



**Sept/October  
2009**

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# AYLESBURY & DISTRICT VOLUNTARY GROUP NEWSLETTER

By the time you receive this newsletter it will be the end of August and September will be almost upon us. I hope that you all enjoyed your summer and that the weather will be reasonable for at least the next month. Many of you may have been worried about the threat of swine flu and the most recent guidelines from the NHS will be covered later in this newsletter. But first, a few reminders of the summer.

## **June event – Barbeque and Social evening**

On Thursday 2nd July about twenty-five members and friends arrived at the Guide Centre in Ellesborough for our outdoor event. It was a lovely evening and we couldn't have wished for better weather. The smells of the food on the barbeque were appetising as people arrived. The Centre provided very good facilities with everything that we needed. The grounds and surrounding scenery were beautiful and although the option of walking to the top of Coombe Hill was mentioned, I don't think that anyone actually tried! It was enjoyable being able to share a leisurely meal with friends in quiet and peaceful surroundings. Thanks should be given to David and Diana Robbins for arranging the venue, Maria Parker and helpers for providing the food, and John Housego and Ron Syratt for cooking. Please try to join us for next year's outdoor event if you didn't make it this year.



## **Stores Collections.**

On Friday 31st July we held a collection outside Morrison's Store in Aylesbury. A team of eleven members each gave up time during the day to take part in the collection. In total we managed to raise £363.19. This was a really good effort and our thanks go to all who took part in the collection and to the shoppers who donated. We have another stores collection arranged for Friday 4th December outside Tesco Stores on Tring Road, Aylesbury. If you can help with this please get in touch with Ken Parker. We are always looking for people to help with collections—otherwise we are constantly relying on the same people. Giving up just a small part of your day can make such a big difference to the amount we are able to collect. Please help if you possibly can.

### **Party in the Park**

Part of the reason for having a local group is to raise diabetes awareness throughout the local area. This year the committee have tried to do this by attending small local events where they have set up a Diabetes stall. We tried this at the Party in the Park at Stoke Mandeville. Although at the end of the day we felt that this had not been the right event to target as it was a concert setting, we did feel that we had done what we set out to do and raised the awareness about the condition and what it is like to live with. We collected a small amount of money from sales but were able to talk to lots of people about different aspects of Diabetes and answer some of their questions. We also gained a new member. We will be continuing with this at other events around the area. If you know of any suitable event that we might attend, please get in touch with a member of the committee.



### **Membership**

We have been aware for some time that our membership is gradually falling. The reason for this can be attributed to the fact that many of our members are senior citizens and as the years roll on there will be a natural loss of membership as people pass away. We are very appreciative of the fact that many people continue to support us with their membership and donations long after they feel able to attend the meetings but for some time we have been trying to also attract new, younger members to the group but we have not been very successful in this. In order to promote the group we have recently arranged for copies of our newsletter to be displayed in most of the Buckinghamshire libraries that fall within our group's area. (It would be very helpful if you could let me know if it is not displayed in your local library) . I am also trying to arrange for it to be displayed in the other libraries in Hertfordshire and Bedfordshire that fall within our area.

We have also put up a display at the Diabetes Centre in Stoke Mandeville Hospital along with copies of the newsletter and membership forms. This has been well received and we have had some favourable comments about it but no new members from it. So what can we do? If you have any ideas, please get in touch with us—all the contact details are given in the left hand panel on the front page.

That said, we have gained a few new members this year and we would like to take this opportunity to welcome them to the group and look forward to seeing them at meetings. They are Anne Chapman (Aylesbury), Sadia Hersant, (Wendover) Lionel Kerwood (Weston Turville) and Andrew Penny (Stoke Mandeville).

As you may know there are a team of people who work hard to get the newsletter to you. We are always indebted to the people at Driftgate who print and fold the paper copy of the newsletter for us. Then there is Basil and his wife Joan who put all the postal copies into envelopes, attach address labels and stamps and then mail them out. There are also groups of people who receive a large envelope with copies for people who live local to them which they then deliver by hand. It would be very helpful to us if more people would be able to deliver letters to other members who live near to them. We would only expect you do drop them off to anyone who was within easy walking distance of you. Who knows—you might even make a new friend! If you would be prepared to deliver to anyone in the roads near to you , please get in touch with the membership secretary for more information.

There is also the option to receive your newsletter electronically. More people are doing this and of course, this is the best option for us as it costs us nothing at all. If you would like to receive yours this way, or would like to comment on any aspect of your membership, please e-mail me.

## Advice about swine flu for people with diabetes.

Although the panic about swine flu seems to have died down a bit, there is a risk that cases will increase again in the autumn and winter. We have received the following advice from Buckinghamshire PCT for individuals who have flu like symptoms.

- Stay at home, limit contact with others and check your symptoms by calling NHS Direct on 0845 4647 or visit [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk) . Remember to tell them that you have diabetes.
- Once symptoms have been checked with NHS Direct you will be given advice on the next steps to take if you are diagnosed with the virus.
- Please **do not** visit your GP surgery or a hospital as you may spread the germs to others.
- Contact your "flu friend" to pick up your medication for you.

