



Nov/ Dec 2011

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Merry Christmas!



AYLESBURY & DISTRICT VOLUNTARY GROUP NEWSLETTER

After the wonderful Indian summer we had in October it has suddenly turned cold and is really beginning to feel like winter. Check out the rest of the newsletter for all the things we have planned in the lead-up to Christmas and beyond.

September Meeting

In September, one of our members, Cyril Blunden, gave an interesting and very entertaining talk about his time with a local group, The Cockatoos. Cyril told us about the history of the band from its formation, through the early days and the changes in the line up, right through till when he left the band in the 1980s. At the end of the talk he had invited one of the other former band members to play and sing to us. This made a fitting end to the talk and was much appreciated. Thank you Cyril for a great evening - we will be having you back!

Diabetes UK Roadshow



On 29th & 30th September the Diabetes UK Roadshow came to Aylesbury. The large pink lorry and neighbouring gazebo were parked in Market Square on Thursday and Kingsbury Square on Friday. The object of them coming was to encourage members of the public to take the opportunity to have a diabetes risk assessment to see if they were likely to develop diabetes. The unit was staffed by several members from Diabetes UK and there were volunteer helpers from our group. There was also a dietitian in attendance both days and people with diabetes were also encouraged to come along to find out more or ask questions. Over the two days more than 200 people were seen and the majority of these completed a risk assessment, which consisted of taking their height and weight measurements (to find out their Body Mass Index) and then taking their waist measurement and completing some lifestyle questions. Where necessary, this information will be forwarded to the person's own GP if there is a risk that diabetes might develop. Advice on healthy lifestyle and eating was also given out and the public were able to ask questions and pick up many of the current leaflets available. Amongst those who visited the road show was Aylesbury's mayor, Councillor Jenny Puddefoot , who completed a risk assessment. Thanks are due to all who came from Diabetes UK for this and to those local volunteers who helped with the smooth running on both days.

The mayor meets Roadshow staff & volunteers



The mayor meets Roadshow staff & volunteers

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



Events in October, November & December

- On **Saturday 29th October** we will once again be at the **Charity Stall** in Market Square, Aylesbury. We are armed with lots of new pamphlets from Diabetes UK for the general public plus extra information about Contour blood monitors. We also hope to be running a Tombola as well as the children's Lucky Dip. Please come along and support us if you are in town . We will be there from 8.30am till about 3pm.
- **Thursday 3rd November** is the day when we welcome Dr Sudesha Chatterjee from Stoke Mandeville Hospital Diabetes Unit. She is coming to give the group "**An Overview of Diabetes**". Some of you may have already met her in her work at the hospital. The meeting will be held in Stoke Mandeville Community Centre, Eskdale Road at 8.00pm. We hope that as many of you as possible will attend and the meeting is open to all.
- For the whole month of **November** we have been nominated as one of **Waitrose** at Thame's charities of the month. When you pay for your shopping you will be given a green token. This can then be placed in one of three clear plastic containers near the entrance to the shop. Each container is for a different nominated charity. At the end of the month £1000 will be divided between the three charities according to the proportion of tokens each charity has received. If you are able to shop there then please make sure that you support us.
- Our annual **Christmas "get-together"** will be held this year on **Thursday 1st December** at the Community Centre, Eskdale Road, Stoke Mandeville, starting at 8.00pm. Once again we will join together for an evening of good fun, quizzing and of course share in some festive food and drink. All members welcome.
- On **Monday 5th and Tuesday 6th December** we are holding collections outside **Tesco Stores** in Tring Road, Aylesbury. Ken is currently compiling a list of collectors and still has spaces so please give him a ring if you could help out on either of the days. We need as many people as possible- please try to find time to help.
- Our final event of this year will be to join with the Rotary Club in taking out their **Carol Float**. Our date for this year is **Friday 16th December**. If you can help, please meet at Parton Road shops at 6.00pm. Whilst we would appreciate as much help as possible with the float, please remember that there is considerable walking involved (often in slippery conditions) and you need to be able to keep up with the float. Those who have helped in previous years always look forward to this event - they love to see the faces of the children as they see Father Christmas waving to them from the float. If you would like to help out this year please let Ken know in advance as he can then let everyone know if there are any last minute changes.

29th October	Charity Stall in Market Square 9.00am - 3.00pm
3rd November	Talk by Dr Chaterjee from SM Hospital "An overview of Diabetes". All welcome
1st December	Christmas Social. A fun social with food and a light-hearted quiz.
5th & 6th Dec	Store Collections at Tesco, Tring Road, Aylesbury Can you help?
16th December	Collection with Rotary Club Carol Float (date to be confirmed)
2nd Feb 2012	AGM at Stoke Mandeville Community Centre. Nomination form on back page.

Donations to our Group

Thank you to Mr J Twomey who gave us his collection box which amounted to £4.16. We do appreciate every penny As always our thanks go to everyone who included a donation, whether large or small, when they renewed their membership. We know that many of you feel that this is the best way for you to help the group if you can no longer get to the meetings or are too elderly or infirm to help us with collections. Thank you too to those who donate their time and energy in any way to helping out with jobs behind the scenes. It is all important and we value every one of you.

