



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 2004**

**NOTES FROM THE CHAIRPERSON**

Welcome to this newsletter. Inside you'll find a provisional list of next year's meetings and speakers.

We have had a request from our Treasurer to be allowed to stand down at the end of the year. Due to a sudden illness, we have already relieved Dick of the post with his agreement and Olive Entwistle has taken over temporarily. If anyone is interested in taking the post full-time, please contact me.

The post entails knowing something of book-keeping and requires approx 4-8 hours per week. If training is needed, there are committee members who have some idea of what is needed.

We have £5000 in our coffers which we wish to send to a good home. Our President currently has a research project at the University of Essex so we intend to send the money to Head Office with instructions that we wish to adopt his project, thus earmarking the funds.

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

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 still have collection boxes for us. They have been doing very well.

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

We would also like to thank the Royal Antediluvian Order of Buffaloes for a donation of over £2500 which they have requested should be used for education and awareness of Diabetes in the local area.

## 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

| Date          | Subject                          |                      |
|---------------|----------------------------------|----------------------|
| 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?

## PROGRAMME OF EVENTS 2005 (provisional)

|               |  |                       |
|---------------|--|-----------------------|
| March 16      | Joan Joslin<br>Diabetes Specialist Nurse Facilitator<br>Colchester PCT   | 100 Club March/April  |
| May 18        | AGM with short Q&A by Dr C Bodmer  | 100 Club May/June     |
| May 30        | Hospital Radio Colchester Fun Day (we have a stall)  |                       |
| 5-11 June     | National Diabetes Week   |                       |
| 25 June       | Store Collection at Asda Store, Turner Rise  |                       |
| July 20       | New Developments in Chiropody<br>Brenda Howard   | 100 Club July/August  |
| September 21  | Progress on the New Centre<br>Maureen Bancroft and Dr Charles Bodmer   | 100 Club Sept/October |
| November 16** | Dietary Views - Kirsteen Brysten   | 100 Club November     |
| December 21   | Christmas Social Event   | 100 Club Dec/Jan/Feb  |
| Timings       | 19:45 Open Meeting, Notices<br>19:50 Speaker plus Q&A<br>20:30 Break, no coffees booked<br>20:45 Any questions on Diabetes to pass on to LDSAG<br>21:00 Club Draw<br>21:10 Branch Raffle<br>21:30 Close (approx) |                       |

We will need volunteers to help with the stall at HRC Fun Day on/about May 31 and the Asda Store Collection on 25 June.

**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: - 0845 120 2960  
Mon-Fri 9am to 5pm

Textphone: - 020 7424 1031

Email: - [careline@diabetes.org.uk](mailto:careline@diabetes.org.uk)

Website: - [www.diabetes.org.uk](http://www.diabetes.org.uk)

## FINALLY

It has been brought to our attention that some people are neglecting to inform the Hospital if they are unable to attend appointments. If the appointment is not cancelled, the person concerned could be referred back to their GP who would have to start the referral process all over again. Please remember that the doctors and nurses need to know - if the Hospital is not informed, then patients who could have used the appointment are unable to do so.

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.