



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
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President

Dr. Charles Bodmer

Secretary

Mrs Jacki Blackburn
48 Artillery Street
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NEWSLETTER – SPRING 2004

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 the AGM. Don't forget, a big advantage of Wilson Marriage Centre is its large free car park. We start at 7.45pm on the third Wednesday of the month and there are now 6 meetings a year: March, May (AGM), July, September, November and December. We look forward to seeing you at one of our events during the year.

NOTES FROM THE CHAIRPERSON

Good News! In mid 2005, it is proposed to open a building just inside the old Turner Village site, where all the Diabetic services will be pooled. It isn't quite a Diabetic Centre but close to it. In the same building, there will be a renal dialysis unit with a conference/admin area.

This was announced by Dr Bodmer at the Task Force meeting in January. Drawings are on display in outpatients dept at the General and at the Health Authority HQ. Over the next few years, Essex County Hospital will be downgraded as services move to the General Hospital. It is proposed to use ECH as Headquarters for the Colchester Primary Care Trust and as an out-of-hours minor emergency reception area

Thank You Peter Blackburn

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?

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 is 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 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

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

"100 CLUB"

January 2003

B Harrison 10.00
J Ball 5.00
J Smailes 5.00
S Jenner 5.00
G Rose 5.00

February 2003

M Coles 10.00
V Flack 5.00
E Bowtle 5.00
D Doe 5.00
C Nutt 5.00

March 2003

P Norton 10.00
K Reddall 5.00
M Coles 5.00
A Oakley 5.00
O Jones 5.00

April 2003

P Blackburn 10.00
E Caldeira 5.00
P Prail 5.00
A Haughey 5.00
A Lloyd 5.00

May 2003

J Davies 10.00
D Flack 5.00
E Bowtle 5.00

June 2003

I Totham 10.00
E Staines 5.00
C Batchlor 5.00

July 2003

H Dennis 10.00
C Sealey 5.00
B Totham 5.00

August 2003

B Weston 10.00
D Flack 5.00

E Staines 5.00

September 2003

A Oakley 10.00
B Lilley 5.00
D Hodgkinson 5.00

October 2003

M Yexley 10.00
V Pearl 5.00
M Newbon 5.00

November 2003

S Jenner 10.00
A Clacke 5.00
A Totham 5.00

December 2003

B Tokley 10.00
H Dennis 5.00
R Perrin 5.00
J Dutton 5.00
J Medder 5.00

The "100 Club" is open to those with Diabetes, their family, friends and neighbours. The Cost is £5.00 per ticket, per year (May 2004 - April 2005) and draws take place at our bi-monthly meetings. Unfortunately due to lack of support, monthly prizes for the current year had to be reduced. To enter the "100 Club", please complete the enclosed application form 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

PROGRAMME OF EVENTS 2004

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 Come and see behind the scenes at the Eye Clinic at Essex County Hospital!	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.

FINALLY

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