



AYLESBURY & DISTRICT VOLUNTARY GROUP NEWSLETTER

May/June 2011

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So many Bank Holidays over the next few weeks! I hope this lovely weather continues so that we can all make the most of them. Enjoy them all!

Quiz Night

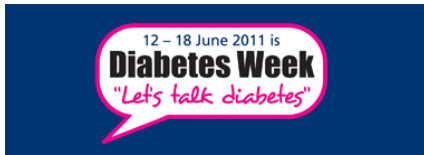
Our recent quiz night, held on Friday 8th April at William Harding Junior School was a very successful evening. The tickets for it sold out very quickly and all the tables were full. There were questions for everyone and one or two discussions about some of the answers. The food was good (thanks to Hi-Tide, Stoke Mandeville) and everyone seemed to enjoy themselves. Maria Parker had done an excellent job with the raffle getting prizes donated from many different local companies and we would like to extend our thanks to her and the following for their donations; House of Fraser (Cosmetic Gift Box), W H Smith (book and photo album) Boots (cosmetics), Budgens of Bedgrove (wine), Sainsbury's, Oakfield Road (wine), Tring Brewery Company (barrel of beer), The Coffee Tree, George Street (chocolates), Wyevale Garden Centre, World's End (plants) as well as individual members and friends who donated prizes. Thanks also to Bob Reese for the use of his sound equipment. We have had lots of comments (mostly positive but a few negative) about the event, which we have taken on board and have learnt a lot from the experience. It is hoped that we may do another one later in the year or early next year. Altogether we made a profit from the event of £482.27. Thank you to everyone who helped out.

Sponsored Walks

Yes, it's that time of year again and we are looking forward to Saturday 7th May when we hold the sponsored walks. This year they are starting at Kimble Stewart Hall with the 10 mile hikers leaving at 10.00am and the 5 milers at 10.30am. All walkers will be asked to register for the appropriate walk at the hall before leaving and if you do not have sponsorship we will request a donation towards our funds. Each walk will have an experienced walk leader and there will be a back marker to ensure that no-one gets left behind. Well behaved dogs on leads are welcome but they will be the responsibility of their owners at all times. On completing the walks you will return to the hall at Kimble where refreshments will be available for all the walkers.

We hope that a good number of people will turn out to take part in these walks. This is normally our largest fund raiser of the year and we hope that this year will be no exception. The walk is open to anyone who is able to walk the distance. This year's ten mile walk is hillier than some have been in the past but we hope that we will still have lots of people walking it. Please make sure that you bring your own refreshments with you for the walk (the ten mile walk will have a stop where you can eat these.) Remember to wear sensible shoes and appropriate clothing suitable for the weather conditions on the day (which could be almost anything!) If you are walking you can download a sponsorship form from the website or ring Ken Parker.

Diabetes Week 2011



Diabetes Week is Diabetes UK's annual UK-wide awareness and fundraising week. This year Diabetes Week is 12-18 June 2011. In Diabetes Week 2011, Diabetes UK is encouraging people to talk about diabetes. There will be different events running to help support Diabetes Week and we hope to see you at some of them.

On **Saturday 11th June** we will be holding our annual **town centre collection**. We need to show a large presence in Aylesbury town that day, so please come along to help us collect. Even if you can only spend half an hour, at any time of day we would like to hear from you. This will be co-ordinated from the charity stall in the Market Square and there will be someone there from approximately 8.30am—3.30pm. If you can help out at all on that day, please call Ken and let him know. The people of Aylesbury are always generous in their giving, so the more people we are able to spread around, the more we are likely to collect. Please think about helping us, don't leave it just to those same people who always get involved.

On **Tuesday 14th June** Lilly, Tony and Susan Becker will be holding their annual **Coffee morning**. It will run from 10.00am till noon and they will be celebrating over 35 years of working for diabetes research—their first fundraising attempt having been a garden fete in 1975. They usually split the money they raise between Diabetes UK and the Juvenile Diabetes Research Foundation. This year they are encouraging you to look around your house for any unwanted gold or silver jewellery that you might have. They can be odd earrings or broken necklaces, small children's bracelets that no longer fit or silver teaspoons etc. Lilly has already encouraged her family to do this and was surprised when she went along to Jordan's the jewellers in Aylesbury with her two little bags of treasures to find that they were prepared to turn it into a tidy sum of cash which she will use to start their 2011 Coffee Morning Diabetes Research fundraising. We hope that as many of you as possible will support them at their home at 87 Narbeth Drive, Aylesbury, HP20 1NU for this event.

Events for children & families with diabetes.

Diabetes UK provide a variety of breaks for children and families with diabetes. If you have a child or children with diabetes their **Family Support Weekends** are a great way to meet other children and families who are also living with diabetes for friendship and fun. During the weekend, parents will attend relaxed, supportive and informative discussion groups while their children enjoy fun activities, a trip out and informal learning sessions. All weekends are held in comfortable hotels. Their **Children's Support Events** are for children and young people with diabetes. They offer an opportunity to develop new skills and learn more about managing diabetes. All events are based on multi-activity programmes that are specifically designed for each age group, so there will be lots to keep them busy. There are week long or five day holidays at various venues across the country with the opportunity to try new activities such as dry slope skiing, canoeing, quad biking, or arts and craft sessions. Their weekend holidays are ideal for those children who want an active and enjoyable experience but perhaps don't want to be away for a whole week. They are based at PGL centres and are filled with all the great things that these centres have to offer, including raft building, quad biking, mountain biking and DVD or games nights.

