



**July/August
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

Other Members:

Joyce Collins
Ron Syrratt

AYLESBURY & DISTRICT VOLUNTARY GROUP NEWSLETTER

Firstly, I would like to thank you for all the complimentary messages that I received about the newsletter. It seems that you like this new layout. Thanks too to everyone who has contacted me about receiving their newsletter by e-mail—please get in touch if there are any hiccups in your delivery. Please remember that I welcome any articles that you would like to see included in the newsletter; you can email me or send them to me by post. Let me know if there is anything else that you would like to see included—after all it is YOUR newsletter.

Sponsored Walk and Care for a Cuppa Day

We had a lovely day for the sponsored walk at Waddesdon on May 9th. It was bright and sunny but not too hot for walking. A grand total of 27 people and one small Jack Russell dog tackled the ten mile walk and all arrived back safely to Waddesdon Village Hall. Eight people went on the five mile walk and they too all arrived back safely without mishap. Our thanks go to the two walk leaders, Mike Roe and Dave Lipyeart for their hard work before the event and their guidance during it. The sponsorship money has started to come in and to date we have already received over £1470 with more yet to come. Added to that will be the tax that we can claim back from the government from everyone who gift-aided their donation.

The “Care for a Cuppa” event which went on at the village hall for the duration of the walk was well attended. People from Waddesdon supported us well. There was a tombola, bric a brac, handmade cards, Diabetes goodies, homemade cakes as well as ploughman’s lunches, filled rolls and teas and coffee for people to buy. There was a “Name the Bear” competition which was won by Susan Becker—the bear’s name was Bentley (for those of you who had a go but didn’t win!). Altogether a total of £171.00 was raised on the day. Thank you to everyone who came to buy, to have lunch and most importantly, to help. Your assistance was invaluable, particularly those who pushed up their sleeves and helped in the kitchen. A big THANK YOU to you all.



The 8 walkers at the start of the 5 mile walk.



Some of the 27 walkers preparing for the 10 mile walk.

The date and place for next year’s walks has already been decided—it is to be on **Saturday 15th May** and will start and finish at Quainton Memorial Hall. There will again be a longer and a shorter walk. Please put the date in your diary now and try to support us in any way you can, particularly if you live in the Quainton area. We are always pleased to see members at our events and appreciate the opportunity to welcome new members.

Sponsored Walk 2009 by Emily Denham*

This year's walk took place in Waddesdon. As usual there was the 10 mile walk and the 5 mile walk. The 10 milers' set off at ten o'clock, whilst the 5 mile walkers headed off at half past. The weather was great; it was very warm, but not at all uncomfortable. Altogether, there were a total of about eight people heading off on the five mile walk and it was great! It was much more hilly than last year but not too bad. We wandered through fields and past many animals. We walked through a country estate and altogether the day's events were quite pleasant. It took us a couple of hours to complete the walk and once we had, we took retreat in the village hall. Where, to raise some extra money, the voluntary group were hosting a "care for a cuppa" event. The whole day was a great success and we raised a lot of money for a great cause!

** Emily is the niece of our vice chairman, Tony, and regularly helps out at events. They did the 5 mile walk.*

Town Centre Collection

On Friday 5th June we were able to have the charity stall in the Market Square. A few kind souls had offered to come along and stand at various places throughout the town centre with their collection boxes. Although there were only a few of us we were delighted when it was revealed that we had managed to collect a total of £444.88. We also were able to answer various questions from members of the public and to hand out free information about all aspects of living with diabetes. The committee feel that this is an important part of our role in the community and look forward to more opportunities to meet with and inform the public about the condition.

Thank you to all those who took part, either by standing with a collecting tin or manning the stall. We couldn't do it without you! Thank you too, to the people of Aylesbury who were so generous with their donations. See later in this newsletter for what we are doing with your money.

