



Seasons Greetings

AYLESBURY & DISTRICT VOLUNTARY GROUP NEWSLETTER

Nov/Dec 2010

Chairman:

Ken Parker

01296 486269

Vice-Chairman:

Tony Miller

01296 436264

Secretary:

David Robbins

01844 345647

Treasurer &

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

I can't believe that I am already writing the last newsletter of the year. Where has it gone? In this newsletter I hope to bring you a round up of things that we have done throughout the year as well as a look forward to what we hope to do in the new year.

Talk by Frank Moxon

At our September meeting we had an interesting talk from Frank Moxon, one of the Trustees of Diabetes UK. He had obviously done his research about our group before coming and was able to tell us that as a group we had donated £61,500 since 2005 to Diabetes UK—something that we should be really proud of. He told us that because of the economic crisis Diabetes UK are having to re-think their structure and that he thought that local groups would have a greater role to play in the future. He felt that there was a great deal of “good practice” going on in the individual groups and there could perhaps be much more interaction between groups where strengths could be shared. He was interested to hear about things that we were doing in our group such as talking to the pre-registration nurses at the University of Bedford (see more below) and was hoping to look into ways of sharing this with other groups. He had travelled from his home in Norfolk to talk to us and so after a cup of coffee and a chat to individuals in the group, he left for the long journey home. We enjoyed his talk and felt that it emphasised once again the importance of the work that we do within the voluntary groups.

Talk to Pre-Registration Nurses at University of Bedford

On Thursday 14th October a group of three people (David Robbins, Bob Reece and myself) went once again to talk to a group of nurses who are coming towards the end of their training course. We talk to them about our own experiences of living with diabetes. These are usually quite relaxed and up-beat sessions with the students being able to ask their own questions of us. This time the lecturer had combined two groups so we had a very full lecture room and many interesting questions at the end of the session. Once again we have had very positive feed-back about the talk from the university. They are very grateful to us for taking the time out to do these sessions and once again stressed how much the students get from these.

We are always looking for other people to come along to help us with these talks. We would particularly like to include someone with type 1 diabetes as they may have a different perspective on things, as well as others with type 2. We generally do 2 or 3 talks each year, depending on the groups within the university. If you would be interested in joining us please get in touch with me (01296 613876). The meetings are held at Oxford House in Aylesbury and we would like to make up a group of people so that we could call on different people in turn. If you are uncertain, but think that you might like to have a go please ring and talk to me. It might be possible for you to come along to one of the sessions to sit in before actually committing yourself. Please think about this—our experiences are invaluable to the students.

Supporting people with Diabetes and raising funds for Diabetic research—Charity No.215199
Secretary: David Robbins, 1 Dunsmore Ride, Monks Risborough, HP27 9JT

Donations to our group.

Once again we have received several donations that we would like to acknowledge here. Last time we told you of the death of Mrs Sandra Maylin who had been of great assistance to our group with the printing of the newsletter for many years. We had received some donations in her memory but we are now pleased to report that the sum of donations for her totalled £575. We also received donations amounting to £192.50 in memory of the late Mr Miklos Visked. Another member, Mr John West who used to deliver newsletters for us also passed away and we received donations in his memory amounting to £445. Finally, we received £130 in memory of Mr John Harrowell of Delta House, Bunstrux, Tring. He died, aged 82, at the Churchill Hospital in September following a short illness. Once again we send our sincere condolences to the families of these people and thank them for thinking of our group at their time of sadness.



Other donations were received—my husband and I celebrated our 25th wedding anniversary and asked our family and friends for donations to the work of the group instead of presents. We were delighted to be able to give £420 to the group. David Robbins also donated an extra £15 towards the 2010 Fundraising challenge. He raised this by giving a talk to a local history group and donating his fee. Thanks to everyone who has made or is making that extra effort.

