



Diabetes UK is the operating name of the British Diabetic Association
A charity helping people with diabetes and supporting diabetes research Charity Reg. No 215199

COLCHESTER & EAST ESSEX DIABETIC BRANCH

Chairperson
Peter Blackburn
48 Artillery Street
Colchester
CO1 2JL
Tel 01206 502584

President
Dr. Charles Bodmer

Secretary
Mrs Jacki Blackburn
48 Artillery Street
Colchester
CO1 2JL
Tel 01206 502584

NEWSLETTER – SPRING 2003

NOTES FROM THE CHAIRPERSON

A Happy New Year to all.

Geoff Rose, our erstwhile Secretary/Treasurer has left us for the peaceful life of the retired, and has moved to London so we would like to wish him all the best for the future. Our new Secretary is Jacki Blackburn and our new Treasurer is Dick Sherratt. However, we are still looking for new blood on the Committee so if you feel you have anything to contribute, we would like to hear from you.

Wilson Marriage Centre on Barrack Street in Colchester, has proved to be successful and we would like to see more branch members at our meetings, particularly at the AGM. Don't forget, one big advantage of the Wilson Marriage Centre is its large free car park.

We start at the normal start time but on a different day, Wednesday and also cutting the number of meetings to 6 in the year: March, May (AGM), July, September, November and December. Details of speakers follows further on in the Newsletter.

We are also running the Walk in the Park on June 8th, the start of Diabetes Week, at High Woods Country Park. If you are interested in taking part, please ask one of the committee for a sponsorship form.

We look forward to seeing you at one of our events during the year.

Thank You Peter Blackburn

REVIEW OF 2001

There was no newsletter last autumn due to Geoff leaving us.

We raised £315 approx at a collection at Asda's on Turner Rise; the people of Elmstead Market raised £426; and the Walk-in-the-Park £6012. Congratulations to all who took part in these events.

DONATIONS

The Bargain Store in Brightlingsea, SMS Newsagents in Colchester Town Centre and Jan and Phil's shop on the corner of Artillery Street and Barrack Street together with the Artilleryman Public House all had collection boxes for us. Will your local shop take a collecting box for Diabetes UK?

John King nominated Diabetes UK as his charity during his year as Captain of Stoke by Nayland Golf Club Veteran's Section

CONTACTING THE DIABETES TEAM AT CGH

Please note that following problems reported by patients and other healthcare professionals in contacting the Diabetes Specialist Nurses and to make them more accessible there is now a lunch time help line as well as the answer phone number.

The relevant numbers are -

01206 742622 (answer phone)

01206 742076 (help line 12 - 1 pm)

CHILDREN'S HOLIDAYS & FAMILY WEEKENDS

We are willing to help with the cost of these. Please contact a member of the Committee if you want more details.

Volunteer staff are needed for Family weekends and Holidays. If you have Diabetes or an interest in Diabetes, and believe you have the right skills and expertise that can be used, you are welcome to apply. Please see the Chairman or Secretary who will give further details.

"100 CLUB"

January 2002
 M Amos £10
 D Hodgkinson £5
 Mrs C Heard £5
 Mr J Llewellyn-
 Jones £5
 Mrs J Ball £5

May 2002
 C Harden £10
 V Pearl £5
 Mr J Llewellyn-
 Jones £5
 M Coles £5
 C Luke £5

September 2002
 Mrs D Lawrence £10
 Mrs P Painter £5
 O Jones £5
 R Mellihuish-
 Jones £5
 Ms G Standen £5

February 2002
 P Chennery £10
 Mrs M Jones £5
 Mrs M Selley £5
 Miss B Durling £5
 I Warner £5

June 2002
 V Flake £10
 Mrs S Chennery £5
 P Bareham £5
 Ms E Rickett £5
 R Adams £5

October 2002
 P Leppard £10
 R Smith £5
 M Coles £5
 A Haughey £5
 E Caldeira £5

March 2002
 Mrs P Clarke £10
 D Agent £5
 Miss J Heard £5
 P Leppard £5
 Mrs R Chatterton £5

July 2002
 Mrs S Chennery £10
 Mrs P Perrin £5
 Mrs E Staines £5
 Mrs B Sizzey £5
 Mrs B Harrison £5

November 2002
 Mrs P Painter £10
 Mrs S Maynard £5
 Mrs O Entwistle £5
 Mrs P Rayner £5
 Mrs P Rayner £5

April 2002
 Mrs K Yexley £10
 B Sealey £5
 I Norton £5
 Mrs C Heard £5
 P Davies £5

