



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 2006**

Wilson Marriage Centre on Barrack Street in Colchester is our current meeting place 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**

It is with regret that we have to announce the sad demise of Lily Sherratt, who died in December. I am sure you will join with the committee in offering our condolences to her family.

Jacki Blackburn has indicated that she wishes to step down as Secretary so we are looking for a volunteer to take over. If anyone wishes to become the Secretary of the branch, please contact Jacki in the evenings on the telephone number above, and she will be glad to explain what it involves.

As we go to press, just to let you know that there is a play called "All Shook Up" being held on 24 February 2006 at the Headgate Theatre, Colchester. It is by the Pyramid Theatre Co for Diabetes UK. The box office is open Mon-Fri 12.30-4.30 pm, Sats 10am-1.00pm, telephone 01206 366000 or e-mail [Headgate@theatre47.fsnet.co.uk](mailto:Headgate@theatre47.fsnet.co.uk).

**Peter Blackburn**

## **IAN MACLEOD MEDAL AWARD**

Last November, one of our members was awarded the Ian Macleod Medal. Cliff Whittaker is only one of 10 people in the country to be given this medal, which is for 70 years on insulin. Professor Ian Macleod was one of the founding fathers of insulin along with Banning and Best. He provided the laboratory facilities in his Toronto hospital.

After the medal was given to him by Dr James, Cliff and his wife Doreen spent some time in the studios of Hospital Radio Colchester, broadcasting to local hospitals.

## **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 help line.

The relevant number is 01206 742076 (help line 2 – 3.30 pm). Alternatively, you can leave a message on the answerphone and someone will get back to you.

## **BLOOD GLUCOSE MONITORS**

It has become possible for all people with Diabetes to have FREE Blood Glucose Monitors. These are supplied by Medisense and are available from the Diabetes Liaison Team at Colchester General Hospital. Lancets, Test Strips and Sharps boxes are already on prescription and, once an exemption card has been applied for and received, all people with Type 1 Diabetes and Type 2 Diabetes taking medication are exempt from prescription charges.

## 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.

## CONTACTING THE DIABETES UK CARELINE

The relevant numbers are -

Telephone: - 020 7424 1030    Textphone: - 020 7424 1031

Email: - [careline@diabetes.org.uk](mailto:careline@diabetes.org.uk)    Website: - [www.diabetes.org.uk](http://www.diabetes.org.uk)

## MEDICINES HELPLINE

'Ask about Medicines' is an initiative to help people make better use of medicines. Do you know what medicines you are taking and why? Do you know how and when to take them? Do you know whether or not any of your medicines react with each other, or with food or alcohol? Are you experiencing adverse side effects? If you require any advice regarding medicines, phone the Medicines Helpline on 01206 742161, Monday to Friday 2pm – 5pm

## "100 CLUB"

The "100 Club" is open to those with Diabetes, their family, friends and neighbours. The Cost is £5.00 per ticket, per year (May 2005 – April 2006) and draws take place at our bi-monthly meetings. 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

## 100 CLUB WINNERS

### JANUARY

|         |       |           |      |          |      |
|---------|-------|-----------|------|----------|------|
| M Horne | 10.00 | P Chenery | 5.00 | P Clarke | 5.00 |
|---------|-------|-----------|------|----------|------|

### FEBRUARY

|        |       |           |      |          |      |
|--------|-------|-----------|------|----------|------|
| R Nutt | 10.00 | L Smailes | 5.00 | R Perrin | 5.00 |
|--------|-------|-----------|------|----------|------|

### MARCH

|          |       |          |      |         |      |
|----------|-------|----------|------|---------|------|
| P Sawyer | 10.00 | H Coates | 5.00 | V Flack | 5.00 |
|----------|-------|----------|------|---------|------|

### APRIL

|           |       |        |      |          |      |
|-----------|-------|--------|------|----------|------|
| R Renshaw | 10.00 | S Tull | 5.00 | A Selley | 5.00 |
|-----------|-------|--------|------|----------|------|

### MAY

|             |       |         |      |            |      |
|-------------|-------|---------|------|------------|------|
| J Batchelor | 10.00 | M Coles | 5.00 | M Harrison | 5.00 |
|-------------|-------|---------|------|------------|------|

