



Jan/Feb 2010

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AYLESBURY & DISTRICT VOLUNTARY GROUP NEWSLETTER

I am writing this newsletter in the last few days of 2009 and thinking back through what the group has achieved this year. On the whole it has been a good year although inevitably we have seen a decrease in membership. That means we all have to work that little bit harder. Perhaps each one of us could make a resolution to do one extra thing this year to help raise awareness of diabetes and its effects on people's lives in order that a cure might one day be found.

December Meeting -Christmas Social

Around twenty five people joined us for the Christmas social at Stoke Mandeville Community centre on 10th December. David & Diana Robbins had organised a quiz for us which kept us all entertained and got our brains working a bit. Maria and Ken Parker had organised a fabulous spread of festive food which was enjoyed by all. Thanks to them all for their hard work.

Rotary Carol Float

Once again the Rotary Club had asked for our help with the carol float on Friday 18th December. It wasn't a very nice night but it was still very disappointing that only three people turned up to help. We are very fortunate that the Rotary Club normally give us a large donation at the beginning of each year and only ask for our help on this one occasion each year. Having so few people turn up gave them a very poor impression of our organisation and we will have to wait and see whether a donation is forthcoming from them in the new year.

December Fundraising.

On Friday 4th December we were able to collect outside Tesco stores on Tring Road, Aylesbury. We were able to organise a rota of people throughout the day and managed to collect £566.50. This is an excellent effort and our thanks go to everyone who gave their time to stand and hold a tin and to all the members of the public who were kind enough to donate.

The following day we had a stall at the Wendover Charity market and we realised a total of £210 from the sale of Christmas Cards and other goodies. We sold out of Christmas cards completely and sold quite a few of the other books etc. This was the first time we have taken part in this event but we hope to make it a regular event.

Our funds were further boosted in December by the raffle of a Christmas cake. This was organised by Rob Walker and the cake was very kindly baked for us by his wife. This raised a total of £73. We are very grateful to them both for their time and effort.

As a result of all these we were able to add £849.50 to our total in the bank. The committee will discuss which projects the group should support at the next committee meeting. If you have any thoughts on this please send them to a committee member.

Newsletter Deliveries

Over the last few months we have made some changes to the newsletter delivery. You should now receive your copy of the newsletter by post, by hand delivery by a volunteer or by email. If you experience any difficulty with your delivery or would like to change to e-mail delivery please contact John or Pat Housego (contact details on front page) . John would also like to send his thanks to all the volunteer deliverers for responding to requests to expand their area of delivery. This was very successful and will save is a lot of postage costs. Where areas cross, additional addresses were sent to more than one person, so please don't worry if you are a deliverer and you haven't received all your newly allocated deliveries. Thank you again and we will keep you in mind should circumstances change. All of this has been necessary because of the rise in postage costs. If you can receive your newsletter by e-mail, please notify us of your email address as this costs the group nothing. Please also remember to let us know if you change your email address or if you could deliver newsletters in your area.

Newsletter Printing

As mentioned briefly in the last newsletter we were very sorry to hear that Driftgate, who had provided our printing for many years, had ceased trading. It is perhaps with hind sight that we now fully appreciate just how much they did for us. Thanks to all of you who contacted me with ideas for alternative printers to use.(Most of the estimates were in the hundreds of pounds so we have looked at lots of alternatives including printing it ourselves.) The committee have had to make some difficult decisions about the newsletter but we finally hope that it will be printed for us by Cartridge World at Parton Road in Aylesbury. They gave us the most competitive quote, plus it was easy for us to deliver to and pick up from. We have still to finalise all the details but if you are reading a paper copy of this you will know that it has been done. We would like to thank them for their help. Using them will mean that we have to fold the newsletters ourselves. Although this does sound like an easy job it does take quite a few hours. We would like to hear from anyone that would be willing to do this for us—if we could build up a list of volunteers to call on it would be ideal. We can arrange to drop them to you and pick them up again but they do need to be done quickly. Perhaps a few people could get together over coffee to do them. Please get in touch with any committee member (contact details on the front page).

Welcome

We are pleased to welcome Amber Brown and her family. Her Nan introduced them to the group and we look forward to seeing them at meetings in the near future. Amber is eleven years old and has diabetes. Please make the whole family welcome when you see them. This brings the membership to a total of 391. If you know of anyone with diabetes who is not a member of the group, or anyone who is interested in helping us raise money and awareness please put them in contact with us. We need to get as many members as possible.

November Meeting

At our meeting in November we had a talk from Roy Collis about the Friends of Stoke Mandeville Hospital. He told us about the many appeals in which he had taken part, the people that he had met and the current appeals concerning Stoke Mandeville Hospital. He gave an interesting and informative talk and was able to answer questions posed by many of the people there. As part of the Scannappeal they are trying to raise £100,000 to help patients with skin cancer and minor traumas at Stoke Mandeville Hospital.

Facebook

We now have a site on Facebook. This will mean nothing to lots of people, but it is a site on the internet where lots of younger minded people keep in touch with each other. We hope that it will encourage people to be friends of the group even if they do not come along to meetings at least they will be able to see what is going on. It is in its early stages at the moment, but we hope to include photos and lots of other bits and pieces as time goes on. Please encourage your family and friends to sign up to it if they are users of Facebook - they should go to the Facebook site and type Aylesbury & District Voluntary Group for Diabetes UK in the search field.

