



**November 2008**

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# AYLESBURY & DISTRICT VOLUNTARY GROUP NEWSLETTER

Welcome to the November newsletter. Have you started your Christmas shopping yet? Don't forget we have lots of cookery books and other goodies for sale. Contact Diana Robbins for more info.

**GOOD NEWS!**

I am pleased to report that following my appeal in the last newsletter some people have come forward who are willing to take responsibility for the positions. This means that the group can continue. Thanks to those people who volunteered. I will give more news of the volunteers below (Stores Collection) and in the next newsletter.

**OCTOBER MEETING**

This was an interesting talk on foot care given by Jane Cole. Unfortunately she was unable to get her presentation to work properly but this did nothing to spoil the informative talk that was delivered. We all learnt something about foot care and how to choose a new pair of shoes. Thank you Jane!

**CHARITY STALL**

We have been allocated the charity stall in the Market Square, Aylesbury on Friday 7th November. We will be using it to sell various products from Diabetes UK including Christmas cards and cookery books. Raffle tickets for our Prize Draw will also be available. This will be your last chance to obtain these before the winning tickets are drawn on 18th November. We would also be interested to find out if any of the other surrounding towns and villages have a similar stall that we might be able to use. If you know of one, please get in touch with a member of the committee.

**FUTURE MEETINGS**

**Thursday 6th November**—Dr MacFarlane will talk on "The Wildlife of Ethiopia" 8pm at the Diabetes Centre.

**Thursday 4th December**— Christmas Social. This will be an informal get together with cheese and wine and a quiz. 8pm at Diabetes Centre. *NB. It is very likely that this will be the last meeting which will be held at the Diabetes Centre. As you probably know the Centre is being demolished as part of the building work at the hospital. There will be a room in the new building allocated for use of various groups and we hope that future meetings will be held here. Watch the next newsletter for up to date news.*

**Thursday 5th February 2009**— Our AGM followed by cheese and wine. Please try to attend. Venue to be announced.

**STORES COLLECTION**

The collection outside Morrison's last month raised £264.71. Thanks to everyone who gave up their time to collect. We hope to organize more store collections next year. We are very grateful to Lesley Richardson who is already on the committee. She has agreed to oversee and organize the stores collections, a job which was previously done by her late husband Rex. Lesley is now approaching various stores and other suitable venues around the area. If you know of anywhere that might be willing to allow us to collect, please get in touch with her. Thank you Lesley for agreeing to take on this role—it will certainly make a difference to the funds that we are able to send to Diabetes UK.

## **VOLUNTEERING CONFERENCE 2008**

This year our Chairman and his wife attended the conference which was held on 18-19 October at the Hilton Hotel in Leeds. The opening session discussed the impact of "The Silent Assassin" campaign. This is Diabetes UK's biggest-ever UK-wide advertising campaign. It aims to increase awareness of diabetes by highlighting that diabetes is serious – it can cause heart disease, stroke, amputation, kidney failure and blindness. However, the campaign also includes the important message that you can learn how to beat it. With early diagnosis and by leading a healthier lifestyle and improving diabetes control, the risk of developing these serious complications can be minimised. Opinions of the campaign were mixed but Diabetes UK felt that it was effective because it was getting people talking. They also announced that research had increased by 53% and it was going up year by year. A total of £15 billion worldwide has gone towards research into diabetes. Overall membership of Diabetes UK now stands at 180000 this has been fairly stable for the last 3 years. Altogether 677000 voluntary hours are spent campaigning and collecting and there are now 389 voluntary groups nationwide. The Treasurer reported that no monies had been invested in Icelandic banks and that there had been a 25% increase in revenue. Next year will be the 75th anniversary of the charity. New fundraising was proposed for next year in conjunction with Splenda—"Care for a Cuppa" Day. This will be launched with celebrities between Feb and April next year. The issue of test strips for Type 2 was also discussed—these should be unrestricted. The retinopathy test should also be a yearly entitlement for all diabetics—although there are many places still where this does not happen. The delegates were also made aware of several cases of drivers being arrested as being under the influence of alcohol when in fact they were having hypos. At the evening dinner the Volunteer achievement awards were presented. More information about the conference can be found on the Diabetes UK website at [www.diabetes.org.uk](http://www.diabetes.org.uk).

## **NEWS OF FORMER MEMBERS**

We were sorry to hear of the death of Mrs Goodchild. Her husband Reg was one of the committee members of the original group and they both gave a great deal of support to the group in its early days. We send our condolences to her daughter and family. We have also heard that Jim Digweed, a former chairman, has not been well. He went into hospital for a hip operation which we understand went well. Other complications then developed and Jim was in Intensive care. He is still in Stoke Mandeville Hospital. We send our good wishes for a full recovery and also to his wife Mary who has been unwell too.

## **SPONSORED WALK 2009**

Next year's sponsored walk will take place around Waddesdon on 9th May 2009. This is a lovely place for walking so start thinking now about beginning your training! Sponsor forms will be available in the new year and once again there will be both 5 and 10 mile walks led by experienced walkers. Refreshments will be available after the walks in the village hall. If you need any further information please contact Ken Parker. News of the routes will be given as it becomes available. This is always a good fundraising activity for us so please try to support this in any way you can, either by walking yourself and getting family and friends to sponsor you: or by sponsoring someone who is walking.

## **RAFFLE TICKETS**

Please remember that the draw takes place on Tuesday 18th November at 8pm at the Diabetes Centre. All counterfoils and money should be returned to Chris Arnold before that date. If you haven't got your tickets yet, please contact Chris and I'm sure he will be pleased to sell you some! Good luck to everyone who has bought tickets. Thank you all for your support.

## **YOUNG & DIABETIC**

At the Volunteering conference a couple of young ladies spoke about the support group they had started in Kent. They have a website and a group on Facebook which is growing all the time. Would you like to do the same thing in Buckinghamshire? We can help you. Please get in touch with Pat Housego and she will put you in touch with them. If this sounds too daunting, but you would like to get together with other young people with diabetes then contact us. We would really like to help children and young people but we don't know where to start. Please help us to help you.



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