



**Mar/Apr 2010**

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# AYLESBURY & DISTRICT VOLUNTARY GROUP NEWSLETTER

Following the recent AGM the new committee is now in place and already working hard. If you have any suggestions, queries or questions for us please get in touch with any of the members. Diana has relinquished her position on the committee but will still be helping out behind the scenes. Thank you Diana for all your work over the past years.

## **AGM 2010**

The AGM was held on Thursday 4th Feb at the Community Centre in Stoke Mandeville. The Chairman (Ken Parker) reported that we had made reasonable efforts with fundraising last year in spite of the falling number of members. Over £1500 had been raised from the sponsored walk, £1767 from collections, and £450 had been received from the Rotary Club. He thanked the committee for their work and support through the year and flowers were presented to Diana Robbins who was stepping down from the committee. The treasurer (Chris Arnold) then gave his report, stating that whilst we had managed to donate £11,000 to projects at Diabetes UK (£1000 more than the previous year) our current level of income is lower than last year. The Secretary (David Robbins) then reported on some of the activities that we had attended. These included an Awareness day at the Multi-Cultural Centre, a health fair at a firm in Beaconsfield, the Charity stall in Aylesbury, the Wendover Charity Fair, the barbeque, and Diabetes Week in Aylesbury as well as some small local fetes and fairs in the summer, He also reported that Diabetes UK had announced that their income was also down by 10% and that they were having to make job cuts at all of their regional offices and at Head Office.

The election of the new committee was then followed by the President's Report. Dr Gardner reported that the floor of the Mandeville wing at the hospital had now been corrected to the best of his knowledge. Stoke Mandeville Hospital now has its own dialysis unit and that A & E was being upgraded. He said that we faced a difficult future because of financial circumstances where budgets had remained the same but activity had increased by 5%. Some clinics in Amersham hospital had had to be closed or relocated.

There being no other business the meeting was closed and we were then given an interesting talk by Thomas Whitelock from LifeScan. He gave us information about how a blood monitor works and stressed that it is the strips which are the most important part of the equipment. Once you have removed a strip the top of the pot should always be re-closed as quickly as possible as the chemical present on the strips can be oxidised by the air. He also reminded us that strips should be discarded after 6 months if they had not been used as the accuracy of their readings after that date would be questionable. He pointed out that most monitors can be obtained free of charge from the companies and that the more up to date ones need less than 1 unit of blood and give the result in 5 seconds. If your current meter does not work as quickly as this it might be worth ringing the care line of your current meter company to see if they will upgrade your meter. He stated that in most of the meter companies had care lines that are under used and most would be able to supply you with a meter that met your current needs. Software is also available

from most companies should you wish to keep your blood glucose records on your computer. He thought that the way forward would probably be through continuous monitoring and insulin pumps which were becoming more available. In the future, bio-implants might be available to give continuous blood monitoring for those who needed it.

Following this talk the meeting concluded with cheese and wine and an opportunity for those who wished to look at some of the meters, both ancient and modern that Thomas had brought with him, or to look at the software programmes available for Lifescan meters.

### **Donation to our group.**

In November we were pleased to accept a cheque for £500.00 as a charitable donation towards the work of the Aylesbury and District Voluntary Group. The money came from the Ferdinand de Rothschild Masonic Lodge, No 2420, which meets at Rippon Street in Aylesbury. It was sent to us by Eric W. Wickham-Ruffle a former Master of the Lodge. We thank them for this donation and will use it in our continuing campaign for greater diabetes awareness and the hope of an eventual cure.

### **Fundraising Challenge 2010**

So far there has been a slow response to our fundraising challenge. One person sent a donation of £10 and I raised £42 from cards that I made and sold on behalf of Diabetes UK. This means that to date we have raised a total of £52 extra this year. Please try to think of something that you can do to raise money for Diabetes UK. I know that some people are collecting up their loose change throughout the year—we are trying to get some small boxes for this. Maybe some of you with lovely gardens could open them to the public to raise funds. Please keep me updated on what you are hoping to do and when and where you are hoping to do it. We know that our numbers are reducing, so every bit extra that YOU can raise will help us. Please don't leave it to someone else—everyone can try to do something.