Please think about neighbours who may live alone or family members who may need help. Perhaps you could offer to be a "flu friend" for them. More forms and advice can also be found on our website.; or on the Buckinghamshire PCT site at [www.buckspt.nhs.uk](http://www.buckspt.nhs.uk) .

## Donations to Diabetes UK



These are copies of the two certificates that we received from Diabetes UK acknowledging the amounts of £4000 that we sent to two different research projects. Innovative research is at the heart of Diabetes UK, and it has two key aims: to change lives today and to work towards a future without diabetes. It is often groundbreaking work. This is what your donation can help towards—whether it is giving up your time to help with a tin shake; dropping a few coins into a tin, or adding an extra pound to your membership fees. Diabetes UK have thanked us, and we



would like to thank YOU for every little bit of help and support that you give us. We couldn't do it without you.

## World Diabetes Day

World Diabetes Day is a United Nations Day and is represented by the colour blue because it is the official colour of the 'UNite for Diabetes' campaign, which saw the United Nations (UN) pass a resolution recognising diabetes as a major threat to global health in 2006. The day is held annually on 14 November, to mark the birthday of Frederick Banting whose work led to the discovery of insulin in 1922. This year, 14 November falls on a Saturday.

The World Diabetes Day theme for the period 2009-2013, as set by the International Diabetes Federation (IDF), is Diabetes Education and Prevention. This broad theme has been chosen to allow all diabetes stakeholders to participate in the campaign.

The IDF campaign slogan for 2009 is "Understand Diabetes and Take Control". For people with diabetes, this is a message about empowerment through education. For governments, the slogan is a call to implement effective strategies and policies for the prevention and management of diabetes to make sure that their citizens with and at risk of diabetes receive the best possible care.

Look out for buildings and monuments around our area lit up with blue lights in support for diabetes.

This newsletter may also be downloaded from our website [www.dukad.org.uk](http://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 3rd September**—This meeting was to be a talk by Shahab Mirza from Lifescan. However this has had to be postponed as the person concerned has left Lifescan and they were unable to send anyone else at short notice. We are very fortunate that one of our members, **Bob Reece** has agreed to stand in and give a talk at short notice. I believe his talk is to be about a bit of a historical tragedy that he has been researching and is about the Stalybridge Band at Peterloo Please try to come along to support Bob and find out more. **As a result of work being done at the hospital we have had to move this meeting to the Stoke Mandeville Community Centre, Eskdale Road; and it will begin at 8pm.**

**Thursday 8th October**— Talk by Claire Guest on the Cancer and Bio-Detection Dogs. Claire is currently working with several Hypo-alert dogs and we have been informed that she will be bringing two of the dogs with her. Please note that the date of this meeting has changed from the one that was originally given and it will be held at **Stoke Mandeville Community Centre, Eskdale Road, again at 8pm.** It is open to all and should be an interesting meeting. It is a very exciting concept and still in its infancy, so it will be good to have Claire here to talk to us about it.

**Saturday/Sunday 10/11 October** - Diabetes UK Annual Volunteer Conference. This takes place in Manchester and my husband John and I are fortunate to have been chosen to represent Aylesbury and District Voluntary Group there. We hope to be able to talk with other groups from around the country about what has been successful for them, particularly in attracting new members. I will report on the conference in the next newsletter.

**Saturday 24th October**—Charity Stall in the Market Square, Aylesbury. We will have lots of free leaflets available to give out to the general public and will once again be trying to attract new members. The Christmas Cards will be on sale at a reduced price and there will be Diabetes goodies for sale. We hope that you will pop across to support us if you are in town that day and tell your friends about us too. If you are able to help out on the stall, even for half an hour, please get in touch with Ken Parker who is making up a rota. It is much better to contact him to arrange a time than to just turn up on the day as we can end up with too many people behind the stall which tends to put the public off approaching us.

**Thursday 5th November**— Talk by Roy Collis on The Friends of Stoke Mandeville Hospital. This will be at 8pm at Eskdale Road Community Centre, Stoke Mandeville.

**Friday 4th December**— Collection at Tesco Stores, Tring Road, Aylesbury. Ken has started a rota for this event but please get in touch with him if you would like to help out. It always gives a good feeling when you help out with a stores collection but particularly at Christmas time.

**Thursday 10th December**—Our Christmas social meeting will be held at The Community Centre, Eskdale Road, Stoke Mandeville beginning at 8pm. This is usually a good meeting where you have chance to chat with other members. We usually have a Christmas buffet with wine. There is always huge raffle and a last chance to buy Christmas cards—unless we have run out by then! David and Diana usually organise a light hearted quiz and everyone has a good time. Please try to join us. If you are elderly and don't like to drive please get in touch with a member of the committee and we will try to arrange for someone from the group to pick you up. Please do try to come, especially if you are not always able to get to other meetings—sometimes it is nice for us to be able to put a face to a name.

**Thursday 4th February 2010**— Our AGM. This will be a quick meeting and will be followed by the postponed talk by Lifescan. More news of this meeting in the next newsletter but please put the date in your diary now.

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, particularly in these difficult times.