

NEWSLETTER

Issue No. 63 - January 2010

Website: www.diabetes-swarks.org.uk

“Living with Diabetes” Exhibition

A tremendous success story

The exhibition we organised on 31 October 2009 in the Royal Spa Centre in Leamington Spa can only be described as a fantastic success and all those who helped to make it possible are to be congratulated on a very good job well done.

We had around 500 visitors and the trade and information stands received a steady stream of interested people eager to learn more about their condition.

The half hourly presentations throughout the day in the main theatre and given by health professionals were well attended and through extensive advertising we were able to promote public awareness of diabetes in addition to the activities of our voluntary group.



Visitors in the Conservatory at the Royal Spa Centre



Dr Peter Horrocks giving a presentation on diabetes complications

Fund Raising

The following has been donated or raised since our last Newsletter and we are grateful to all those who made it possible.

	£
Donations - Mr T Treadwell	100.00
Mr & Mrs Gascoigne (Golden Wedding)	400.00
Shipston on Stour Rotary Club	50.00
Southam Ladies Rotary Club	1000.00
Jill Colborne's Birthday	140.00
Windmill Singers, Southam	64.50
Edinburgh Marathon - Bob & Tim Lees	300.00
Collection Boxes - Sydenham Club (2 boxes)	41.27
Heathcote Fish Bar (2 boxes)	55.14
Hatton Country World	46.47
Cans and Foil	1.45
Tombola Stall at Leamington's Christmas Market	260.30
In memoriam - Mr S Carter	337.11
Mrs D Smith	67.00
Mr J Shinnie	185.60
Mr J Moss	368.69
Mr M Williams	100.00
Mr S Summerton	200.00
Mr B Mummery	172.79
Mr H Whyte	20.00
Mr Neville Davis	180.00
Total	4090.32

New Consultant appointed

A new Diabetes Consultant has been appointed for Warwick and Stratford Hospitals to assist Dr Peter Horrocks who has now become part time.

She is Dr Rajni Mahto to whom David has sent a welcoming email and inviting her to one of our future meetings.

Annual General Meeting Wednesday 3 March 2010

All officers are reminded that if they do not wish to seek re-election for the ensuing year, they should let Janet know by our February meeting.

It will be assumed that no action by any officer will mean they do wish to seek re-election at the AGM in the usual way.

Thanks

Our Tombola Stall at Leamington's Christmas Market was again, a great success and the income from it this year was £260.30

Thanks go to all those who braved the elements on the day and to the many people who donated prizes. Your help is much appreciated.

**The Officers of the Group wish all readers
a Happy New Year and hope you've all had
a wonderful Christmas!**





Quiz Night

Another Quiz Night is being organised and Dr Horrocks and his wife Linda have again agreed to host it.

This will be held on Saturday 17 April 2010 at the same venue as previously, the Kenilworth Tennis and Croquet Club.

Tickets will be on sale in the new year and as they are all usually snapped up quickly, Janet will take your reservations from now on! The ticket price of £7.00 will include a sumptuous buffet together with a lucky ticket prize and a pay bar will be available. Raffle prizes will be appreciated which Janet will be pleased to receive anytime from now. A good evening is guaranteed!

Presentation to David Gent

To mark his 25 years as Chairman of your group, a presentation was made to David Gent by Janet and Brian at our December 2 meeting in front of around 45 members.

A collection amongst those present resulted in David being given a petrol powered lawn mower and his wife, who was also present, was given a magnificent arrangement of flowers. In addition an iced cake was cut by David and everyone was able to partake in it, even disregarding any diabetes condition!

Janet gave an illuminated address of the achievements of the group over the past 25 years.

In response David, who is not usually lost for words, managed to say he was humbled by everyone's generosity and went on to thank everyone present and to say that any successes were due entirely to the support given by the group's committee and members for which he was most grateful.



Carole and David Gent with their gifts

Leamington Mayor's Charity Walk

Does anyone feel energetic enough to compete in next year's sponsored walk around the Royal Showground at Stoneleigh? Please let David or Janet know as soon as you can.

Although the event is not until Saturday 1 May 2010 it is not too early to make plans.

In recent years support has been poor and it is no longer reasonable for the faithful two or three to continue without support from others. The circuit is only 2½ miles on flat made up roads and you can take as long as you like partaking in any number of circuits between one and four. Given good weather the scenery is ideal and light refreshments are always available.

We look forward to you volunteering shortly!!

Thoughts for the New Year

The most important thing a father can do for his children is to love their mother

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Any child can tell you that the sole purpose of a middle name is so he can tell when he's really in trouble

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You wouldn't worry about what people think if you knew how seldom they do.

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Sign in a Cardiff Travel Agent's window - "Please go away"

Talks

In recent months David has given talks to Shipston on Stour Rotary Club, to students at Stratford upon Avon College and staff at the Woodside Care Home in Warwick. The Rotary Club donated £50 to our funds, but as it was the start of their financial year, they will donate more next year dependent on the state of their finances at their year's end.

Expenditure

Your committee have sanctioned the following items of expenditure:

£2,000	-	Diabetes UK Research Fund
£2,000	-	Islet Transplant Research, Worcester
£2,400	-	Blood Glucose Monitoring System for the Diabetes Care Clinic at Warwick Hospital
£450	-	Laptop computer for the Diabetes Care Clinic at Warwick Hospital for ward in-house staff training in diabetes management.

Thank you to everyone for making these awards possible.

Southam Windmill Singers

Grateful thanks are extended to the above for making a collection amongst their members for our funds. This resulted in the sum of £64.50 and presented to David just prior to Christmas.

Swine Flu information

A vaccine for swine flu is now available and being rolled out around the country for those at greatest risk, which includes people with diabetes. This is because people with diabetes who catch flu are at an increased risk of developing the potential complications of swine flu such as bronchitis and pneumonia. Two different vaccines have been developed, called Pandemix and Celvapan. Pandemix is available as a single vaccine for those aged 10 and over, and for children under 10 it is available as two half doses, taken approximately three weeks apart. Celvapan is two doses for everyone, again three weeks apart. It is expected that most people will be offered the single dose Pandemix vaccine, unless they have an anaphylactic reaction to eggs, in which case they will need to have the two-dose Celvapan. Remember this is separate to the 'standard' flu jab that people with diabetes are advised to have each year. But you can have the swine flu vaccine at the same time as your seasonal flu vaccine, as long as they are given in different limbs. Not all GP's will have their stocks of the swine flu vaccine yet, but they should arrive in the next few weeks. It is expected that your GP will call you up for the vaccine as they do for seasonal flu, but you may need to contact your GP yourself.

Speakers at Meetings

Is there a subject you wish to be presented at future meetings that hasn't been covered in the past? David tries to cover all aspects of diabetes and would consider anything else which we may have overlooked in the past. Please let him know.