### **Welcome**

In this newsletter we would like to welcome Mrs Denise Summers from Aylesbury. We hope that we will be able to welcome her at our meetings in the near future. The membership currently stands at 367.

### **Get Serious**

By the time this newsletter goes to print we will have held our next event at the Charity Stall in the Market Square, Aylesbury. We will be there from 9am till about 3.30pm on Saturday 27th February. We are holding a tombola and lucky dip to raise further funds and will be available to talk to members of the public and give them free leaflets and information about all aspects of living with diabetes. I have been in correspondence with our local MP Mr David Lidington and he has agreed to come to the Charity stall on Saturday and sign up to the "Get Serious" campaign. We hope to have photos of this event in the next newsletter. Please encourage your friends and family to come and visit us in Aylesbury on this day.

### **Adoption of Research Project**

After much discussion at the last committee meeting it was decided that we would send the sum of £3000 from our available funds to a research project. We have chosen a project based at the University of Newcastle led by Professor James Shaw, Dr David Kerr, Professor Simon Heller, Dr Mark Evans, Dr Daniel Flanagan and Dr Jane Speight. The definitive trial of 100 people experiencing severe hypoglycaemia will use a real time continuous glucose sensor to determine whether strictly avoiding low glucose levels can help people regain hypoglycaemia awareness. This is something which often occurs when people have lived with diabetes for many years and can cause real problems if people are not aware of when their blood sugars are dipping to dangerously low levels. We will keep you updated with further news throughout the year.

## **Sponsored Walk 2010**

This year's sponsored walks will take place in the beautiful open countryside around Quainton (north of Aylesbury). Both walks will start and finish at the Memorial Hall at the village end of Station Road. There is ample car parking. Toilets and changing facilities are available. Refreshments will be served for all walkers at the end of the walks and, as an added incentive, complimentary copies of the attractive 72 page BERNWOOD JUBILEE WAY HANDBOOK will be available for all participants. The handbook describes 10 walks in an area north of Aylesbury with corresponding details of the wildlife and historical heritage to be found there.

Each walk will be led by an experienced walk leader and will follow public rights of way, bridleways and quiet country lanes. Please wear sensible footwear and clothing as there may be some muddy patches and awkward stiles to negotiate. It is essential to bring a drink and some snack items with you. The walks are geared up to the slowest member of the party so do not worry, you will not get left behind!!

This is our biggest fundraising event of the year and it is becoming ever more popular. If you are unable to raise sponsorship yourself, then you are still welcome to come and join us, in which case we would appreciate a donation on the day. Friends and family are more than welcome to come along as well. Sponsorship forms are available from Ken Parker (01296 486269) or from Basil Broom (01296 486283) They may also be downloaded from our website at **[www.dukad.org.uk](http://www.dukad.org.uk)**. If you receive your newsletter by email you will find a copy of the sponsorship form attached.

### Walk descriptions.

10 mile walk (starting at 10.00 am). This walk climbs steadily towards the top of Quainton Hill with spectacular open views in all directions. After descending the hill the route takes you through the remains of the Medieval Village of Fulbrook and out onto a bridleway which is the course of an old Roman Road. The return journey will give you tantalising glimpses of the pretty villages of Granborough and North Marston before joining part of the route of "Matthew's Way" - dedicated to the tragic death of a young baby. Lovely undulating countryside through Pitchcott and Denham marks the final lap back to Quainton.

5 mile walk (starting at 10.30am). This walk goes out through some of the interesting back alleys of Quainton and heads gently towards the aptly named Kite Hill with distant views towards Waddesdon Manor and Brill. Return is by way of the tiny hamlet of Shipton Lee. The walk goes past an ancient Baptismal Pond and follows the remains of part of the old twin track Metropolitan Railway.

Please come and join us for some spectacular country walking and pleasant company. This is a day out not to be missed. For catering purposes, please notify Ken Parker if you intend to come on the walks. Please also contact him if you are unable to walk yourself but would like to sponsor someone who is walking.