Fundraising Challenge 2010

When you are involved with fundraising for any cause you begin to understand that whilst the big efforts that are put on usually get all the publicity and do raise a lot of money, it is often the steady little amounts that trickle in that keep the fundraising going. As part of our fundraising campaign for 2010 we would like to set out a challenge to the members of this group and their friends and families. Could you do something to raise an extra £10 for us this year? We don't mind what it is you do—it could be holding a coffee morning or a tea party, it could be having a small raffle amongst your friends. If you have a talent for making things it could be proceeds from something you have made and then sold. The challenge will run all through the year and we will give you regular updates on those people who have managed to achieve the challenge and, more importantly, what activity they have done. This may then give you other ideas for things that you can do. Be as creative as you like! Perhaps you could also challenge your friends and family to raise £10 for us as well.

When you have raised your money, then please send it to Chris Arnold, treasurer at Fox Down, Nash Lee Rd, Terrick, HP17 0TQ along with brief details of what your activity was. In each newsletter of 2010 we will report on the amount received so far and the different and diverse ways that you have come up with to raise it. If you have photographs they can be included or sent to me by email. We will also include them on the website (with your permission) and will set up a page where you can keep track of what is going on. Your challenge is to raise £10, but of course we will accept more if you can manage to raise it! All the funds raised in this way will be used, through Diabetes UK, to fund further research projects searching for the ultimate cure for diabetes and to improve the lives of people currently living with the condition. Start thinking of what you can do today and don't forget to keep us up to date with what you are doing. Good luck!

Some facts and figures about diabetes

- Diabetes affects 246 million people worldwide, and is expected to increase to 30 million by 2025.
- 2.6 million people have been diagnosed with diabetes in the UK. By 2025 there will be more than 4 million people with diabetes in the UK.
- On average, if either of your parents has Type 2 diabetes the risk of developing it is 15%. If both parents have the condition, the risk of developing it is 75%.
- If a mother has Type 1 diabetes the risk of developing it is about 2% and about 8% if a father has the condition. If both parents have Type 1 then the risk rises to 30%.
- It is estimated that there are 500,000 more people in the UK who have diabetes and have not been diagnosed.
- In 2008 150,00 people were diagnosed with diabetes in the UK.
- About 10% of the NHS budget is spent on diabetes. This works out at about £9 billion a year or

£173 million a week

£1 million an hour

£17,000 a minute

£286 a second

How much has been spent since you started reading this newsletter? It's a lot of money. Read the last paragraph of the newsletter if you would like to have more say on how it is spent.

Given these facts and figures it is perhaps surprising that many people with diabetes do not take active role in the management of their own condition. We should all work with our healthcare team and use our combined experience and expertise to agree what care and support we each need.

This newsletter may also be downloaded from our website www.dukad.org.uk where you will find other information about the group and about diabetes, along with links to other relevant websites.

Future Events

Thursday 4th February 2010— Our AGM to be held at The Community Centre, Eskdale Road, Stoke Mandeville at 8pm. The Committee all resign at the end of each year but can be re-elected. We hope to see as many of you as possible at this meeting. It will be chaired by our President Dr S Gardner. After the business part of the meeting we will have a short talk by Lifescan on blood monitoring. As stated in the last newsletter we will no longer be printing separate copies of the programme so it is included here again for you to cut out and keep.

Saturday 27th February 2010—9am - 4pm Charity Stall in the Market Square , Aylesbury. We will be using this stall to raise awareness of diabetes in Aylesbury by talking to the general public, answering their questions and providing free literature about the condition. We have also been in touch with our MP David Lidington who has agreed to meet with us and be photographed by the media as part of the Get Serious campaign for Diabetes UK. He has said that he will help us spread awareness within the constituency and we hope that he may be available to spend some time with us on that day. We will also be running a tombola on the stall on that day.

Programme 2010

January	No meeting
February 4th	AGM followed by a talk from LifeScan - an update on blood monitoring.
March	No meeting
April 1st	Talk by Dr Anna Gloyn from the Oxford Centre for Diabetes, Endocrinology and Metabolism on her research work. (We donated £3000 to the centre last year.)
May 15th	Sponsored Walk—this year starting from Quainton Village Hall. There will be a 5 and a 10 mile walk. More details to follow.
June 12th	Town Centre Collection and Charity Stall as part of National Diabetes Week.
July 8th	Barbeque at the Guides Centre, Ellesborough commencing at 7pm.
August	No meeting
September 2nd	Talk by Frank Moxon (one of the Trustees of Diabetes UK) "Our Achievements and Plans for the Future."
October 23rd	Charity Stall in the Market Place, Aylesbury.
November 4th	Talk "What Care to Expect" by member of South East Office of Diabetes UK
December 2nd	Christmas Social.

Get Serious—give yourself a voice.

Have you signed up yet to the get Serious campaign? Why should you do it? Get Serious aims to bring together everyone who has a connection with Diabetes UK as well as supporters and members of the public new to the cause - all working towards a shared goal - to Get Serious about diabetes. Get Serious will get people involved in helping Diabetes UK achieve its mission; that is – to improve the lives of people with diabetes and work towards a future without diabetes We need to show strength in numbers – only a huge team effort can show how serious we are about putting diabetes at the top of the agenda. Imagine if every one of those 2.6 million people with diabetes in the UK signed up—we would really make a voice that had to be listened to! Do your bit - go to the Diabetes UK website or ask us for a postcard to send off.