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AYLESBURY & DISTRICT VOLUNTARY GROUP NEWSLETTER

Well the summer, such as it was, is slowly giving way to Autumn. However we still have a few outdoor events to attend and hope to see many of you there.

Summer Barbeque

This year we were not quite so lucky with the weather for our barbeque which was held on Tuesday 5th July at the Guide Centre in Ellesborough. However, undeterred, we erected the gazebos and got on with the preparations. From time to time the skies cleared but that would shortly be followed by bouts of drizzle. Lots of you were not put off by the weather and we had a reasonable number of people including some old friends and some new acquaintances (who



Keith Maylin & family

we hope to see more of). During the evening Keith Maylin presented us with two cheques totalling £5,400. This was from the golf tournament that he held in memory of his late wife, Sandra. It was lovely to see him and his family at the barbeque and we hope that we will see them at future events. Another cheque was presented to us from the Becker family. This was for £112 and was as a result of their fundraising at Waddesdon Show. The committee

is extremely grateful for these cheques and is appreciative of all the hard work that these people put in to raise this money.

Thanks also go to John for barbequing, to Maria and Ken for buying and preparing all the food and to everyone else who helped out during the evening. It was lovely to see so many people there again and hope that you will join us again next year.



Lilly Becker presenting cheque

Bedgrove Summer Fete

A few days after the barbeque we were once again out with the stall at the Bedgrove summer fete. The weather started fine although somewhat windy and there were soon plenty of people interested in Maria's Adult Lucky Dip. She had worked hard in the previous weeks getting lots of prizes donated by businesses in town as well as individual members of the group. People had to pick one of a series of envelopes displayed in a basket and then open it to see whether or not they had won a prize. Many people came back time after time to try to win something that they particularly wanted and by the time we packed up, only a few prizes remained. The Children's Lucky Dip also proved very popular, so much so that we actually ran out of prizes for this! We try to run the children's Lucky Dip every time we take out the stall, so if you have any small gifts that could be used for this, we would be very grateful for them. Shortly after lunch the heaven's opened and our stall, as one of the few that had a roof and sides, suddenly became very popular as everyone tried to shelter from the torrential rain. We continued for a while after the sun came out again, but many of the visitors to the stalls had gone home. All in all we had a good day, taking £165 which will be donated to the group's funds.



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

Store Collection - Buckingham

A collection outside the Tesco store in Buckingham had been arranged for Saturday 20th August. Once again the rota was very slow to fill. We had hoped that some local people would come forward to help us with this, but although a couple of people did come forward, the others had to travel out from the Aylesbury area. Our thanks go to everyone that took part in the collection and everyone who stopped to put something in one of the tins. It was a very successful collection, raising £441.55

Donations to our Group

Once again we have had some extra donations to our group. The first was in memory of Mrs Patricia Blueitt and came by way of a £40 donation from friends and family. We send our condolences to the family and thank them for thinking of us at this sad time. The second was from Lisa Housego (my daughter) who has a collecting box at her work. She and I both make cards and she keeps a box of them at work for the girls to purchase when required. The money from this then goes into the collection box, along with any donations that people care to make. She raised £25.38 for us. Thank you Lisa. We must also not forget the donations from the Becker family and Keith Maylin, mentioned on the previous page. Our continued thanks also go to all those of you who send us extra donations when you send your renewals. They may only be small amounts but every penny counts. Don't forget, if you could have a collecting pot or small box at your work or home, please let us know.

Up for a Challenge?

Do you know someone who would like to take part in a zip wire challenge zipping 220m on a fixed wire 40m in the air, taking place at Xscape, Milton Keynes on Sunday 25th Sept 2011. Diabetes UK South East are looking for individuals or teams to participate in this event. The cost is £35 which covers the cost of the event and is non-refundable. They ask that participants aim to raise as much money as possible for Diabetes UK through sponsorship. If you (or someone you know) is interested in participating then you need to ring 01372 731362 to book your place. They will then send more details and a sponsorship form. If you do take part, please send us photos of the event for the next newsletter.

Driving and Diabetes

Over the past few weeks a lot has been written in the press about the implementation of an EC Directive for people with diabetes. This would remove the blanket ban for people with diabetes who treat their condition with insulin and allow them to apply for a Group 2 licence (which includes large lorries and buses), providing they meet strict medical criteria, and can demonstrate they have adequate control of the condition by regular blood glucose monitoring. People with Group 2 vehicle licences who are treated with insulin will also have to undergo an annual independent medical assessment. This is good news for insulin controlled diabetics who wish to apply for driving jobs from which they have previously been prohibited.

However the part of the directive that is more worrying affects drivers of Group 1 categories (cars and light vehicles). From October, people with diabetes who experience hypos may have their Group 1 licences revoked if they report two **severe** episodes in a 12-month period. Diabetes UK has concerns that this is open to misinterpretation. Simon O'Neill, Director of Care, Information and Advocacy at Diabetes UK, said, "People can often experience hypos when asleep, and we believe night-time hypos have no medical basis of relevance to driving. The word 'severe' in referring to hypos is also open to misinterpretation. We believe a 'severe' hypo is one that actually requires third-party treatment, as many hypos can be quickly and easily treated with an appropriate snack. *Receiving* assistance is not the same as *needing* assistance. We are also concerned about the way that people are asked about their hypoglycaemic awareness. People may not have complete awareness, but still be sufficiently aware to be able to drive safely. The intention of the DVLA is to revoke licences only for those who have a total lack of awareness, but it is difficult to word questions to assess this.