August 2002
 A Rayner £10
 R Smith £5
 Mrs S Maynard £5
 Mrs I Totham £5
 G Harrison £5

December 2002
 Mrs J Ball £20
 P Leppard £10
 Mrs S Chennery £5
 J Llewellyn-
 Jones £5
 Mrs B Harrison £5
 A Haughey £5

The "100 Club" is open to those with Diabetes, their family, friends and neighbours. The Cost is £5.00 per ticket, per year (May 2003 - April 2004) and draws take place at our bi-monthly meetings. There are five prizes to be won - one of £10.00 and four of £5.00 with an additional one of £20.00 at our Christmas meeting. To enter the "100 Club", please complete the application form on the back page and return to me at the address shown.

Multiple applications per person are acceptable.

Len Newbon
 100 Club Secretary
 19 Peace Road
 Stanway
 Colchester
 CO3 0HF

NEWSLETTER DELIVERY

We have few people who deliver newsletters to people who live near to them. This saves us giving your money to The Royal Mail. If you could deliver to about ten people this would be a great help. Please contact Jacki or Peter if you can help

PROGRAMME OF EVENTS 2003

Date	Subject	
March 19	Aloe Vera	100 Club March/April
May 21	AGM with short Q&A by Dr C Bodmer	100 Club May/June
May 26	Hospital Radio Colchester Fun Day (we have a stall)	
8-14 June	National Diabetes Week including Walk in the Park 8 June	
July 16	Ophthalmologist	100 Club July/August
September 17	Q & A Diabetic Team	100 Club Sept/October
November 19	Dietary Views - Kirsteen Brysten	100 Club November
December 17	Christmas Social Event	100 Club Dec/Jan/Feb

Timings		
19:45	Open Meeting, Notices	
19:50	Speaker plus Q&A	
20:30	Break, no coffees booked	
20:45	Any questions on Diabetes to pass on to LDSAG	
21:00	Club Draw	
21:10	Branch Raffle	
21:30	Close (approx)	

CONTACTING THE DIABETES UK CARELINE

The relevant numbers are - Telephone: - 020 7424 1030

Textphone: - 020 7424 1031

Email: - careline@diabetes.org.uk

Website: - www.diabetes.org.uk

**DIABETES UK
COLCHESTER & EAST ESSEX GROUP
INCOME AND EXPENDITURE ACCOUNT 2001**

	£	£	£
Balance B/f			
Cash	94.61		
Current account	39.14		
Deposit Account	13033.83		13167.58

	INCOME	EXPENDITURE	
100 Club	790.00	428.65	
BDA		6012.75	
Computer		761.98	
Printer Cartridges		72.93	
Laptop for Podiatry Team		3200.00	
DCA Meter		4124.25	
Collections	1107.41	17.50	
Peter Blackburn Conference Expenses		68.30	
Auditors Fee		25.00	
Donations	1013.41		
Donations-earmarked for Clinic	500.00		
Events	96.10		
Holiday – Sarah Brennan		310.00	
Voucher – Emma Edgecombe		25.00	
Hospital Radio Colchester		200.00	
In memoriam donations	2023.21		
Interest	273.54		
Meetings	136.10		
Postage		363.17	
Printing		224.02	
Walk in the Park (sponsorship)	5637.20		
	11565.97	15833.55	
Excess of Expenditure over Income			(4267.66)
			8899.92
Balance c/f			
Cash	26.95		
Current account	2250.01		
Deposit Account	6622.97		8899.93

FINALLY

We understand that Dr Mark Aitken will be retiring on April 4th after many years as Clinical Registrar at the Colchester General Hospital. We would like to wish him all the best for the future, in whatever he decides to do.

<<<<< o O o >>>>>

If anyone has any ideas what we could do with this blank space - a crossword perhaps, or something of that nature - please contact the Chairman or Secretary who will be only too happy to include contributions.

Also, if anyone requires a large print copy of our newsletter, please contact the Chairman or Secretary.



COLCHESTER & EAST ESSEX BRANCH OF DIABETES UK

A charity helping people with diabetes and supporting diabetes research Charity Reg No 215190

"100 CLUB" ENTRY FORM

Each entry to the "100" club costs £5.00 for the year.

You may have as many entries as you like..

Please complete form below and return together with remittance cheques made payable to Colchester & East Essex Group, Diabetes UK to
Len Newbon 19 Peace Road Stanway Colchester C03 5HF 01206 545988

Name
Address
No of entries required in this name

Name
Address
No of entries required in this name

Name
Address
No of entries required in this name

Name
Address
No of entries required in this name

