



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

November
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
Edouard Le Maistre
01483 416303

CHRISTMAS GREETINGS FROM OUR CHAIRMAN

Hi, everyone,

As you are aware the season of goodwill fast approaches. As you are equally aware panic has already set in. Don't worry, calm yourself, take some time to organise your tasks. Put them in order of importance, then work through them calmly and quietly. It sounds silly but it works.

What is important though is that you set aside some time to come to our Christmas meeting at the Cedar Centre. This meeting is a social event giving you the opportunity to have your own input as to how the group should move forward, whilst having the chance to have some fun, and a sip of something. Please, please, do come as without you the group will die, and nobody wants that.

The meeting in February will be about one of a number of research projects being carried out locally. For all of us, I look forward to the day this condition is eradicated completely.

Enough of me going on. What I really want to say is I wish you good health for the future.

Merry Christmas to you all and a Happy New Year.



WE'VE GOT CHRISTMAS CARDS. HAVE YOU GOT RAFFLE PRIZES?

We'll have a selection of cards from Diabetes UK for sale at our December meeting.

But as it's the Christmas Social, we'll be having a raffle so if you have anything that would be suitable, please bring it along.

DIABETES UK TIP FOR ENJOYING CHRISTMAS

The diet recommended for people with diabetes is the same healthy eating diet recommended to everyone.

There are no 'forbidden' foods but festive fare does tend to be higher in fat and calories than everyday food... so go easy on the mince pies, and those moreish Christmas selection boxes...

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 14th January 2009 to:

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

SUCCESS IN THE 2008 GREAT SOUTH RUN

Many thanks to those in Guildford Branch for sponsoring me. I raised a total of £65 from the Branch and a further £585 through my Just Giving page from family and friends, making a total of £650. With Gift Tax reclaimed that will take the total to over £800.

I think Paula Radcliffe was a bit concerned when she heard I was running, but she needn't have worried too much!! I was snapping at her heels....but then the race started and she was off like a rocket! Actually, I didn't even catch a glimpse of her among the 19,000 competitors. She was probably home before I was halfway round.

I completed the run a few seconds slower than last year - 1hr 45 minutes. I was disappointed not to better last year's time as I had been running faster in training, but stamina seemed a bit lacking on the day for some reason. Well, I guess I am a year older now! However it was really good to complete the run, get my medal and help Diabetes UK too.



The atmosphere in Portsmouth was again very supportive, traffic was as chaotic as ever but the weather was thankfully a little kinder this time. There was some rain intermittently but it wasn't windy, which made the last couple of miles along the seafront a bit easier than in the last two years.

So once again, a big thank you to all who sponsored me.

Trish Ellis

Next Meeting



Monday, 1st December 2008
Christmas Quiz and Social

Future meetings

Monday, 2nd February 2009

Current Diabetes research at CEDAR —The Energy Expenditure Study

Speaker: Sunil Zachariah, Research Registrar

Monday, 6th April 2009

AGM and Speaker

Monday, 1st June, 2009

TBA