



**February 2009**

**Chairman:**

Ken Parker

01296 486269

**Vice-Chairman:**

Tony Miller

01296 436264

**Secretary:**

David Robbins

01844 345647

**Treasurer :**

Chris Arnold

01296 613164

**Membership Sec:**

John Housego

01296 613876

**Newsletter Editor &**

**Website:**

Pat Housego

01296 613876

pat.housego@tiscali.co.uk

**Newsletter Distribution:**

Basil Broom

01296 486283

**Welfare:**

Maria Parker

01296 486269

**Programme Secretary:**

Diana Robbins

01844 345647

**Store Collections**

Lesley Richardson

**Other Members:**

Joyce Collins

# AYLESBURY & DISTRICT VOLUNTARY GROUP NEWSLETTER

A very happy new year to you all, even though we are already a month into the year. I hope it has started well for you.

**NEW BUILDINGS**

The latest information that we have about the new hospital buildings is that they will not be ready in time for us to hold our AGM there. The committee has been informed that they should be ready by March. We have no further information on issues such as parking so we will continue to discuss this and other options as they become available. Perhaps you know of somewhere that has adequate free parking and is fairly easily accessible by those who don't have transport—if so, please let us know.

**FUTURE MEETINGS**

**Thursday 5th February at 8.00pm**—Our AGM followed by cheese and wine. Please try to attend. As stated above, this will be held in the old Diabetes Centre at Stoke Mandeville Hospital. It is important that as many members as possible attend. If you have difficulty getting there, please telephone Ken Parker or David Robbins who will try to arrange transport for you. Remember it is still not too late to make a nomination for the committee—just fill in the form from last month's newsletter and give it to David by the start of the AGM. Extra copies of the form will be available on the evening.

**Thursday 5th February at 8.00pm**—Talk by Dr Prabal Chatterjee, whose research project we supported last year. It was hoped that the project would increase the understanding of the cellular mechanisms involved in diabetic nephropathy and lead to the development of new therapies. Dr Chatterjee will bring us up to date on its progress.

Details of our meetings for the rest of the year are given in the 2009/2010 Programme. It is worth noting that we are intending to hold a barbeque at the Girl Guides' Centre in Ellesborough on **Thursday 2nd July**. Please put this date in your diary now and try to attend. You may also note that we have not included our stand at the Royal Bucks Show. For the last few years we have raised very little money at this event when set against the costs and the amount of work required and after lengthy discussions the committee have decided not to take a stall this year. There is still time to change our minds about this, so if you feel strongly please come to the AGM and have your say.

**CHRISTMAS COLLECTION WITH ROTARY GROUP.**

Eight of our members / friends went along on 19th December to help the Aylesbury Rotary Club with their carol float. One of our members served as Father Christmas whilst the others bravely went from door to door. A total of £355 was collected for the Rotary funds. Two of those who attended have been invited to the Rotary dinner at the end of January where they will be presented with a cheque towards our fundraising. More news in the next newsletter.

**SPONSORED WALK 2009**

This year's walk is on Saturday 9th May and begins and ends at Waddesdon Village Hall. There are two walks, five and ten miles. The walkers on the longer route will leave the village hall at 10.00am and the shorter walk will commence half an hour later. Everyone is welcome and refreshments will be available. Please come along and help to make this a successful fundraiser for your local group. Get your friends, relatives and work colleagues to sponsor you to help Diabetes Research and to support local Diabetes projects. Not able to walk— please sponsor one of our walkers. More information from Ken Parker (01296 486269) or Basil Broom (01296 486283)

This newsletter may also be downloaded from our website [www.dukad.org.uk](http://www.dukad.org.uk) where you will find other information about the group and about diabetes.

### **75th ANNIVERSARY OF DIABETES UK**

Diabetes UK's forerunner, the Diabetic Association, was set up in 1934 by novelist HG Wells and Dr RD Lawrence – both of whom had diabetes. The radical charity they founded aimed to ensure that everyone in the UK could gain access to insulin, whatever their financial situation. In addition, the Diabetic Association challenged accepted ideas of how people should be treated. Along with its founder Dr Lawrence, the Association campaigned for a national health service and believed that people with diabetes should take an active role in managing their condition. In effect, this means they were promoting a patient-centred approach a good 50 years before the idea caught on across the NHS. In 1939, the Diabetic Association set up the first diabetes voluntary self-support group. This has now grown to a network of more than 400 local voluntary groups, which provide support and information to people with diabetes across the UK. The Diabetic Association became the British Diabetic Association (BDA) in 1954. The British Diabetic Association was renamed as Diabetes UK in 2000. Our distinctive identity helps raise the profile of the organisation as the leading diabetes charity in the UK. Our name, quite literally, puts 'diabetes' first, and the hummingbird in our logo symbolises balance and control – vital for people with diabetes who have to regulate their blood glucose levels.

Diabetes UK has received backing from 'The Good Life' actor Richard Briers during their 75th anniversary. Mr Briers, CBE, has written to editors of all newspapers in the UK, saying: "I am writing to ask your readers to support leading health charity Diabetes UK this year as it marks its 75th anniversary on January 10 – the same week that I celebrate my own 75th birthday!" He adds: "Diabetes is a serious condition that can lead to serious complications including heart disease, blindness and amputation. My mother had the condition and my sister also has it, so I know first-hand how it can completely change your life. "With Diabetes UK's 75th anniversary this year, we have a great chance to raise awareness about diabetes and the complications it can lead to. There are 2.5 million people in the UK with the condition and a further 500,000 who have the condition and do not know it. These numbers are rising at an alarming rate so it is important we do all we can to raise awareness of diabetes and its risk factors, symptoms and treatments. Diabetes UK is aiming to raise over £7.5 million this year to fund vital research. I would urge your readers to support the charity either by making a donation or becoming a volunteer.

### **DIABETES AWARENESS DAY**

Diabetes Awareness day is March 19th. An exhibition will be held at the Multicultural centre, Aylesbury and we will have a stand there, along side many other medical personnel and other interested parties. It is open to everyone and a healthy Indian lunch will be served. More details in the next newsletter.

### **DONATIONS 2009**

At the January committee meeting it was decided to send our first contribution (£3000) towards research this year. The committee chose a project which is being run at the Oxford Centre for Diabetes, Endocrinology and Metabolism at the University of Oxford by Dr Anna Gloyn and Prof Patrik Rorsman. They are studying the protein PTEN which may be important in the release of insulin in diabetes. They will also look at the PTEN gene in people with low blood glucose levels to see if they can identify faults in the PTEN that may contribute to low blood glucose levels or the onset of diabetes.

### **SUBSCRIPTIONS**

Our new membership secretary has taken over from Chris Arnold and at some time during the year you will find a reminder with your newsletter that your subscriptions are due for renewal. Please pay promptly, we do rely on your subscriptions and donations. Our membership has fallen and we are working on ways to increase it.

### **SAD NEWS**

I have heard today that Marian Reece, wife of Bob, has lost her fight against leukaemia. She died this morning (Sunday) 25th January. Our condolences go to Bob and his family.



The paper copy of this newsletter is generously printed for us by Driftgate Press, 12 Faraday Road, Rabans Lane Industrial Area, Aylesbury, HP19 8RY. Tel: 01296 484552. We thank them for their continuing support., particularly in these difficult times.