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Chairman:

Ken Parker

01296 486269

Vice-Chairman:

Tony Miller

01296 436264

Secretary:

David Robbins

01844 345647

Treasurer &

Membership Sec:

John Housego

01296 613876

john.housego1@tiscali.co.uk

Newsletter Editor &

Website:

Pat Housego

01296 613876

pat.housego@tiscali.co.uk

Newsletter Distribution:

Basil Broom

01296 486283

Welfare:

Maria Parker

01296 486269

Other Members:

Joyce Collins

Ron Syratt

AYLESBURY & DISTRICT VOLUNTARY GROUP NEWSLETTER

Welcome to the summer edition of our newsletter. The better weather is with us (some of the time) and hopefully you will all have had, or be preparing for your holidays. We have been quite busy as a group so read on and see what we have been up to.

Sponsored Walks 2010.

Our sponsored walks took place on Saturday 15th May. It was a bright morning when everyone gathered at the Memorial Hall at Quinton before the walks. It was a lovely, large airy hall. The group walking the 10 mile route set off at 10 o'clock. There were about 28 walkers and several well-behaved dogs and they were ably led by John Cottrell, a keen local walker and a friend of the Aylesbury and District Group. A slightly smaller



Many of the walkers and helpers outside Quinton Memorial Hall before the start of this year's walks.

group left half an hour later to start the five mile walk. This group was led by Mike Rowe, who has led the walks for us many times before and who also planned the routes. Both walks went well although both lots of walkers did have some trouble from a herd of not too friendly cows! Everyone eventually arrived back at the hall where they soon tucked into the tea and sandwiches that were waiting for them. They all seemed to have enjoyed themselves and many remarked on the stunning views they had seen on the walks. Even the dogs were glad of a drink of water and a chance to rest and make new friends. Our thanks go to everyone who helped out on the day—to the two walk leaders (John and



Some of the ten mile walkers ready to go.

Mike); the back markers; Lilly, Tony and Ann on the bric-a-brac; Joyce on the tombola and the "kitchen team" for making all the sandwiches and cakes. The money has already begun to come in and to date we have received over £1542.20 with other on-line donations having gone straight to Diabetes UK. Please get your money to Ken as soon as possible so that we can have a final total for the next newsletter. We are already thinking of Berton for next year's walk.

A Young Walker's view

The time had come yet again to dust off those sponsor forms and dig out those walking boots. Yes, the sponsored walk for Diabetes UK was about to disturb the beautiful village of Quainton.

As usual, there were two groups of walkers, the brave 10 milers and the 5 milers. The daring group of ten milers set off at ten o'clock on that Saturday morning with the five milers pulling up their socks to set off at half past. It was fantastic to see so many people ready to participate with over 20 people of all ages wanting to walk the five miles. This was a brilliant turnout after a dismal total of about 6 participants on this walk last year.

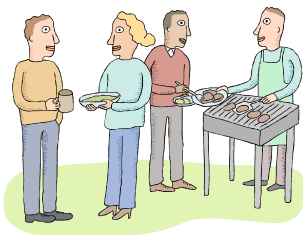
The weather was fantastic, a complete change after the almost winter like climate throughout the week leading up to the walk. The walk itself was an eventful trek; we were chased by a herd of about 30 extremely nosy cows and watched by a rather elegant hare. We walked through brightly coloured fields and passed beautiful country houses. At a gentle pace, the walk took three and half-hours, including a 15-minute break. When we arrived back at the rather modern Quainton memorial hall, we were served tea and cakes.

Overall, a lot of money was raised, and I look forward to sitting writing this article again next year, with hopefully even more people on the list of five mile walkers.

By Emily Denham aged 16.

