



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

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NEWSLETTER – AUTUMN 2003

NOTES FROM THE CHAIRPERSON

A late issue of our newsletter this time. We hoped to put together 2 issues this year, but as pressing matters occurred, our timescale has slipped a bit.

Inside you'll find a provisional list of next year's meetings and speakers. We are also writing to various stores around Colchester to arrange collections. Details, I hope, will be in our next issue.

At our first meeting in March we hope to have a speaker from Colchester's Primary Care Trust to explain the roll-out of the Diabetes Care Plan throughout the area. I am trying to encourage the Tendring PCT Diabetic lead to attend, so that we can see the overall plan in the district, with a lot more work to be done on the local implementation of the National Diabetes Framework.

My Committee and I wish you all a Merry Christmas and Happy New Year - most importantly, enjoy yourselves!

Thank You, Peter Blackburn

DIABETES UK CHARTER

All Voluntary Groups have been asked to sign up to a new Charter issued by Diabetes UK Central Office. The Charter lays out how Voluntary groups should be run and what support they can expect from Central office and the new Regional offices that have and are being created. The Regional offices are set to mirror the Regional Health Authorities and have offices in or close to RHA offices.

We will come under the Diabetes UK offices in Cambridge as we are part of the Eastern Regional Health Authority. This may prove to be a little inconvenient for travelling but we will see how things work out as time goes by.

Having looked the Charter over and consulted with the Committee, there is nothing in it to infringe on our Constitution (we already run most of our events and meetings to the new Charter formula), therefore we have signed up to it.

A new Handbook has been received by both Branch Chair and Secretary which outlines guidelines for the groups function, giving clear rules and guidelines for all officers to follow, and helpful hints on how events and meetings should be run. These handbooks are designed to be passed on to new officers holding the posts of Chair and Secretary.

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 still have collection boxes for us.

Will your local shop take a collecting box for Diabetes UK?

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

Volunteers 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.

NEWSLETTER DELIVERY

We have a 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 2004 (provisional)

Date	Subject	
March 17	The PCT representative about the Diabetes Development Plan per the National Service Framework	100 Club March/April
May 19	AGM with short Q&A by Dr C Bodmer	100 Club May/June
May 31 (?)	Hospital Radio Colchester Fun Day (we have a stall)	
6-12 June	National Diabetes Week	
July 21	Research into Diabetes by a member Of the Diabetes UK Research team	100 Club July/August
September 15	Eye Clinic visit courtesy of Paula Gormley	100 Club Sept/October
November 17**	Dietary Views - Kirsteen Brysten	100 Club November
December 15	Christmas Social Event	100 Club Dec/Jan/Feb

** If anyone has any specific topics to raise with Kirsteen, would they please give notice to the Committee at least 2 weeks before the meeting?

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)

Possible Store collections during Diabetes week, depending on responses from the Supermarkets or others. We will also need volunteers to help with the stall at HRC Fun Day on/about May 31.

CORNERSTONE

The Healthy Colchester drop-in information centre has moved to Cornerstone, at 5/7 Sir Isaac's Walk, Colchester, CO1 1AQ. There are pamphlets and leaflets on all types of medical problems and other information.

A Diabetes Specialist Nurse from the Primary Care Trust is running a free "Living with Diabetes" course for those people newly-diagnosed with Type 2 Diabetes as part of an Expert Patients programme although it is possible that they would welcome anyone who wished to learn more about Diabetes. All you have to do is telephone Cornerstone at 01206 547256 to find out more or 01206 363003 to book a place on the course.

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

FINALLY

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.