

NEWSLETTER FROM

THE SOUTH WARWICKSHIRE VOLUNTARY GROUP OF DIABETES UK

ISSUE NO. 67
JANUARY 2012



The charity for people with diabetes
Registered charity no. 215199

National Grid

We are indebted to National Grid (whose headquarters are in Warwick) for a donation of £1,500 in recognition of our assistance towards them promoting World Diabetes Day on 14 November.

This took the form of healthy food in their restaurants, gentle exercise for diabetes in their gymnasium and promotion stands with information (using our display board and leaflets). They have many TV monitors throughout their offices and used them to convey information about diabetes and also advertised diabetes on their websites and twitter and facebook pages - at the same time plugging our own group and Diabetes UK, also quoting their respective websites.

In addition to covering the Warwick site and its 1,600 employees, the same information was conveyed to several other sites throughout the UK covering a further 22,000 employees.

We shall monitor progress and follow up on their activities to see what other areas they are prepared to assist us with in the future.

Antiques Evening

Another "Evening with Antiques Expert Charles Hanson" has been arranged for Thursday 9 February 2012. Charles is a favourite with BBC TV viewers watching "Bargain Hunt", "Antiques Roadtrip" and "Flog It"

We must thank Janet for all her hard work in securing the Holiday Inn in Kenilworth as the venue and we are grateful to the hotel for agreeing to sponsor the event with a free room and light refreshments. In addition they will post flyers on their notice boards and advertise the event on their website and twitter and facebook pages.

Tickets will cost £7.50 each and will allow each holder to bring one prized possession for a free valuation. The evening will commence at 7.15pm for 7.30pm and tickets are available from Janet NOW. Last years event was sold out early so you have been warned!

Earlier activities.....

Merleen Watson gave a talk to students studying health conditions at Stratford College in September.

Sandra, Pritpal and David ran an information stand at a Community Health Fair in Binley Woods in September.

Another information stand at a Craft and Health Fair at the Civic Hall, Stratford in October was manned by Jill, Sandra, Alan, Karen and the two Davids.

Thanks are extended to all for their valuable time.

David moving

David Gent will be moving house around March 2012 and his new address will be -

17 Newfield Avenue
KENILWORTH
CV8 2AU

Telephone numbers and email addresses will be the same.

Help wanted!

For fear of becoming an old gramophone record we are anxious to know what speakers you would like to hear at our meetings, what new fund raising initiatives we could introduce and what, in your opinion, could make this Newsletter better reading. Contact David please!

Diary of Events

Wednesday 4 January 2012

"Gentle exercise and diabetes" - a presentation by Dr Jackie Sturt and colleagues from Warwick University.

Wednesday 1 February 2012

"Spreading the word" - a talk by Merleen Watson.

Wednesday 7 March 2012

Annual General Meeting, presided over by our President Dr Peter Horrocks, followed by a Cheese and Wine evening

Wednesday 4 April 2012

"The Diabetes Matrix" - a presentation by Dr Vinod Patel, Consultant Diabetologist from GE Hospital, Nuneaton.

Wednesday 9 May 2012

Update on Islet Transplants - a presentation by Vascular Surgeon Mr Richard Downing and his team from Worcester Royal.

Saturday 12 May 2012

The Christian Aid Charity Walk in aid of Diabetes UK. Walkers and sponsors wanted!

Friday/Saturday 15/16 June 2012

Can collection at a local supermarket.

No meetings in June, July and August. Our "new season" recommences on Wednesday 5 September 2012

Look out for other events which may be organised from time to time.

Departure

Our long time supporter and previous committee member Brenda Thomas has moved away to Swindon to be nearer to her daughter and although her recent attendance at our meetings has been limited due to health problems, we are sorry she will not be attending our monthly 'get togethers' in future.

We wish her well and anyone who would like to keep in touch with Brenda, can contact her on Tel.No. 01793 320112.



"You always know when he gets a good hand - he checks his blood sugar"

Seasonal Greetings to all our members and readers

We hope you've all had a pleasant Christmas and our best wishes for a very Happy New Year

Fund Raising

Since the last issue of this Newsletter, the following has been raised or donated. We are most appreciative of everyone's support and hard work.

	£
Donation - Mr T.Treadwell - 90th Birthday	300.00
Mr T.Treadwell (Coin collection)	30.77
Dr Susan Dunnett	145.00
National Grid	1500.00
Waitrose collection	290.00
Collecting Boxes - Heathcote Fish Bar	46.13
In memoriam - Mr E Wilson	439.00
Mr P Anderton	105.00
Mrs P Hamilton	50.00
Mr E C Forde	200.00
Mr A Tierney	20.00
Raffle proceeds - Civic Hall, Stratford	70.50
Christmas Tombola Stall	259.28
Total	4355.68

Expenditure

We have made the following donations in December.