### Can you help?

A member of the group has kindly nominated our group as one of the charities at Waitrose in Thame. This means that if you shop there you will be given a green token which you can drop into a box for one of three nominated charities for that month. At the end of the month the tokens will be counted up and £1000 will be split between the charities according to the percentage of votes that each charity received. We do not yet know which month our charity will be appearing but I will keep you updated.

We have also been approached by a family from Stokenchurch. Their daughter was diagnosed with Diabetes when she was 12 and is now almost 22. Her brother has been given a place in this year's London Marathon to run on behalf of Diabetes UK. The family have asked, through the local groups, that if anyone would like to sponsor their son they can do so online at [www.justgiving.com/russlong](http://www.justgiving.com/russlong) or you can contact me and I will pass on the family's address where cheques can be sent. We wish Russ every success in the London Marathon and hope he will let us know how he does.

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, along with links to other relevant websites.

## **Future Events**

**Tuesday 16th March—Collection at Wyvale Garden Centre**, Worlds End, Wendover. **Collectors required.** Please get in touch with Ken if you are able to help us out on that day. Wyvale is a large garden centre and the more people who volunteer to help with this collection, the more areas of the garden centre we can cover. Please help if you can.

**Thursday 1st April— Talk at Stoke Mandeville Community Centre by Dr Anna Gloyn from the Oxford Centre for Diabetes.** 8pm. We supported this research project last year and we hope to learn more about the research and how it is progressing.

**Saturday 1st May—Collection at Morrisons Supermarket, Aylesbury. Collectors required.** Once again Ken will be making a rota so if you can help out at any time, please contact him.

**Saturday 15th May— Sponsored Walks at Quinton. From 10.00am.** Please see article on Page 3 for more details.

**Saturday 12th June - Town Centre Collection and Charity Stall. Collectors required.** We would like to have a large presence in the town on this day as it is part of National Diabetes Week. See article below

## **Diabetes Road Show**

We have heard from Diabetes UK that they are hoping to visit Aylesbury with their road show during Diabetes week (provisional dates are Friday 11th & Sat. 12th June) As yet the dates are uncertain during that week as they are still in consultation with the Council. However they would like to be present on Saturday 12th June when we are doing our town centre collection. The Road show will support the highly successful Measure Up campaign, which aims to raise awareness of diabetes, particularly highlighting the link between the risk of Type 2 diabetes and a person's waist measurement. The Road show vehicles offer free information and support. Free Type 2 diabetes risk assessments will also be available. Volunteers from the group will be required to help out with the Road show as well as man the stall in the town centre and collect at various locations—so please ask family and friends if they will help. The usual volunteers will be not be enough for us to meet those commitments so we will need all the help we can get! Please contact Ken (01296 486269) who will be able to tell you what is involved.

## **Newsletter Printing and Distribution.**

I would like to thank those people who have volunteered to help with the folding of the newsletter. We have been able to compile a list of people, so please don't worry if you don't hear from us for a while—we haven't forgotten about you and will work our way through the list! We will be in touch!

I try to have each newsletter printed and ready for distribution at the beginning of the appropriate months (Jan, March, May, July, Sept, Nov.) but occasionally there are times when I am not able to do this and run slightly late. I apologise when this occurs and hope that you will bear with me at these times. If anyone would like to contribute anything for inclusion in the newsletter I would be pleased to hear from them.

We also send our thanks to those people who have contacted us about delivering newsletters. We are trying to keep our newsletter costs as low as possible and so your help is invaluable. If we get something wrong, please let us know—that way we can do something about it. Thank you too if you have offered to have your newsletter by e-mail—it is a great way for us to save money as the costs are virtually nil so more of your money can be used for vital research. If you don't want your newsletter delivered this way, but do have an email address then let us have it as we can send reminders of events.

## **Update on Charity Stall 27th February**

Horrible cold, wet weather, £107.71 taken on tombola, lucky dip and collection boxes, Mr Lidington didn't turn up! Thanks to those who braved the rain and gave up their time.