Letter of Thanks

We have received a letter from Diabetes UK thanking us for the further donation of £6000 which we sent in September. This was made up of a further £4000 donation to the research project that we adopted (The Nikon Biostation IM project for live cell imaging of islet cell interactions and signalling), and a £2000 donation to the Diabetes Careline which we have also supported in the past. We are hoping to have someone from the Biostation project come to talk to us next year (see back page) and hopefully they will be able to tell us (in simple terms) more about this project that we have been supporting. A big thank you must go from us to everyone who has helped in any way with our fundraising efforts. We appreciate all the help that you give us to raise money, whether it is a few pennies or a massive sum. We shall be discussing our next donation at the November committee meeting, and have also spoken to Dr Gardner to see if there is anything with which we can help at a local level. The criteria for supporting local projects are very strict which makes it more difficult for us to support local schemes but if there is something that we can support then we will give it our consideration. If you have strong feelings about where our donations should or shouldn't go, then please get in touch with someone from the committee and make your feelings known to them.

Quiz Night

In response to all those of you who have requested it we are holding another quiz night. It proved so popular last time that we had to turn people away in the end as we did not have enough room for them. This time we have found a bigger hall, so hopefully we will be able to house everyone. It will be held on Saturday 21st April 2012 at the Community Centre on Fairford Leys, Aylesbury. There will be a supper half way through but the details of this have not yet been finalised. We hope to have tickets on sale at the Christmas Social but if not, please give your name to Maria or Pat and they will contact you when the tickets are available. Put the date in your diary now and start arranging your team.

Meet the Committee - Newsletter Editor and Webmaster.



It finally seems that's its time to tell you a little bit about myself. I was born in Northern Ireland to an Irish mother and a Cornish father, so have definitely got the Celtic blood running through my veins. I lived in Ireland until I was eleven and then moved to England with my family. We lived first in Harrogate, Yorkshire and then in Southport, Lancashire. In 1965 I left Southport to go to teacher Training College . In 1968 I qualified as an Infant teacher and took up my first job in Carshalton, Surrey, sharing a house in Croydon with friends. Other jobs followed in Croydon, Beaconsfield and finally Harefield Hospital. From there I moved to teaching children with special needs at a wonderful school near Henley which I really loved. It was a boarding school and the hours were very long and we also had to work some weekends. I had some time off in the 1980s to have my two children(now 28 and 25) but still worked in several local Aylesbury Schools doing full time, part time and supply work.

In 1998 I was diagnosed with Type 2 diabetes. I had been warned previously that there was a likelihood that I could develop it in the future but my doctor didn't seem worried or suggest anything that might help me prevent it so I just continued with life as normal. This coincided with me going back to full time work, once again working with Special needs children. I controlled my diabetes with tablets. Everything continued well, gradually increasing the tablets etc through my early retirement in 2004 until in 2008 the diabetes nurse mentioned that I would probably have to think about going on to insulin. I was very much against this at first, but I did a lot of reading and internet research to find out as much as I could about it. I started insulin in 2009 and subsequently found that I have much better control of my sugars and now have no problems with injecting insulin.

I joined the local group in about 2005, joining the committee shortly after that. In 2007 I took over the newsletter and the website and have been looking after them since then. John and I run the group's information stall; I believe that the more you know about something, the easier it is to deal with. I try to keep active by walking each day with our two Jack Russell dogs and keep a positive outlook on life! In my spare time I love to craft and enjoy making cards, which also raises money for the group. I love meeting up with friends, reading and quizzes.

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

The committee have been discussing the programme of events for next year and have already decided on some dates. Others are still under discussion or awaiting replies from suggested speakers. Given below is a proposed timetable with dates where appropriate.

<u>Proposed programme for 2012</u>	
Thursday 2nd Feb	- AGM followed by cheese & wine. Stoke Mandeville Community Centre, Eskdale Rd at 8pm
March	- Charity Stall in Market Square (date to be confirmed)
Saturday 21st April	- Quiz Night at Fairford Leys Community Centre, Aylesbury (see note on page 3)
Saturday 12th May	- Sponsored Walks starting from Stewkely Methodist Church Hall. Starts 10.00am
June	- Charity Stall and Town Centre Collection. To coincide with National Diabetes Week (date to be confirmed)
19th July	- Annual Barbeque at The Guide Centre, Ellesborough. (Date to be confirmed)
Monday 27th August	- Winslow Show. We hope to have a stall here. Date to be confirmed
Thursday 6th Sept	- Talk by Edwin Rye on " Winter Flowering Plants "
Thursday 4th October	- Talk by representative from Nikon Biostation IM Project (to be confirmed)
Thursday 1st November	- Talk by Cyril Blunden.
Thursday 6th December	- Christmas Social at Stoke Mandeville Community Centre

Election of Committee for 2012

Nomination form for Aylesbury and District Voluntary Group Committee for 2012

I (name).....being a member of the Aylesbury branch nominate (print name)

.....to serve on the local Committee.....(Signature)

I (print name).....second the nomination.(Signature)

I (print name)am willing to serve on the Branch Committee.(Signature)

Please complete and hand to a member of the current committee before the AGM on Thursday 2nd February 2012 if you wish to nominate someone.

Our thanks are due once again to the good people at Cartridge World, Parton Road, Aylesbury; who regularly subsidise the printing of this newsletter.