	£
Diabetes UK Research Fund	4000.00
Equipment for Paediatric Diabetes Care	385.00
Total	4385.00

£6,000 for 60

Most of you will be aware of Dr Susan Dunnett's fund raising initiative in raising £6,000 before she reaches the young age of 60. She has already forwarded a cheque for £145 which is an excellent start for which, as always, we are extremely grateful. Her first "big" fund raising event was a charity stall at her employers on December 16 and who have agreed to match whatever was raised on the day. Cakes were baked by group members and friends and the total raised was expected to be £1,200. Thank you Sue for your support. Details in next issue.

Tom Treadwell

It is with much regret we announce the death of Tom Treadwell on 28 October 2011, one of our most ardent supporters.

Tom recently celebrated his 90th birthday and in lieu of gifts, wanted donations sent to us. This realised the magnificent sum of £300 (see above). Tom also regularly collected surplus coins and over a period of time made additional donations of £482.17 which included £30.77 collected by Tom up to the time of his death and passed on to us by his daughter.

Both Tom and his late wife Joan had been regular attendees at our monthly meetings although ill health had prevented Tom from attending in recent times.

Tom will be sadly missed and in sending our condolences to his family, David and Ron attended Tom's funeral on November 10.

The family asked for donations in his memory to be sent to us and we are most grateful to them for thinking of us during what has obviously been a sad time for them.

Report from 'A Strong Voice' Volunteer Conference 2011

24th September 2011, Crowne Plaza, Birmingham NEC

A bright, autumnal morning for the short trip across to this oasis of calm in the heart of the motorway and rail network, let alone the massive NEC complex! I am always amazed walking around the hotel grounds – almost silent and rural.

Delegates were warmly greeted and handed programmes and very smart folders (which have since proved very useful!). A slick programme of presentations and discussions lay ahead of us, and there was lunch to look forward to.

The first two sessions – 'Changes to the NHS and Diabetes UK's (DUK) position' and 'The NHS and how it effects services locally' were led by Peter Shorrick, the Regional Manager. His focus was on the need for Health and Wellbeing Boards being established and the DUK's 15 measures, which we are all becoming more aware of. We were encouraged to complete the online survey to give HQ a view of local provision across the country.

Two volunteers told of their experiences, which proved interesting and well done to them for bravely facing us all!

'Research in the Midlands' highlighted a national research portfolio of £20m, with an annual bill of £6m. £807,465 is planned to be invested in the Midlands area over the next 3-4 years focussing on:

- Causes of Type 1 diabetes
- Reproductive help
- Kidney disease
- Vascular disease
- Fear of hypos
- Islet research

These research projects are based at the Universities of Leicester, Birmingham and Warwick and also at Worcester NHS Trust. The research report was given by Dr Iain Frame, Director of research for DUK, and he also outlined a range of national research projects including work relating to an artificial pancreas, genetics, vaccine trials, surgical procedures and intensive dieting. However the key message was that whilst research may in the long term bring positive outcomes, **good diabetes care and self management** were essential to the ongoing good health and welfare of a diabetic patient.

It was announced that Diabetes UK was to be the BUPA charity for 2012 – 2015, which would enable more road shows and information giving events to take place to raise public awareness.

Two workshops followed lunch. 'Diabetes Voices and Influencing change' a discussion led by local Midlands office staff focussing on the 15 measures; and 'The press and PR' led by Huw Beale, Senior Media Officer. I missed the first group, but found the media talk useful with reminders about press releases and media interviews.

Overall, a very interesting day. There was a useful range of stands with literature and information and the opportunity to meet folk from other groups. Other members of our group attended, I hope they enjoyed their day and remember it as I have!!

Merleen A Watson

Christmas Gifts

As is our usual custom, we gave small gifts to the staff at the John Turner Building, Warwick Hospital where we hold our meetings, in recognition of the free facilities we enjoy throughout the year

Amusement Corner

A computer can do more work faster than a human because it doesn't have to answer the telephone!

Ian Urwin

It was great to see our committee member Ian Urwin back at our meetings following his triple by-pass heart operation in France whilst on holiday there - and looking so well too Ian! Glad to have you back in harness again!

