities of these occasions are invaluable.



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.

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## NEED A SNACK?

People with diabetes are encouraged to spread their food intake evenly throughout the day for good blood glucose control and snacks mid morning, mid afternoon and bedtime may be part of their eating plan.

Suitable snacks are:

- Fruit – fresh or dried.
- Plain biscuits, eg garibaldi, rich tea, gingernuts, digestives, hob nobs.
- Bread or toast, muffins, crumpets, teabreads, plain or fruit cakes and cereals.
- Low fat yogurt.

*(Derived from Diabetes UK website)*

## DATES FOR YOUR DIARY

### Monday, 6th June 2011

For some time the treatment of Diabetes – especially for those with Type 2 Diabetes – has been gradually moving away from hospital centres to local medical practices.



Dr Klaus Green will talk about the evolving treatment of Diabetes from a General Practitioner's perspective and – in a question-and-answer session – consider ways in which greater awareness of the condition might be achieved.

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

## OTHER DATES

The programme is still at the planning stage but the next two meetings at CEDAR will be on:

**Monday 3rd October**

**Monday 5th December**

The August meeting will be a social event to be held at the Grantley Arms in Woneresh. It will be skittles and a buffet. The cost will be £14.50 per person. There will be more information at the June meeting and in the next newsletter. Hope you can join us.