Stores Collection

We currently have one store collection arranged. This is outside Morrisons store, Aylesbury on Friday 31st July. We are always looking for people who can help out with these collections. We normally have two people on duty at a time and they usually stay for an hour and a half. However we would be very pleased to hear from you if you are able to any length of time at all—even half an hour. At the moment we are lucky—the same group of people always turn up and agree to help out but it would be lovely to see some new faces. I know that for many of you this is not something that you are able to do but please, if you can, think about volunteering. You won't be left on your own and it will mean that we can keep collecting outside the store into the early evening. Please help if you can—get in touch with Ken Parker—he will be very pleased to hear from you.

Message from the Membership Secretary

Thank you to all those who responded to our request to have their newsletter delivered by e-mail. This saves us on postage costs. This method of receiving the newsletter and subscription renewal reminder is steadily increasing and works well **but only** if we have a valid e-mail address to send it to! Recently a few e-mail addresses have failed and we don't always get an automated notification to this effect. In these cases it's assumed you have received the newsletter, those reported as a failed email delivery we try our best to send the newsletter by post but this creates quite a lot more administration.

If for any reason you change your e-mail address please let us know so that we can amend our records. The newsletter is usually between 1 and 1.5MB so you need to ensure your e-mail supplier allows this file size to be downloaded (most do). If you follow these requests we can ensure you do not miss any copies of our newsletters and events programs. If you do not receive your newsletter when or how you think you should have, please get in touch. Newsletters are sent bi-monthly at the beginning of the month. This issue covers July and August so the next edition will be due at the beginning of September.

Other “Care for a Cuppa” events

Lily and Tony Becker organised a very successful event at their home which was extremely well attended in spite of the weather . They raised a magnificent total of £600. They have sent £500 of this to Diabetes UK and £100 to the Juvenile Diabetes Foundation. Our thanks to both of you and to Susan for your hard work. We are extremely grateful for all you do.

Another event was run by Carol and Cheryl Stevens at their home on Bedgrove. This was also well attended by family, friends, neighbours and members of our group including a couple from Stewkley who helped with the washing up! They managed to raise £112 for their first fundraising event. Thank you again for all your hard work and thanks to everyone who supported these events to help raise money for Diabetes UK.

Donations to us

A cheque for £52 has been sent to us by the Leighton Buzzard & District Darts League. The League was formed about 42 years ago and for the last 3 years they have had a Chairman’s Charity Competition and this year their chairman, Ivor Gurney, who has diabetes, chose our Voluntary group as his charity. We would like to thank all those players who took part in the event and to Ivor himself for choosing us as his charity. We really appreciate unexpected donations like this and along with our regular fundraising that we are able to donate to specific re-search projects (see below).

Donations to Diabetes UK

Over the last few meetings your committee have been discussing which research projects we would like to support. At the last meeting it was decided that we would support two projects. The first of these is a project being led by Dr Julia Lawton of the University of Edinburgh. This study looks at the issues encountered by people with Type 2 diabetes who will eventually need to use insulin. The study will investigate why participants struggle to achieve their target glucose control and the differences in the control achieved by different treatment methods. From the results they hope to be able to develop recommendations to improve the information and support given to people with Type 2 diabetes as they begin intensive insulin treatment. We have sent, via Diabetes UK, a cheque for £4000 towards the cost of this research.

The second project is being supervised by Dr Jennifer Mindell of University College, London. Using information collected as part of Health Surveys for England and Scotland, a PhD student at University College will study whether people with diabetes are more likely to develop or die from cancer than other people. If this does turn out to be the case, then researchers will go on to explore which cancers are linked to diabetes, whether obesity or diabetes is the main cause and what other factors,- for example personal and social circumstances, lifestyle and biological measurements—can be used to predict who is at particular risk. This project also received a cheque for £4000 from our group.