Gift Aid

We are now officially registered to receive Gift Aid. Therefore, any tax paying donors are invited to complete a simple form, allowing us to claim back an extra 25% of their donation from the Government. More details available from Merleen or David.

More interesting facts

Percentage of men and women who survived a cancer five years after diagnosis:

U.S. 75%

England 46%

Canada 42%

Percentage of patients diagnosed with diabetes who received treatment within six months:

U.S. 93%

England 15%

Canada 41%

Percentage of seniors needing hip replacement who received it within six months:

U.S. 90%

England 15%

Canada 40%

Percentage referred to a medical specialist who see one within one month:

U.S. 79%

England 40%

Canada 41%

Number of MRI scanners (a prime diagnostic tool) per million people:

U.S. 79

England 14

Canada 17



Remaining events up to May 2012

Wednesday 4 January - Gentle exercise and diabetes - a presentation by Warwick University staff

Wednesday 1 February - "Spreading the word" - A talk by Merleen Watson

Thursday 9 February - "Antiques Evening" at the Holiday Inn, Kenilworth

Wednesday 7 March - Annual General Meeting followed by Cheese and Wine

Wednesday 4 April - "The diabetes matrix", a talk by Dr Vinod Patel, Consultant Diabetologist at George Eliot Hospital, Nuneaton

Wednesday 2 May - "Updates on Islet Transplants" - a presentation by Vascular Surgeon Mr Richard Downing and his team at Worcester Royal Hospital

Saturday 12 May - The Leamington Charity Walk - Sponsors and walkers wanted!!

Let us know.....

...if your GP surgery is not displaying our group poster so that we can try and take remedial action. Contact Janet - thank you

Care for a Cuppa

If you would like to organise a "Care for a Cuppa" party at your home, or any local venue, why not send for a party organiser's pack?

These are available on application to Diabetes UK via their website www.diabetes.org.uk.

Monies raised can be sent to Merleen our treasurer for inclusion in the regular payments we make to Diabetes UK at Walsall and all donations as a result will be gratefully received.

Tesco in trouble

(From 'Private Eye')

When ill pensioner Patrick Hills was treated by Tesco as a suspected shop-lifter instead of a man suffering a hypo diabetic attack, he expected his charity Diabetes UK to take up his case.

He was prevented from rushing from the store to retrieve his emergency medication from his car despite showing a receipt for the purchase of a radio and some food. In a state of panic he was only allowed to proceed after a security tag was removed from the radio packaging.

He asked that Tesco make a 'substantial' donation to his two favourite charities - Help for Heroes and Children in Need (obviously this didn't include Diabetes UK) and although he wrote to 'Balance' highlighting his plight, his letter never appeared. He did note in the same edition, that Diabetes UK had entered into a fundraising partnership with Tesco!

Editor's note: It beggars belief that this man puts the blame on everyone else except himself. People with diabetes should **always** carry glucose or sugar tablets with them at all times and even where they err, what's wrong with buying a chocolate bar in store as an emergency and using the wrapper to eventually pay?

Another point is, why did security have to remove the security tag on the radio when it was allegedly already paid for? Tags are removed at the check out.

Could Tesco have been more sympathetic? Perhaps, and maybe there is a lesson to learn but let's get things into perspective.

Tombola Stall

Our Tombola Stall at Leamington's Christmas Market was again a great success and we were blessed with reasonable weather even though the heavens opened later in the day.

As our picture shows we were not short of punters and the final total raised was £259.28 which, at 25p a ticket, makes for a lot of hard work!

Our grateful thanks are extended to all those who gave of their time, especially to Janet who had the unenviable task of ticketing all the 200 prizes and folding the other 1,000 non winning tickets!

Look out for.....

A change in Diabetes UK's image, by way of a new corporate logo, colour scheme, brochures, banners etc. To those who feel money could best be spent elsewhere, Diabetes UK are at pains to explain that the present set up does not fully project the charity and explain what it does. When other charities have carried out a similar exercise, large increases in revenue and membership resulted. More details in February next.

Last minute reminder

To those who have taken Antiques Evening tickets, would they please ensure any that are unsold are returned to Janet as soon as possible please, as she may have other people wanting them.

Last year some people returned tickets the day before the event making it impossible to sell them at the last moment.

Thank you for your understanding.

Final thought

The optimist is certain of going to heaven - the pessimist won't like it even if he gets there

This Newsletter is produced and issued by the South Warwickshire Voluntary Group of Diabetes UK. Whilst its views are given in the interests of people with diabetes they are not necessarily those of Diabetes UK. Registered Charity No. 215199