### JUNE

|           |       |         |      |         |      |
|-----------|-------|---------|------|---------|------|
| S Chenery | 10.00 | S Smith | 5.00 | M Coles | 5.00 |
|-----------|-------|---------|------|---------|------|

### JULY

|         |       |           |      |          |      |
|---------|-------|-----------|------|----------|------|
| V Flack | 10.00 | G Standen | 5.00 | A Totham | 5.00 |
|---------|-------|-----------|------|----------|------|

### AUGUST

|          |       |           |      |             |      |
|----------|-------|-----------|------|-------------|------|
| I WARNER | 10.00 | I Smailes | 5.00 | C Batchelor | 5.00 |
|----------|-------|-----------|------|-------------|------|

### SEPTEMBER

|          |       |        |      |          |      |
|----------|-------|--------|------|----------|------|
| B Lilley | 10.00 | C Nutt | 5.00 | P Clarke | 5.00 |
|----------|-------|--------|------|----------|------|

### OCTOBER

|            |       |             |      |        |      |
|------------|-------|-------------|------|--------|------|
| E Harrison | 10.00 | O Entwistle | 5.00 | C Nutt | 5.00 |
|------------|-------|-------------|------|--------|------|

### NOVEMBER

|             |       |         |      |          |      |
|-------------|-------|---------|------|----------|------|
| P Blackburn | 10.00 | M Coles | 5.00 | A Totham | 5.00 |
|-------------|-------|---------|------|----------|------|

### DECEMBER

|         |       |             |       |             |      |
|---------|-------|-------------|-------|-------------|------|
| V Flack | 20.00 | C Batchelor | 10.00 | J Blackburn | 5.00 |
|         |       |             |       | O Jones     | 5.00 |

## PROGRAMME OF EVENTS 2006

| <b>Date</b>   | <b>Subject</b>  |                      |
|---------------|---|----------------------|
| March 15      | Mary Tomkins<br>Head of Medicine Management<br>Colchester PCT | 100 Club March/April |
| May 17        | AGM<br>with short Q&A by Dr C Bodmer                          | 100 Club May/June    |
| May 29        | Hospital Radio Colchester Fun Day (we have a stall)           |                      |
| 4-10 June     | National Diabetes Week  |                      |
| July 19       | Eye Examinations and the FUD test<br>Edward Ekwanuke          | 100 Club July/August |
| Sept 20       | Tracey Slater<br>Eastern Region Manager, Diabetes UK          | 100 Club Sept/Oct    |
| Nov 15**      | Dietary Views – Kirsteen Brysten                              | 100 Club November    |
| <b>Dec 13</b> | Christmas Social Event<br><b>Please note change of date</b>   | 100 Club Dec/Jan/Feb |

\*\* If anyone wishes to raise any specific topics with Kirsteen, please give notice to any Committee Member 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 |
|         | 21:10 | Branch Raffle            |
|         | 21:30 | Close (approx)           |

We will need volunteers to help with the stall at HRC Fun Day on May 29. Please contact Peter or Jacki to notify them when you would be available. Many thanks.

We are in negotiation with Dr Bodmer and the Health Authority to hold our meetings at the new centre on Turner Road. We will let you know when we are due to move as soon as we can but until then we continue to meet at Wilson Marriage Centre.

## EXPERT PATIENT PROGRAMME

The Healthy Colchester drop-in information centre is now at Cornerstone, 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. It is possible that they would welcome anyone who wished to learn more about Diabetes. Each course is six weeks long and runs for 2.5 hours once a week Monday to Friday, but sometimes evenings/weekends. All you have to do is telephone Anna Collis at Cornerstone on 01206 547256 or fax 01206 577637 to find out more.

## PALS

What is PALS? It is the Patient Advice and Liaison Service for people using the NHS. It is there to help patients, carers, relatives and friends to resolve any problems – as quickly and easily as possible. The service is confidential and independent. Whatever your worries or concerns, they are there to help anyone get the best from your Health Service.

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You can contact PALS at Cornerstone,  
5-7 Sir Isaac's Walk,  
Colchester,  
CO1 1AQ  
Tel 0800 3285620 or 01206 363000/1  
Fax 01206 577637 or e-mail [PALS@colchester-pct.nhs.uk](mailto:PALS@colchester-pct.nhs.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.