



May/June 2010

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
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

Spring is finally here! We hope you are all making the most of it. Please try to join us for some of the outdoor events that we have organised over the next few months.

Research Project 2009

At our last meeting we were fortunate to have Dr. Anna Gloyn from the Oxford Centre for Diabetes, Endocrinology and Metabolism (OCDEM) with us to talk about the research project that we helped to fund last year. She brought with her Laura McCulloch, the PhD student that has been working on the project. Dr Gloyn firstly spoke about the centre at Oxford which is a pioneering centre for clinical care, research and education in diabetic, endocrine and metabolic diseases; and her work there as a University Research Lecturer. She then handed over to Laura who talked us through her work with diabetic patients from many different backgrounds. Their work has led to an increased understanding of the reasons why people get diabetes and they are now working on drug targets for patients with Type 2 diabetes. Their illustrated talk was easy to understand and gave us a interesting insight into how the money we raise is spent. We thank them for coming to talk to us and hope that the contacts made will be continued in the future. We wish them well with their continuing research.

Collection at Wyevale Garden Centre

It was a beautiful day on Tuesday 16th March when we collected at the garden centre at World's End. A team of people were organised to help and a total of **£228.60** was collected. Thanks to all those who helped with the collection or who contributed.

Collection at Morrisons Supermarket, Aylesbury

This collection had been arranged for Saturday 1st May but has been postponed because of the proposed marches and demonstrations taking place in Aylesbury on that day. The committee felt that there would probably be fewer people around on that day and after taking advice it was decided to ask Morrisons if we could collect on a different day. The new date for the collection is **Saturday 3rd July**. If you can help with this collection please get in touch with Ken Parker and he will allocate you a suitable time.

Sponsored Walks 2010.

I am sure by now that you all know about our sponsored walks on **Saturday 15th May**. These start and finish at Quainton Memorial Hall and are open to anyone who would like to support this worthwhile charity. Each walk will be led by an experienced Walks Leader and will be geared to the speed of the slowest in the party. The ten mile walk leaves first at 10.00am and leads through the remains of a medieval village of Fulbrook; then on through Granborough, North Marston, Pitchcott and Denham and finally back to Quainton. A stop will be made for refreshments. The five mile walk departs at 10.30am and heads out via Kite Hill to Shipton Lee. Fine views can be enjoyed before returning to Quainton via the track bed of the old Metropolitan Railway. Light refreshments will be

available for all participants on their return to the Memorial Hall, where there will also be a tombola, a bric-a-brac stall and free leaflets and information on diabetes. Please encourage all your family and friends to take part in this event. We recognise that many of our members are too elderly to take part themselves, but perhaps you could encourage your children or grandchildren to take part. This is usually our best fund-raising event but it is only with the help of walkers and those who sponsor them that it will be successful. Sponsorship forms are available from Ken or Basil (see front panel) and may also be downloaded from our website.

The Memorial Hall will remain open whilst the walks are going on and tea and cake will be served. If you have friends or relatives in Quainton, please encourage them to come and support us. We look forward to seeing some old friends amongst the walkers and hope that we will meet some new ones too. Please sponsor Ken, Basil or John if you are unable to walk yourself but would like to help.



Donation to our group.

We have received a donation in memory of Mr Jude Albert who passed away on 16th January 2010, who was a diabetic for many years. We are grateful to his family for sending it to us and sent our condolences to them on the loss of their father.

Fundraising Challenge 2010

Disappointingly, there has been no new money received for the challenges in the last two months. I know that there are a few people who are currently working on their challenges, but these are only a few people on the committee. Please try to do your bit to help, even though times are difficult. It may need a bit of effort on your behalf, but please, everyone, try to do something.

Membership

Membership of the group is down to 366 although we do have two people who have shown interest in joining and we hope to be able to welcome them soon. Please recommend us to any of your family or friends that might be interested.

Medicines helpline for patients

I have been asked by the Buckinghamshire Hospitals NHS trust to include the following information in the newsletter.

Buckinghamshire Hospitals medicines helpline – Are you aware help and advice is at hand even when you have returned home? The pharmacy helpline is in place to enable patients to access information and advice about the medicines they have been given once they have left hospital. The helpline is available for all Buckinghamshire hospitals' outpatients and patients who have been discharged and is open from Monday to Friday, 12pm - 5pm. The helpline number is **01296 316197**.

When calling this number, please have your medicines to hand. They can provide information about:

- how and when you should take your medicines
- whether you can take other medicines with them
- and whether you will experience any side effects.

If you have any questions regarding your health in general, please speak to your GP or hospital doctor. Please note, this helpline will only deal with queries relating to your medicines. They cannot offer advice to patients who are not being treated by the hospital or answer questions relating to any other patient.

New advice on hypos

Hypoglycaemia (or a 'hypo') occurs when the level of glucose in the blood falls too low, usually under 4 mmol/l. People with diabetes who take insulin and/or certain diabetes medication are at risk of having a hypo. A hypo may occur if you have taken too much diabetes medication, delayed or missed a meal or snack, not eaten enough carbohydrate, taken part in unplanned or more strenuous exercise than usual, or have been drinking alcohol without food. Sometimes there is no obvious cause.