We would once again like to take this opportunity to thank everyone who has contributed towards these amounts. Whether you dropped some loose change in a collecting tin; organised a specific event; sent donations after birthdays, anniversaries, or deaths; nominated us as your charity or gave us a donation when you renewed your membership we are extremely grateful. Our mission statement is “supporting people with diabetes and raising funds for diabetes research” Through your giving you are helping us to do that. Please keep it up.

South East Area Quiz

We have received an invitation from the Burgess Hill group who are re-instating the South East Area Quiz and have invited us to submit a team of 6 people. If you are interested please contact Tony Miller (01296 436264) who is prepared to drive there if he has enough interested people. It will be held on Saturday 25th July at the Methodist Church Hall in Burgess Hill, West Sussex.

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 2nd July— Barbeque and Social evening at the Guide Centre, Ellesborough commencing **at 7.30pm**. We would like to see as many members as possible—please contact us if transport stops you getting there—we may be able to arrange to pick up and drop back to outlying areas. Contact any member of the committee.

Friday 31st July—Store Collection outside Morrisons. Collectors required. Please phone Ken Parker.

Thursday 3rd September—Talk by Shahab Mirza from Lifescan at 8pm. She will tell us about updates in glucose monitoring. (See below for changes to the way HbA1c is measured.) Those of you who have attended talks by Lifescan in the past may remember that they have often supplied us with new blood glucose monitoring devices. We do not know if this will happen again but it is a possibility. **As a result of work being done at the hospital we have had to move this meeting to the Stoke Mandeville Community Centre, Eskdale Road.**

Thursday 8th October— Talk by Claire Guest on the Cancer and Bio-Detection Dogs. Claire is currently working with several Hypo-alert dogs and we hope that she and her colleagues may bring some of the dogs with them. Please note that the date of this meeting has changed from the one that was originally given and it will be held at **Stoke Mandeville Community Centre, Eskdale Road**. It is open to all and should be an interesting meeting.

Changes to HbA1c results.

Have you had your HbA1c taken lately? If so, you may notice a change in the way the results are given. Previously

Current Result %	New HbA1c
6.0	42
6.5	48
7.0	53
7.5	59
8.0	64
9.0	75

results have been given as a percentage. For most people with diabetes the current target for results is 6.5% (or other target which has been agreed with your own doctor) The new result will be given in millimoles per mol (mmol/mol) instead of a percentage. The table on the left shows how the new results compare: Your new target is likely to be around 48mmol/mol. From June, your results will be given in both formats and this will continue until May 2011 when the new results alone will be used. If you have any concerns over this you should contact your own doctor or the Diabetes UK Careline. Your doctor or diabetes nurse will probably explain it again when you go for your next blood test.

By Popular Request.

Lots of people asked for the recipe for the carrot cake muffins that were sold on the “Care for a Cuppa” day. Here is the recipe that was given in the publicity material for the day.

Ingredients:

300g wholemeal plain flour
2 tsps baking powder
1tsp mixed spice
50g ground almonds
1 large egg
1tsp vanilla extract
100ml vegetable oil
100ml semi-skimmed milk
12 tbsps Splenda granulated
Grated zest of 1 orange
350g carrots, peeled, grated
50g raisins

Method: Preheat oven to 200C/400F/gas mark. Place 10 paper muffin cases in muffin tray. Sift the flour, baking powder and mixed spice into a large bowl, adding any bran bits left in the sieve and stir in the ground almonds. Beat the egg, vanilla extract, oil, milk and most of the zest. Add the carrots. Stir well. Tip the wet and dry ingredients into the bowl with the raisins and stir until combined. Spoon the mixture into cases and bake in the oven for 20-25 minutes, until risen and golden. Cool on a wire rack. These can be iced. Mix 150g low fat soft cheese and 1 tbsps Splenda granulated until smooth and spread on the muffins. Sprinkle with remaining orange zest. Now enjoy!

Per serving: 288 kcal; 7g protein; 14g fat; 2.2g saturated fat; 35g carbohydrate; 11.4g sugars; 2.4g fibre.

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