



May 2008

Chairman:

Ken Parker
01296 486269

Vice-Chairman:

Tony Miller
01296 436264

Secretary:

David Robbins
01844 345647

Treasurer &

Membership Sec:

Chris Arnold
01296 613164

Newsletter Editor &

Website:

Pat Housego
01296 613876
pat.housego@tiscali.co.uk

Newsletter Distribution:

Basil Broom
01296 486283

Welfare:

Maria Parker
01296 486269

Programme Secretary:

Diana Robbins
01844 345647

Other Members:

Joyce Collins
Lesley Richardson

AYLESBURY & DISTRICT VOLUNTARY GROUP NEWSLETTER

It's hard to believe that it is almost May already. Where is the year going? Is it only when we get older that it seems to race by so quickly? However there is still a lot to look forward to this year so read on.....

DIABETES WEEK

This year Diabetes week is from 8th -14th June. There are lots of different initiatives taking place across the country. Our group has managed to secure the charity stall in the Market Place on **Friday 13th June**. We will also be organizing a collection throughout the town on that day and will need lots of help to utilize both the stall and the collecting tins. The bigger presence we can show in the town that day the greater impact we will have, which will have a direct link to the amount of money we are able to collect. If you are able to give anytime at all on that day, please contact Ken Parker on 01296 486269. If you are shopping in town that day, please come and visit the charity stall in Market Square and give us your support. We will have lots of diabetes related goodies there including some of their excellent cook books which make ideal presents.

SPONSORED WALKS

There is no meeting at the Diabetes Centre in May as we put all our efforts this month into the walks. Just to remind you, these take place on **Saturday 10th May**, starting and finishing at Wilstone Village Hall. Ken and Basil are still looking for sponsorship— their telephone numbers are available in the left hand panel. Better still, why not come along and walk yourself. Both the 10 mile and 5 mile walk will be lead by an experienced walk leader and will go along public footpaths, bridleways and country lanes. Please wear sensible clothing as we never know in this country what the weather is going to be like from one day to the next. Refreshments will be available for all walkers at the village hall on their return. The longer walk begins at 10.00am and the shorter one at 10.30am. Remember we are trying to improve on last year's total of £1700—we do need **your** support! Hope to see as many of you as possible there!

JUNE MEETING

In the last newsletter we mentioned that we were hoping to arrange an outdoor event for the June meeting. We have now been able to do this and have arranged to have a fun cricket match and social evening at Stoke Mandeville Community Centre, Eskdale Road, Stoke Mandeville. We will have a buffet supper and weather permitting will take to the playing fields for a fun game of cricket. You are invited to come along with your family and make this an enjoyable evening for everyone. Please support this event. If you would like to come, but have difficulty with transport then please contact any committee member who will try to arrange transport for you. We hope to see as many of our members as possible at this event—put the date in your diary today! Don't forget.....

Thursday 5th June 8pm Stoke Mandeville Community Centre—Buffet & Social Evening.

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

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

CARE EVENTS

Full details of these events which are organized by Diabetes UK were given in last month's newsletter. So far we have had no applications. Please remember that this group will financially support any suitable applicants. If you are interested, please contact our secretary David Robbins.

OUR WEBSITE

If you have access to the internet please have a look at the Aylesbury Vale Voluntary Group's website at www.dukad.org.uk. There is a lot of extra information to be found here. Please let us know if there is anything else you would like to see on it. (Contact pat.housego@tiscali.co.uk). Have you tried Everyclick.com yet? You can donate to Diabetes UK without costing you a penny by using it. It works like any other search engine. Just visit www.everyclick.com/diabetesuk and start searching. Diabetes UK will appear as your chosen charity and all your future searches using this engine will generate money for Diabetes UK. Please add it to your favourites and use it every time you search the Internet.

RIDGEWAY & VALE DIABETES EXPEDITIONS

This walking group, originally set up by Dr. Tony Knight, organises annual week-long walking expeditions for groups of 15-20 patients with diabetes to encourage them to take regular exercise and to gain experience in managing their condition. Newly-diagnosed patients can find their confidence restored by the companionship of walkers who have been on more than one such expedition. The walks also provide valuable experience for medical staff involved in the treatment of diabetes.

The expeditions take place in late summer or the autumn. Walkers are a mix of diabetic patients and medical volunteers, with a number of supporting family members to help with the administration. Past walks have been on the Island of Mull, in the Cairngorms, Wales and on coastal paths. The days are spent walking and the party returns to base in the evening to relax and enjoy a home-cooked or pub meal.

The 2008 Expedition is to the section of the South West Coast Path between Minehead and Barnstaple with excursions to Exmoor. It is to take place between 6-13 September. The party will be based at Martinhoe Manor, near Lynton, North Devon. The cost will be £250 with a 30% reduction for medical volunteers. Please contact Ingram Murray on 01525 240 350 or email rvdiabeteswalks@btinternet.com if you would like more information or to join the expedition.

Ridgeway and Vale also organises monthly walks in the Chilterns and surrounding areas. If you are interested make contact on 01525 240 350 or email rvdiabeteswalks@btinternet.com. This group will be supporting our Diabetes Walk in May and their next monthly outing will be on Sunday 8th June.

LAST MONTH'S MEETING

We had an interesting talk on the work of the Samaritans. Thanks to all who came to support us.

FUTURE NEWSLETTERS

There will be no newsletter next month. It is customary for us to publish nine newsletters each year, missing out June, August and December. The next newsletter (July) will therefore be available on the website in the last few days of June and in the post at the same time. If you currently receive your newsletter by post but have access to the internet and could look at it or download it from there please inform Pat Housego or Chris Arnold. Every little bit of money that we save on postage can then be used for further donations into diabetic research. If you have anything that you would like to see included in the newsletter, or would like to write something for inclusion, please get in touch with Pat Housego.

BUCKS COUNTY SHOW

I am sure most of you will have this marked in your diary by now—if not it is **Thursday 28th August**. The format of the stall has still to be decided by the committee but it is likely that we will need extra help that day. If you are coming to the County Show and would be able to relieve someone for an hour while they go to have their lunch please let a committee member 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.