This certificate was received from Diabetes UK in recognition of the £8000 that we sent to Careline and Dr Guillaume Mabelleu's research project at Oxford University. We also received letters of thanks from Penny January, South East Fundraising Manager; Ruth French, Head of Careline and Advocacy Services and from Douglas Smallwood, Chief Executive of Diabetes UK. I add a short quote from his letter. " I also understand....that the group has raised £61,500 since 2005 which is an extraordinary achievement. Diabetes UK can only go on making a difference to people's lives because of the dedication, commitment and hard work such as that demonstrated by the Aylesbury and District Voluntary Group, and I am enormously grateful to you all."



Stores Collections

Since the last newsletter we have done two stores collections. On Thursday 16th September we collected at the Tesco stores on Tring Road, Aylesbury. This is quite a busy store and the total for the day was £318.10. The committee were pleased with this effort. A couple of weeks later we were given two days to collect at the Broadfields store, also in Aylesbury. It was interesting that most of the collectors thought that it was not as busy at this store. The total for the two days at the Broadfields store came to £402.26 This gives us a combined total for the two stores of £720.30. A magnificent effort by all concerned. We would like to thank everyone that collected for us and everyone that contributed.

We have no further collections planned for this year, or for the early part of 2011. We are always looking for people to add to our list of collectors. Please get in touch with Ken Parker(01296 486269) if you could help us in the future with a store collection. We are also interested to hear of any stores where you think we might be able to organise a collection; particularly stores that are elsewhere in our area as we would like to be seen throughout the area. Please let us know if you know of anywhere.

Charity Stall

Those of you that took the trouble to go to town to visit us on the Charity stall in the Market Square on 23rd October may well have ended up slightly puzzled to be greeted by another charity group. Unfortunately there had been a mix up over the bookings and we have now been allocated a different date. We will be in the Market Square in Aylesbury on **Saturday 6th November**. from 9am—3pm. We will have a tombola, and a children's lucky dip as well as all the information on diabetes and how to live with it. Once again we would be grateful if you can donate anything that we can use for prizes in either the tombola or the children's lucky dip, or the raffles that we hold at each meeting. Maria Parker is also organising a new type of Lucky Dip for adults next year and will also be looking for prizes for this. We would like to send our thanks to everyone who has already given us prizes for the tombola, the new Lucky Dip and the children's lucky dip. A more detailed list will be given in the next newsletter. We hope to see you in Aylesbury on 6th November.

Diabetes Awareness Day

The Buckinghamshire Diabetes Nurses have organised a Diabetes Awareness Day at Stoke Mandeville Hospital on **Saturday 13th November** to mark International Diabetes Day on November 14th. This will take place in the new Mandeville Wing at SMH; use entrance 3; and will start at about 10.30am. There will be a series of presentations running from approximately 11.00am—1.30pm by various people including Dr Gardener, a podiatrist, a diabetic patient, and a dietician. There will be various stands throughout the wing featuring information on all aspects of living with diabetes including lifestyle, education programmes, food, feet, hypos and driving as well as our own information stall. The day is open to all people with diabetes and their carers as well as anyone else who is interested. It starts at 10.30am and runs till mid afternoon and you can call in at any time. If you are a member of the group, please make yourself known to us on the information stall. We look forward to seeing you there.

Thank you

Once again we would like to thank our friends at **Cartridge World** on Parton Road, Aylesbury from whom we always receive a first class service. Thank you again for giving us such a good rate for the printing of the newsletter! Our thanks also go to "**The Jeweller's Bench**" in the High Street, Great Missenden who now have one of our collecting tins in their shop. Please support them with your business if you are looking for original and different jewellery. Thanks also to several people who have taken collecting boxes for their loose change.

Christmas Shopping

As in previous years Diabetes UK have teamed up with Webb Ivory to provide a Christmas Catalogue for anyone to order from. If you order through this catalogue then we will receive 25% of the value of all the orders placed. If you have a catalogue which came with your Balance magazine you can use it, but quote our unique media code number **520015**. If you use the media code and your order is over £25 you should not be charged for delivery and you will receive a free gift. If you only have a small order you may contact me (**before 10th Nov**) as I will be sending off an order and could save you postage. (All monies must be paid when ordering). Please consider doing this as it is a very easy way for our group to earn some extra money. Extra copies of the brochure are available from me and I will have them at the next meeting, the charity stall and the diabetes awareness day.