Summer Barbeque

Our next meeting will be our annual barbeque which will be on **Thursday 8th July 2010** at the **Guide Centre at Ellesborough**. It will begin at **7pm**. This is a very relaxed and easy-going evening when we have a chance to mingle and get to know each other. Last year it was very successful and the weather was kind to us. Fortunately if the weather is bad there is space indoors where we can still enjoy the evening. The committee has taken the decision this year to try to cover some of the costs incurred by asking for a voluntary contribution towards the



cost of the food- £3 per head is the suggested amount, payable at the barbeque. I am sure you will agree that this is a reasonable amount for beef burgers or sausages followed by strawberries and cream. Tea, coffee and cold drinks will also be supplied. It would be helpful for catering purposes to let Ken & Maria know that you are coming. We hope that some of our new members will take the opportunity to come along and get to know us a little better. If anyone needs help with transport, please let a member of the committee know and we will try our best to get you there. Let's keep

our fingers crossed for good weather.

Changes on the Committee

Over the last few months we have had to make some changes within the committee. Some of you may be aware that Chris Arnold, our treasurer has been unwell for some time. He now feels that he is no longer able to continue as treasurer of the group and has stepped down from the position. The committee would like to thank Chris, on behalf of you all, for the wonderful job that he has done for us over the last six years. He will be missed, particularly at the committee meetings but we are sure that he will be keeping a watchful eye on us from a distance to make sure that we don't make too many mistakes. The treasurer's job has now been taken on by John Housego along side his role as membership secretary. We thank John for agreeing to take on this work and hope that he will continue to manage the group's finances in the same capable manner that Chris did.. Diabetes UK have been informed of these changes. If there is anyone else among the members that would like to come onto the committee we would be very pleased to hear from you. Please get in touch with Ken Parker. Please do not be embarrassed about putting yourself forward, we will be very glad to welcome you at the committee meetings. These are held monthly, around the third Monday each month.

New Member

We have one new member, George Duguid, who joined when we were in the market square. We hope he will be joining us for the barbeque. Please make him welcome when you meet him. Membership stands at 364.

Coffee Morning

On Tuesday 15th June, Tony and Lilly Becker are held their annual coffee morning supporting Diabetes UK's Get Serious Campaign at their home. Although the day was cold at least the rain stayed away. I am told that there were 149 visitors to their home that day. Lilly welcomed us at the gate and once inside the garden there were so many things to see that it was difficult to know where to go first! There were bric-a-brac stalls, garden plants and produce, books, CDs, videos, clothes, home made jams and much more. Inside the house we were able to get a cup of coffee and a biscuit and purchase some of the lovely homemade cakes that were for sale. Lilly was assisted by Tony, Susan and a large team of helpers, who all had an extremely busy morning. A magnificent sum of £600 was raised. They have decided to split this three ways; £100 will be donated to the Juvenile Diabetes Research Foundation, £100 to the Bio - Detection Dogs at Westcott and £400 will be donated directly to Diabetes UK. This is a tremendous effort and we would like to thank Lilly and her team for all their efforts

Town Centre Collection

A big THANK YOU to everyone who helped with the town centre collection in Aylesbury on Saturday 12th June. We had reasonable weather this time and quite a bit of interest was generated by the information stall in the market square. Leaflets were handed out to the public on a variety of topics and we were also able to answer some specific questions about living and coping with diabetes. The lucky dip stall proved to be a favourite with the children. Although we did not have a large number of collectors several people went out more than once during the day to different points around the town. In total we managed to collect a magnificent £510.53. Thank you again to everyone who helped on the day—we really couldn't do it without you. Thanks also to the people of Aylesbury who gave so generously—we couldn't do it without you either!



Waddesdon Fair

On **Sunday 4th July** there will be a fair at the Cricket Ground in Waddesdon. This starts at 2pm and the group are having a stall there. Lilly Becker has organised a tombola and there will also be an information stall. If you have any good quality unwanted gifts or would like to donate a prize for the tombola, please get in touch with Lilly on 01296 489187. We would also be pleased to see as many of you as possible there on the day so please come along and support us and have a lovely afternoon out.