If you or one of your children would like to attend one of these events then please get in touch with me. The Children's Support Holidays take place in July and August and the Children's Support weekends are in October. Family support weekends are in May, September and November. It might be possible for our group to pay some, or all of the cost of attending these events. If you would like any more information, or would like to ask about funding then please do not hesitate to get in touch. All enquiries will be dealt with in strictest confidence.



Apology from the Treasurer

My apologies to those who received subscription renewal notices for March and April 2011 where the wording indicated that subscriptions for these months were overdue whereas it should have read as a reminder. I would like to put it down to computer error but it was my fault using the wrong renewal paperwork wording. I will try to ensure it does not happen again.

Donations to our Group

We have received several donations to the group via Messrs. KY Green on behalf of the families and friends of people who wanted to leave donations to our group. They are as follows:- from the family and friends of the late Mr Roy Stratford of Ford, Bucks....£165.00; from the family and friends of the late Mr Graham Hayman Flower of King Edward Ave, Aylesbury who was a member of our group£160.00; and the family and friends of Mrs Helena Rzemieniecka...£20.00. We are grateful to these families for remembering us at this sad time and send to them all our condolences.

We would also like once again to thank Cartridge World for their continued support in helping us with the costs of printing this newsletter. This time they have covered all of the printing costs for us, and we extend to them our grateful thanks. Please visit them for any printing requirements you may have, as well as filling, recycling or buying new cartridges. They are very knowledgeable and are always prepared to help.



Donations from our group

At their April Meeting, the committee decided that they were once again in a position to donate money to one of the research projects supported by Diabetes UK. This time we have chosen a slightly different project. The researchers in the Diabetes Research Group at King's College, London have been using a very new piece of equipment known as a Nikon Biostation, but the equipment has only been on loan to them and they would like to buy one to further their research projects. This will be used by all 25 researchers in the Diabetes Research Group and they are hoping that this state of the art time-lapse microscope could help lead to the development of new therapies for Type 2 diabetes and improve islet transplantation therapies for those with Type 1 diabetes. We have made a donation to them of £4000 to help towards the cost of this £50000 piece of equipment. We hope that in the future someone from the group will come and talk to us about the improved treatments and therapies that this piece of equipment has helped them to find.

Fundraising

Did you know that there are all sorts of things that you can do to help raise funds for Diabetes UK? If you are very athletic, perhaps you would like to join one of their teams for a large marathon or run. They usually have guaranteed places available. Perhaps you could hold a Care for a Cuppa Day. It doesn't have to be something huge—it could just be a small get together between family and friends. Perhaps you would like to get your teeth into something bigger—



could you organise a meal or a dance—or perhaps a golf tournament, like the one Keith Maylin is organising for us in memory of his late wife Sandra, who for many years organised the newsletter printing for our group. (More news of this in next newsletter). Maybe you can be even more inventive and think of something really different. If you want us to tell other people about it we will advertise it for you and can supply some publicity posters etc but if you don't need us then just go ahead! It would be lovely to know that some of you out there were able to do something to help with future projects or research. Go on, give it a go!

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

Don't forget our sponsored walk on **Saturday 7th May** and our events for Diabetes week More details elsewhere in newsletter or on our website.

The date of the barbeque at the Guide Centre at Ellesborough has now been fixed at **Tuesday 5th July**. I know this is an unusual day of the week for us to hold it and we hope that as many of you as possible will be able to attend. This has become a popular event and you are invited to bring friends and family along for an interesting social evening with good food, fun and games.

Following that in July we will be having a stall at the Bedgrove Summer Fete in Bedgrove Park, Aylesbury on **Saturday 9th July** where we hope to be giving out information leaflets and talking to members of the public about diabetes. Maria will also be running her new Lucky Dip for adults, so come along to find out all about it- there are some great prizes to be won.

We have also managed to get some extra stores collections later in the year and will be looking for people to help us out on those days. On **Saturday 20th August** we will be at Tesco Stores, Buckingham and on Monday 5th & Tuesday 6th December we are able to collect at Tesco Stores, Tring Road, Aylesbury. Please keep these in mind and let Ken Parker know if you are able to help out with any of them.

7th May	Sponsored Walk at Kimble
11th June	Charity Stall, Aylesbury. Diabetes Week.
14th June	Becker's Coffee Morning
5th July	BBQ—Ellesborough Guide Centre (Tuesday evening)
9th July	Bedgrove Summer Fete—Information Stall
20th August	Store Collection at Tesco Store, Buckingham
29th August	Winslow Show –Information Stall (subject to confirmation)
1st September	Talk by Cyril Blunden on “The Cockatoos” - a local music group.
29th & 30th Sept	Diabetes UK Road show in Aylesbury
October	Charity Stall in Market Square (date to be confirmed)
3rd November	Talk by Dr Chaterjee from SM Hospital “An overview of Diabetes”.
1st December	Christmas Social.
5th & 6th Dec	Store Collections at Tesco, Tring Road, Aylesbury

Gazebo Hire

Once again the hire of the gazebos is proving very popular this year and we have already taken several bookings for them throughout the summer months, They are very good value—only £30 for a complete day's hire and what's more, we even come and put it up for you and then return the next day to take it down and pack it away for you (subject to certain conditions). They can be hired singly or both together. If you are having a party or barbeque and want to be sure that you have somewhere for family and friends to go should the heaven's open then why not ask if we are available. They are a good size (3metres x 3 metres) and can be assembled with sides or without. Please ring us on 01296 613876. (A refundable deposit of £50 is required).