Refreshments at Meetings

Is there anyone out there who would be able to take on this responsibility? Please contact me (01296 613876) for details of what is involved.

Cards for Good Causes

Cards supporting Diabetes and many other charities can be bought from the card shop at Aylesbury Methodist Church & Centre, Buckingham Street, Aylesbury from 21st Oct—18th Dec; Mon—Sat 10.00am—4.00pm.

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

Thursday 4th November—Talk by Jill Seaton & Lucy Peacock of South East Office of Diabetes UK—“What Diabetes Care to expect” This will be held at the Community Centre at Eskdale Road , Stoke Mandeville at 8pm. Please come along to find out how things are changing within the NHS and how that might have an impact on our diabetes care. Our visitors would also like feedback from the group about how they can assist us at a more local level. Please come along and give us your views.

Saturday 6th November—Charity Stall in Market Square, Aylesbury. We will be present in the Market Square with our free leaflets and information on living with diabetes as well as a Tombola and Lucky Dip for children. If you have any items that could be used for the lucky dip or for the tombola, please get in touch with any member of the committee.

Saturday 13th November—Diabetes Awareness Day at Mandeville Wing, Stoke Mandeville Hospital, Aylesbury. This event will run throughout the day starting at 10.30 am. Everyone with an interest in diabetes is welcome to attend. See article on previous page.

Thursday 2nd December—Christmas Social. Held at the Community Centre in Eskdale Road, Stoke Mandeville, once again this will take its usual form with a fun quiz and festive fare. It starts at 8pm. This year we will be asking for a voluntary donation of £3 per person towards the cost of food. We hope that as many of you as possible will attend.

Thursday 3rd February 2011— AGM. We are giving you advance notice of this meeting as we have arranged for Richard Lane OBE (President of Diabetes UK) to visit the group to talk to us after the Annual General Meeting. We hope that as many people as possible will visit this meeting so that you will have the opportunity to put forward your views on what they are getting right or wrong. Once again the meeting will be in the Community Centre at Eskdale Road, Stoke Mandeville at 8pm.

Calendar of Events 2011

3rd February	AGM & Talk by Richard Lane OBE	9th July	Stall at Bedgrove Fete
March	Charity Stall (date to be confirmed)	29th August	Stall at Winslow Show (to be confirmed)
April	Quiz evening (date to be confirmed)	1st September	Talk by Cyril Blunden
7th May	Sponsored Walk at Kimble	October	Charity Stall (date to be confirmed)
14th June	Charity Stall, Aylesbury. Diabetes Week.	3rd November	Talk by Dr Chaterjee from Diabetes Unit
7th July	BBQ—Ellesborough Guide Centre	1st December	Christmas Social

Christmas Float

We have once again been asked if we would assist with the Rotary Club Christmas Float. Last year the weather was particularly bad and only three people turned up to help. This made it very difficult to collect because of the reduced numbers. Please, please try to help us out this year. Once again it will be round the Broughton estate on **Friday 17th December**. Please meet in the car park by Parton Road shops at 6pm. We are normally finished by about 8.30pm This is usually a very enjoyable evening and although it is sometimes cold the helpers have always said it is worthwhile to see the children's faces light up when they see Father Christmas. Please remember though, that you need to be able to walk a fair distance to be able to keep up with the float, as well as going up and down people's driveways. Please put this in your diary now! If you think you might be able to help out on that evening, it would probably be helpful to give your name and telephone number to Ken so that he can contact everyone if the weather is particularly bad again. We really do need as many people as possible to help us do this. The Rotary Club usually give us a sizeable donation in January, so please help us to help them.