Stores Collections

Don't forget our store collection at Morrisons on **Saturday July 3rd**. This collection replaces the one that had to be cancelled earlier in the year. We have also been allocated some dates later in the year for collections at Tesco Stores. On **Thursday 16th September** we will be at **Tring Road, Aylesbury** and on **Wednesday 6th and Thursday 7th October** we will be at **Broadfields in Aylesbury**. We really do need the help of as many people as possible for these collections, so even if you can only do half an hour, please get in touch with Ken Parker who will make up the rotas. They are all midweek days, so maybe some of you who don't like doing weekends would be able to help out this time. Please try.

Gazebos

This is a reminder that we have two large gazebos which are available for hire. These cost £25 to hire. You can pick them up the day before and return them the day after use. A charge of £10 per day will be charged for any subsequent days. They are now stored in Stoke Mandeville. Phone John or Pat on 01296 613876. They will be able to tell you whether or not they are available for the days you require. These are large 3 metre square gazebos with sides. This is a very good rate—they are ideal for barbeques, parties, weddings etc and can easily be erected by two people. They are packed in bags and easily transportable in a car.

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

Saturday 3rd July—Revised date for collection at Morrisons Supermarket, Aylesbury. Please contact Ken who is arranging a revised list for the collection.

Sunday 4th July—Waddesdon Fair starting at 2pm. At Waddesdon Cricket Ground (through the Manor Gates) Everyone welcome for a family afternoon out. We will have tombola and information stall.

Thursday 8th July—Barbeque at the Guide Centre, Ellesborough. Please note the earlier start time of **7pm** and keep your fingers crossed once again for good weather. It would be helpful if you could let us know if you will be attending as we will have a better idea of how many to cater for.

Thursday 2nd September—Talk by Frank Moxon from Diabetes UK. This meeting will be held at the Community Centre at Eskdale Road, Stoke Mandeville and will begin at 8.00pm. Frank is one of the trustees of Diabetes UK so if you would like to hear about his work with them, or ask him any questions, please come along. The title of his talk is “Our achievements and plans for the future”

Thursday 16th September—Collection at Tesco Store, Tring Road, Aylesbury. Please contact Ken Parker if you can help at any time during the day or early evening.

Wednesday 6th & Thursday 7th October—Collection at Tesco Store, Broadfields, Aylesbury. We need as many people as possible to help out on these two days so please contact Ken if you can give any time at all to help us. His number is 486269.

Thursday 4th November—Talk by a member of South East Office of Diabetes UK—“What Diabetes Care to expect” This will be held at the Community Centre at Eskdale Road, Stoke Mandeville at 8pm.

Donation to the Group

We have recently received a magnificent donation of £900 from the Cornucopia Masonic Lodge in Ripon Street in Aylesbury. This was made up of a cheque for £836 from the Lodge and £64 from their 100 Club. We are very grateful to them for this donation and have sent our thanks on behalf of you all. An invitation has been extended to them to join us for the barbeque evening next month.

Travelling with Diabetes

As we are coming into the holiday season it seemed appropriate to include this. Having diabetes should not prevent you from travelling—just think about the countries that Sir Steve Redgrave has travelled to!

The first thing of importance is to make sure that you have good travel insurance. Many companies do not cover you for pre-existing conditions so you need to tell them about your diabetes and check that it says so when your policy arrives. If you are travelling in Europe the European Health Insurance Card entitles you to state provided healthcare for any accidents or illnesses, but is no substitute for comprehensive travel insurance. (Get a quote from Diabetes UK Insurance Services by calling 0800 7317431 and for more on the EHIC ring 0845 6062030 or pick up a form from the post office.

Wherever you are in the world, you should always carry something that identifies you as having diabetes and shows how you are treated in case of an emergency. This might be a piece of jewellery or an insulin user's identity card (available from Diabetes UK).

Order medical supplies well in advance and always take more than you will need in case of delays etc. It is often worth splitting them between two bags in case one goes missing. Insulin should be kept cool so may need to be carried in a special pouch. Meters and test strips can also be affected by extremes of temperature and should be stored out of direct sunlight. Take a list of your medications with you, using their generic names in case you need extra supplies. If you are flying you will need a letter from your doctor. Above all—keep safe and enjoy yourself!