When a hypo happens the person often experiences 'warning signs', which occur as the body tries to raise the blood glucose level. These 'warning signs' vary from person to person but often include feeling shaky, sweating, tingling in the lips, going pale, heart pounding, confusion and irritability.

Treatment is usually very simple and requires taking 10-20g of fast acting carbohydrate, such as a glass of Lucozade or non-diet drink or three or more glucose tablets or five sweets (eg jelly babies) or a glass of fruit juice and follow this up with 10-20g of longer acting carbohydrate, such as half a sandwich, a piece of fruit, a small bowl of cereal, biscuits and milk or the next meal if it is due. If left untreated the person might, eventually, become unconscious and would need to be treated with an injection of glucagon (a hormone that raises blood glucose levels). In the vast majority of cases the body will release its own stores of glucose and raise the blood glucose level to normal, though this may take several hours. Many people have hypos while they are asleep and come to no harm. However, being unconscious is always dangerous - for example, especially if you are driving and because of the risk of choking. An ambulance should be called immediately if someone with diabetes is found unconscious. You should never try to put food or drink into the mouth of someone who is unconscious.

Hypos can be particularly dangerous following alcohol. If you have a hypo after drinking, the body is less able to release stored glucose and the blood glucose level may fall dangerously low. People with diabetes should not drink more than three units of alcohol for a man or two units for a woman per day, and you should always eat something when you are drinking alcohol and have a bedtime snack, to lower the risk of a hypo.

Annual Barbeque

We are holding this event once again at the Guide Centre at Ellesborough. Those of you who attended last year will recall what a wonderful evening we had with good food and good company. The date for this year's barbeque is **Thursday 8th July starting at 7pm**. The Guide Centre is easily reached on the road out towards Chequers on the left hand side. There is a limited amount of parking but it is usually sufficient for our needs. If you would like to attend but are unable to get there because of transport problems, please get in touch with either Ken Parker or David Robbins and we will do our best to arrange for you to be picked up and dropped back home again after the event. Similarly if you are going to the barbeque and would be prepared to pick someone else up and drop them back home, please contact either of the two people mentioned above. We hope to see as many of you as possible at this event, whether or not you normally attend the meetings.

Coffee Morning

On Tuesday 15th June, Tony and Lilly Becker are holding a coffee morning supporting Diabetes UK's Get Serious Campaign. It will be held at their home (87 Narbeth Drive, Aylesbury) from 10.00am until noon and you are invited to attend. They also need cakes, plants, produce, new items or unwanted gifts but most of all they need people to come along and support them.

Care for a Cuppa

Could you hold a care for a cuppa event? It only involves having family and friends round for coffee or afternoon tea. Diabetes UK can provide a pack containing invitations, posters and ideas if you require it. You can make it as simple or as complicated as you like. If you tell us about it we can advertise it in the next newsletter. It could be your way of raising that little bit extra for the fundraising challenge! Go on—what are you waiting for?

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 15th May— Sponsored Walks at Quanton. From 10.00am. Please see article on pages 1 & 2 for more details.

Saturday 12th June - Town Centre Collection and Charity Stall. Collectors required. Ken is currently compiling a list of collectors for this event. We need a lot of people to help as we like to have collectors in as many places as possible throughout the town. We also need people to help Diabetes UK (see below) so if you are able to offer any time at all on this day please get in touch with Ken Parker, our Chairman; or if you would like any more information about what is involved on the day.

Sunday 13th—Saturday 19th June— National Diabetes Week

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

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"

Diabetes Road Show

We had heard from Diabetes UK that they were hoping to visit Aylesbury with their road show . We have now been informed that due to cut backs the road show will not be coming to Aylesbury. However we have heard from the South Eastern office of Diabetes UK who are hoping to send two of their staff to Aylesbury on Saturday 12th June (the day of our town centre collection) .As far as we know, they have arranged to have an area in Friars Square where they will talk to members of the public. They will offer advice and hope to have an area that can be used for screening for Type 2 diabetes. They will need to have helpers from our group to support them. Please, please get in touch with Ken if you can help out at all on that day.

The General Election and Diabetes.

Diabetes UK has produced a manifesto with ten key areas that they would like the next government to address (this can be viewed on their website at www.diabetes.org.uk/manifesto). These range from healthy lifestyles, to improving the quality of care, to an increased commitment to research. They are calling for equal access to consistent high-quality services for all people with diabetes in the UK. They are also urging the next government to commit more of its medical research funds to diabetes. However, you can help. When candidates come to your door, ask them what they will do to make diabetes a priority if they are elected to the next government and tell them your experiences of living with diabetes. Your campaigning can make a big difference and this is an important time to raise awareness among those that wish to govern us. We must not miss this opportunity.

Local Fairs and Fetes

Once again we are asking you to let us know about any local fetes and fairs in your area that you think we could attend with our information stall. These are important as it raises the profile of the group throughout the area as well as providing information to the local population about diabetes and living with it. These could be village fetes, flower shows, school or parish events—we are happy to attend anything where we can reach more people. You can contact John or myself on 01296 613876. Please give us as much notice as possible before the event so that if we are unable to attend we may be able to arrange for someone else to go.