



AYLESBURY & DISTRICT
VOLUNTARY GROUP
NEWSLETTER

March 2008

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WELCOME TO OUR NEW STYLE NEWSLETTER

As a response to comments that we have received the committee decided to change the format of the newsletter. We hope you like it and look forward to hearing what you think about it. If you have anything which you think should be included in it, please get in touch with the editor. Once again we would like to thank Driftgate Press for printing this newsletter for us.

SPONSORED WALK

This year's sponsored walks will take place on Saturday 10th May 2008. Both walks (5 miles and 10 miles) will start and finish at Wilstone Village Hall, Wilstone (near Tring). Toilets, car parking and changing facilities are available. Refreshments will be served to participants at the end of the walks. Each walk will be led by an experienced walk leader. Both walks will go along public footpaths, bridleways and country lanes. However there may be some muddy patches and awkward stiles to negotiate, so please wear sensible footwear and appropriate clothing. It is essential to take a drink with you and something to eat. The walks are geared to allow for the slowest member of the party and are for leisure rather than record breaking purposes! Please come along and support this worthwhile event. All proceeds go towards helping to find a cure for diabetes. Remember "a walk a day keeps high blood sugar at bay". Sponsorship forms are available from Ken Parker (01296 486269) and Basil Broom (01296 486283). They will both be participating in the walks so if you have no-one else to sponsor, please add your name to their lists. Alternatively why not sponsor yourself for a small amount and come along and enjoy yourself. Last year we raised £1700 . Let's see if we can beat this total on what has become one of our biggest fund raising events. *(More detail of both walks is available on the website.)*

STORE COLLECTION

A store collection has been arranged at Tesco, Princes Risborough on Monday 17th March. We are hoping to have people there throughout the day and evening so if you can help out at any time, please get in touch with Ken Parker (01296 486269) who is handling the list of collectors. The more people who help out, the easier it is for everyone so please help if you can. If you can't help on that day, we would still be glad of offers of help when new collections are arranged.

BUCKS COUNTY SHOW

Our committee have once again agreed to take a stall at the Bucks County Show which will be held this year on Thursday 28th August. We have not yet decided what form the stall will take; if you have any ideas please get in touch. We will need volunteers to help, so put the date in your diary now.

Supporting people with Diabetes and raising funds for Diabetic research—Charity No.215199

Secretary: David Robbins, 1 Dunsmore Ride, Monks Risborough, HP27 9JT

NEXT MEETING

Our next meeting will be held on **Thursday 6th March** at 8pm when Karen Orriss a dietician from Amersham will be coming to talk to us. We all know how important it is to keep control of what we are eating whether we are diabetic or not, so this will be a good opportunity to listen, learn and ask questions. Attendance at our meetings has been quite poor over the last year, making it embarrassing for the speakers who have given up their time and for the committee. Please try to attend. If you cannot drive at night but would like to attend the meeting, please get in touch with a member of the committee who will try to arrange for someone to transport you there and back. We really would like to see you. The meeting will be held at the Diabetic Centre at Stoke Mandeville Hospital and car parking is available.

DONATIONS

We have received the following donations:

- £1500 from the Concordia Ladies Festival in November
- £500 from the Rotary Club in February



We thank these groups for their donations. If you know of a shop or business that would like to collect for us, or are thinking of organizing an event of your own for us, please get in touch with our secretary who can help with collecting boxes and literature. Every penny collected goes to good causes like those listed below.

At the February Committee meeting donations of £5000 were made to each of two research projects. These were :

- A research project led by Dr. Nik Sheen at Cardiff University whose team is using state of the art technology to obtain images of patients' eyes in finer detail than has previously been possible to try to understand these changes associated with retinopathy. The new treatment does not require physical contact with the eye, meaning that the test will be more comfortable for patients. Dr Sheen hopes that within that within 5 to 10 years this technique will replace the current invasive techniques used in hospital eye departments and in clinical trials. It is hoped that part of the study will reveal why current laser treatments to prevent sight loss associated with diabetes are not always successful and could lead to the development of improved treatments.
- This study is being undertaken at the University of Brighton into Glucotoxicity and diabetes nephropathy (kidney failure). It is hoped to increase understanding of the cellular mechanisms involved in diabetic nephropathy in the hope that it will lead to the development of new therapies into the causes and prevention of kidney failure amongst people with diabetes. It is run by Dr Prabal Chatterjee who is now on the staff at Stoke Mandeville Hospital.

WEBSITE

Have you visited our website yet? It can be found at www.dukad.org.uk. Details of all our events and lots of other information can be found there as well as links to other useful sites.

NEXT NEWSLETTER

The next newsletter should reach you during the week beginning Monday 31st March. It may be available earlier on the website.

THANKS

The committee would like to thank everyone who replied to the recent questionnaire. We are looking at what you have told us and will take account of your answers when discussing new arrangements.