

October
2011



GUILDFORD AND SOUTH WEST
SURREY VOLUNTARY GROUP
NEWSLETTER

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www.diabetesguildford.org.uk

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WOULD YOU BE ABLE TO HELP US? WE REALLY NEED NEW COMMITTEE MEMBERS.

Although the list of committee members on the left of the page looks adequate, we really need yet more people with the same energy, ideas and a bit of time. Some of the committee have decided to step down at the AGM in April and others are struggling because of other commitments.

We have six committee meetings a year, in alternate months to the group meetings. Otherwise we keep in touch by email or phone as necessary, so it's not too onerous.

The Group has two primary aims

- ◆ Support and Information
- ◆ Fundraising

We provide this through six

meetings a year, of which four are primarily for information and two are social events; we also publish six newsletters and have a website.

Through fund raising this year we have been able to give £1,000 to Diabetes UK towards the research project which we will be hearing about in our October meeting. We hope also to give a contribution to Diabetes UK towards children's activities very soon. This money is raised primarily through street collections plus donations and events where we take a marquee

If you are interested please contact Roy Johnson, our Secretary.

ARE YOU INTERESTED IN DIABETES RESEARCH?

The North West London Diabetes Local Research Network is looking for new members in Surrey to join its diabetes research user involvement group, Drive.

Drive is a group of people with diabetes who are interested in making a difference to diabetes research. If you join Drive you'll be invited to take part in a range of activities where you'll be asked for your views on different aspects of clinical research. In return they offer free training and travel expenses for all Drive events.

They are really keen to have as many Surrey members as possible – despite their name they work closely with researchers from Surrey County Hospital and the University of Surrey!

To find out more about the NWL DLRN and Drive please visit www.northwestlondondlrn.org.uk or contact Danielle Neal on 020 7594 9752 or danielle.neal@imperial.nhs.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.

Do 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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DIABETES – WHAT CARE YOU SHOULD RECEIVE

If you or someone you know has diabetes, there's a minimum level of care that every person deserves and should expect from their health service. Use this checklist to make sure you're getting all the care you need. If you aren't, take it to your diabetes healthcare team and raise the issue with them.

The 15 care measures are:

1. Get your blood glucose levels measured.
2. Have your blood pressure measured.
3. Have your blood cholesterol measured
4. Have your eyes looked at.
5. Have your legs and feet checked
6. Have your kidneys function monitored
7. Have your weight checked.
8. Get support

9. Receive care planning to meet your individual needs
10. Attend an education course.
11. Receive paediatric care if you are a child or young person.
12. Receive high quality care if admitted to hospital.
13. Get information and specialist care if you are planning to have a baby.
14. See specialist diabetes healthcare professionals.
15. Get emotional and psychological support.

There is more information on these 15 measures in *BALANCE* magazine and on the Diabetes UK website www.diabetes.org.uk.

(Taken from Diabetes UK website)

DATES FOR YOUR DIARY

Monday, 3rd October 2011

Professor Derk-Jan Dijk will speak on a new research project about the quality of sleep in relation to the development of insulin resistance and obesity. The Professor is a leading authority on the subject



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 next two meetings at CEDAR will be on:

Monday 5th December 2011

Monday 6th February 2012

The December meeting will be the Christmas Social and a presentation by Allan Williams on *The Way Navigations—an Historical and Pictorial Journey*.

The February meeting is in the planning stage.

