



**March 2009**

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# AYLESBURY & DISTRICT VOLUNTARY GROUP NEWSLETTER

The new committee is now in place and we hope that we can continue to act on behalf of the membership. Please contact us if there is something we can help with. We welcome Ron Syratt on to the committee.

**AGM 2009**

The AGM was held at the old Diabetes Centre at the hospital on Thursday 5th February. Unfortunately the weather had been dreadful during the day with another snowfall, which did put many people off from attending. The President of our group, Dr S Gardner, reported to us that the handover of the new building was due to happen shortly and they hoped that they would be moving in on Mon 16th February. He also informed us that the funding for a renal dialysis unit had been agreed and that this would be built at Stoke Mandeville Hospital. No time scale was given. He also told us that there had been a change in the way organs for transplantation were collected and that islets and pancreas now have equal priority with the heart, lungs etc. This means that should a patient be found who was suitable for a transplant that this would now be offered and could be done at Oxford. He did however say that at the current time he was not aware of any suitable patients.

**FUTURE MEETINGS**

**Thursday 5th March at 8.00pm**—Talk by Dr Prabal Chaterjee, 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 Chaterjee will bring us up to date on its progress. This meeting is open to all and as Dr. Chaterjee is travelling some distance to talk to us it would be good to have a sizeable audience. This meeting will be held in the new building at the hospital (Entrance 3) so it will be a good opportunity to have a look around. From what we understand there should be no car park charges at nights. Please let us know if you need transport.

**Thursday 2nd April at 8.00pm**— Talk by Mr R Bignell on “ The River Thame and surrounding District” . Please try to support this meeting.

**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) A sponsorship form is now available to download on the website ( www.dukad.org.uk )

**DONATIONS IN 2009**

We were fortunate to receive a donation of £500 from the Rotary Club towards our work with Diabetes UK. We extend our thanks to the Rotary Club committee for continuing to support us in this way. As mentioned in the last newsletter we have also made our first donation of the year (£3000) to a research project at the University of Oxford. We have been formally thanked for our donation by Diabetes UK who are sending us a certificate.

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.

### **DIABETES AWARENESS DAY**

A Diabetes Awareness day has been arranged for the people of Aylesbury Vale on **Friday March 19th** at the Multi Cultural Centre (near Morrisons) . We have been invited to have a stand there, along side many other medical personnel and other interested parties. It is open from 9am and a healthy Indian lunch will be demonstrated and served. This is a good opportunity for us to raise awareness of our group and what we do and we hope that we will be able to encourage some new people to join the group. The exhibition is primarily aimed at those who may have diabetes and not yet be aware of it and we will be handing out literature about our group and leaflets and pamphlets about Diabetes UK and its work. Everyone is welcome to come along.

### **DIABETES UK VOLUNTARY GROUPS**

Although the British Diabetic Association ( now Diabetes UK) was formed in 1934 the first voluntary group was not set up until 1939—making this year the 70th Anniversary of voluntary groups. There are now about 400 voluntary groups across the UK—here are a few facts about them.

- The longest running group, set up in 1951, is the Durham Voluntary Group
- Groups play a key role in funding research and raised £530,000 in 2007. Groups also fund children and families to attend Diabetes UK holidays and weekends.
- Each month voluntary groups provide support to 9,000 people living with diabetes.
- Every year voluntary groups reach 200,000 people through group activities in their local area, distributing leaflets, running awareness stalls, collecting at supermarkets, holding social fundraising events and giving talks in their communities, among other activities.
- Around 3,000 volunteers are actively involved in running voluntary groups.

We hope to have a couple of articles on the history of our own group in future newsletters.

### **CAN YOU HELP?**

Tonic Life Communications are co-ordinating a project on behalf of LifeScan. They are looking for five people who would be prepared to speak on the telephone to UK newspaper/ magazine journalists about how they manage their diet and blood glucose levels and whether rising food prices and the worsening economic climate has made any difference to their ability to manage their diet and the condition itself. They are looking for people over 60, diagnosed with Type 2 diabetes and insulin dependant. If you are selected to take part they will pay you £20. Please get in touch with Pat or David if you want to know more.

### **FOR HIRE**

As a group we own two gazebos and two marquees which do bring us a small income from hiring them out. If you would like to hire these at very reasonable rates—please get in touch with Chris Arnold who will be able to let you know whether they are available and the cost of hiring them.

### **CHANGES ON THE WAY?**

As the cost of postage continues to increase we have realised that the cost of your membership no longer covers the cost in posting the magazine to you in paper form. We are currently talking about other alternatives, including producing a bigger newsletter (4 pages) but only sending it out bi-monthly. This would allow us to introduce lots of new features to the newsletter such as a “your comments” section : recipes, articles by members, etc. If there is anything else you would like to see included please get in touch. Nothing has been decided yet so if you have an opinion let us know.



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.