Diabetes UK are closely monitoring this situation and their current position can be found on their website (www.diabetes.org.uk) They are trying to "ensure the process for applying and re-applying for licences is fair, consistent

transparent and safe." If you have any doubts about whether or not you should be driving your concerns should be discussed with your own medical support team.

Meet the Committee- The Secretary

David Robbins has been a member of the group since 1998. After a visit to the opticians the previous year he was referred to Stoke Mandeville Hospital, where after a number of tests they discovered that he had Type 2 Diabetes. This was not his first encounter with diabetes as in 1976 he entered hospital for a knee operation and was asked if he was diabetic. His reply was that he had never heard of diabetes! The results from the tests taken then showed his sugar levels to be up and down but nothing more was said about it until his encounter with diabetes in 1997.

David commenced his working career in Banbury as an apprentice in agricultural engineering. After completing his apprenticeship he served two years national service in Germany. After leaving the Army he returned to college to gain a HND diploma in engineering. From there he went to a very pleasant job as service engineer for the whole of the Cotswolds. In 1969 he commenced a new job as a development engineer in High Wycombe. In 1970 he married Diana and they moved to their new home in Princes Risborough. His work continued with a change of job to a field test engineer, then manager travelling over most of Britain and Europe. He finished his working career as an Enforcement Officer with Buckinghamshire County Council. David and Diana have one adopted son, Keith.

David became secretary of the group in 2002 and enjoys the work. He likes sharing in the group activities, meeting new people and sharing life's experiences with others with diabetes. After a number of years on tablets his own diabetes is controlled by insulin. He has suffered complications of diabetes with the loss of one kidney in 2005. David enjoys photography and is a keen amateur meteorologist. He is a member of the Royal Meteorological Society and keeps daily weather records. In his earlier years he was a keen cyclist but says that the knees are no longer quite as keen!



Recycling!

What do you do with your copy of the newsletter after you have read it? Does it usually end up in your recycling bin with all the other newspapers and junk mail? If it does then we are challenging you to do something different with it this time. Instead of recycling - pass it on. Perhaps you could leave it in your local doctor's or dentist's surgery. Perhaps you could take it into work or to a social club and put it up on the notice board. Maybe you could just give it to someone else who you think might like to read it. Who knows where some of our newsletters could end up. If you are reading this and it wasn't sent directly to you - let us know how you found it, and get it regularly yourself.

Hot off the Press

We are hoping to hold another quiz night early in the New Year. If you missed the last one start getting your team sorted for the next one. We are trying to find a bigger venue so that we can have more teams competing. We had to turn people away last time so you need to be ready once tickets are available. We do not yet have a date in mind but you will see it here as soon as things are decided.

Thank you

Special thanks to everyone who donated gifts or prizes for our use. Particular thanks to Mr & Mrs Heal for the duck as well as other prizes that they donated to us for raffles and tombolas. Thanks to various members for bottles of wine, cakes and presents for children's lucky dip. Thanks to Tring Brewery for the barrels of beer for prizes, they are always popular with the men. If you have anything that you think we could use, please get in touch.

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

Our stall at Winslow Fete on Bank Holiday Monday is almost ready. We will be having a "Guess the name of the Duck" for children as well as our ever popular Lucky Dip to attract children to our stall where we will also have the diabetes information available for anyone who needs assistance. Maria has also agreed to run her Lucky Dip for adults again. Why not come along with the family for a great day out and support us at the same time. **Update:** We had a great day at Winslow; the weather was kind and it was a great show. Loads of people turned up and we managed to raise £234.53. Full report and pictures in next newsletter

In September the Diabetes Road Show is hoping to come to Aylesbury. Some of you may have seen pictures of the big pink bus that will be parked up in the Market Square on **29th September** and in Kingsbury Square on **30th**. The main purpose of the bus is to raise the awareness of the risk factors and the seriousness of diabetes for those people who may be at risk of having diabetes and letting people with diabetes know who Diabetes UK are, what they do and how they can help you. A dietician will be in attendance who will be able to give advice on healthy eating.

29th August	Winslow Show –Information Stall, 9am - 5pm more information above
1st September	Talk by Cyril Blunden on "The Cockatoos" - a local music group. All welcome.
29th & 30th Sept	Diabetes UK Road show in Aylesbury
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?
December	Collection with Rotary Club Carol Float (date to be confirmed)

New Members

We are very pleased to welcome one new member to the group this month. He is Steve Adamek from Aylesbury and he has already helped us out at the collection at Buckingham last week. He was previously a member of the Reading group and we are pleased that he has joined us and is already proving to be a valuable member of the team. The membership of the group currently stands at 315. If you know anyone who would like to join us, please give them the membership secretary's details(or give theirs to him). Remember you don't have to be diabetic to join, just keen to help us fight towards a better life for everyone who is affected by diabetes.

Last but not least!

In the last edition of the newsletter I inadvertently forgot to mention the help we continue to receive from Cartridge World, Parton Road, Aylesbury with the printing of this newsletter. Each time they print it for us they subsidise the amount that we are charged for it. We continue to be extremely grateful for this and I would like to pass on my personal apology for failing to thank them last time. I would encourage you to use them for your printing as well as replacement cartridges. We have always found them to be very good value and extremely knowledgeable. Thank you again for your help.



However, we are still hoping to find a company or individual who would be prepared to totally sponsor our printing costs. This is a constant outlay every other month and along with postage costs is one of our biggest outlays. The newsletter is important as it is the way we communicate with members of the group who cannot regularly get to our meetings. Please get in contact if you, or anyone you know, can help.