



April 2008

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AYLESBURY & DISTRICT VOLUNTARY GROUP NEWSLETTER

WELCOME

Here is the April newsletter. We hope you have all had a refreshing Easter holiday and managed to find some time to relax, even if the weather wasn't too good. Don't forget that the clocks go forward by one hour at 01.00 GMT on Sunday 30th March and summer time begins!

STORE COLLECTIONS

We would like to thank everyone who helped out with our first store collection of the year at Tesco Store in Princes Risborough on Monday 17th March. We were lucky that we had a full compliment of collectors - even into the evening. A magnificent sum of £450.33 was raised. Thanks must also go to the people of Risborough who contributed and encouraged us to continue. We have no further collections arranged at the moment but we are approaching several stores to see if more can be arranged. Please get in touch with any member of the committee if you know of any store that would be willing to allow us to collect outside.

NEXT MEETING

Our next group meeting will be held at the Diabetes Centre at Stoke Mandeville Hospital at 8pm on **Thursday 3rd April**. This will be a talk on the work of the Samaritans. It was encouraging to see such a good turn out for the talk by Karen Orriss, the dietician. She gave a very interesting talk based on a questionnaire and I think all of us discovered something new about our diet. Please remember that we can often arrange transport for you if you are unable to drive to the evening meetings. Just get in touch with a member of the committee and we will see what we can do. We look forward to seeing you at this meeting.

OUTDOOR EVENT

At our last committee meeting it was decided that the June event would take the form of a barbeque with a social and games evening. The venue and date have yet to be arranged, but please watch the website and next newsletter for further details. We hope that this will be a well attended event where we can relax and get to know one another.

SPONSORED WALKS

The walks are to take place on Saturday 10th May and will start and finish at Wilstone Village Hall. Sponsorship forms are available from Ken Parker (01296 486269) or Basil Broom (01296 486283). If you don't want to walk yourself then either of these gentlemen would be glad of your sponsorship. We would like to try to break our record of £1700 collected last year—we can't do it without your help. Even a small amount sponsored helps our total so please ring them now.

Supporting people with Diabetes and raising funds for Diabetic research—Charity No.215199

Secretary: David Robbins, 1 Dunsmore Ride, Monks Risborough, HP27 9JT

CARE EVENTS

Did you know that Diabetes UK run a series of care events for adults and children who have diabetes. You are able to meet other people living with diabetes and to share and learn from each other in a relaxed and fun environment. The children's holidays are held all round the country during the school summer holidays. A Diabetes UK holiday is packed with fun activities and adventure. It also offers a unique opportunity to be among people who understand. For many, it is the first step to managing their own diabetes. Developing a positive attitude and establishing self-confidence in the management of diabetes is a key objective of the holidays.



Adult events are held on various weekends throughout the country. They offer a chance for people with Type 1 or Type 2 diabetes to meet others, join in discussion groups, talk to healthcare professionals, learn more about healthy eating, exercise and care. You are able to attend with your partner, carer or friend, so you can both share your increased knowledge of living with diabetes.

Family weekends are again held in various locations around the country. Diabetes UK are committed to providing families who have a child recently diagnosed with diabetes with support, information and the opportunities to share experiences and to discuss both emotional and practical issues around living with diabetes. At the same time they offer safe and expert care for children when they are taking part in their own activities. All weekends are held at comfortable hotels from Friday afternoon until Sunday lunch. Parents attend relaxed, supportive and informative discussion groups while their children (including siblings without diabetes) enjoy fun activities, trips out and educational sessions.

More information about care events can be found at the Diabetes UK website at www.diabetes.org.uk or by getting in touch with a member of the committee. If you would like to go on one of these events then please get in touch with David Robbins as the Aylesbury Vale Voluntary group are prepared to financially support applicants.

FOR HIRE

Last year the group purchased two gazeboes (each 3m x3m) which we use for the county show. These are very easy to erect (they can be put up in a matter of minutes by two people) and have sides which can be attached. These are available for members to hire at a cost of £30 each per day. They are not available on August 27th and 28th. Please contact Chris Arnold (01296 613164) for availability. We also have a large tent/marquee which is also available.

DONATIONS TO DIABETES UK

We have received a letter and certificate from Diabetes UK thanking us for our two donations of £5000 pounds to two of their research projects. Everything that we collect is distributed (via Diabetes UK) to different areas of diabetes research or to helping to improve the lives of people with diabetes. Thank you to everyone who supports us through their financial gifts, their time, or their work behind the scenes.

OUR WEBSITE

If you have access to the internet please have a look at the Aylesbury Vale Voluntary Group's website at www.dukad.org.uk. There is a lot of extra information to be found here. Please let us know if there is anything else you would like to see on it. (Contact pat.housego@tiscali.co.uk). Did you know that you can donate to Diabetes UK without costing you a penny by using a search engine called Everyclick.com? It works like any other search engine. Just visit www.everyclick.com/diabetesuk and start searching. Diabetes UK will appear as your chosen charity and all your future searches will generate money for Diabetes UK.

FOOTNOTES

We would like to send our condolences to Dr Knight (our previous president) and his family on the death of his wife Sheila. For many years she quietly worked in the background supporting Dr Knight and the committee. She will be sadly missed. On a happier note we send our very best wishes to our Treasurer Chris Arnold on the occasion of his 70th birthday! We wish you many more to come, Chris!