



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
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President

Dr. Charles Bodmer

Secretary

Mrs Jacki Blackburn
48 Artillery Street
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NEWSLETTER - SPRING 2007

NOTES FROM THE CHAIRPERSON

Welcome to 2007, a new year, a new programme. We are looking forward to a new speaker from Podiatry plus Brenda Howard is retiring, hopefully to a more relaxing environment.

Nick Winch, of the regional office is arranging a "Walk in the Park" around Colchester Castle grounds in June and would like to have some marshals to guide walkers and possibly hold collecting tins at the same time.

Jacki Blackburn is still wishing to step down as Secretary. If anyone wishes to become the Secretary of the branch, please contact Jacki in the evenings, well before the AGM in May, on the telephone number above, and she will be glad to explain what it involves.

We would also like your ideas on what you want in our programme of events and for fundraising. All suggestions will be considered and evaluated for future use.

I look forward to seeing some of you at our events and stalls throughout the summer. Just pop along and introduce yourself.

In addition, watch the local press for details of our proposed Cricket Match Lords Taverners' XI v Select Essex XI (players with diabetes)

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 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 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.

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 DIABETES UK

Head Office: Macleod House, 10 Parkway, London, NW1 7AA

Telephone: - 0207424 1000 Website: - www.diabetes.org.uk

Eastern Regional Office:

Ground Floor, 8 Atlantic Square, Station Road, Witham, Essex, CM8 2TL

Telephone: - 01376501390 e-mail: - eastern@diabetes.org.uk

Colchester & E Essex Branch Website: - www.diabetes-colchester.org.uk

PROGRAMME OF EVENTS 2007

Date	Subject	
March 21	Andrew Barker Podiatry and Foot Care	100 Club March/April
March 27	All Shook Up A play discovering Type 2 Diabetes at Headgate Theatre	
May 16	AGM with short Q&A by Dr C Bodmer	100 Club May/June
May 28	Hospital Radio Colchester Fun Day (we have a stall)	
June 10-16	National Diabetes Week	
June 16	Walk in the Park - Colchester Castle Park	
June 23?	Stanway School Fete - table top stall	
June 24?	Colchester Band Competition - table top stall	
July 18	Speaker to be confirmed	100 Club July/August
Aug 27	Mersea Island Lions Fete - table top stall	
Sept 19	Speaker to be confirmed	100 Club Sept/Oct
Nov 14	World Diabetes Day	
Nov 21**	Dietary Views – Kirsteen Brysten	100 Club November
Dec 12	Christmas Social Event	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 and 100 Club
	21:30	Close (approx)

We will need volunteers to help with the above mentioned stalls. Please contact Peter or Jacki to notify them when you would be available. Many thanks.

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. 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.

"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 2007 - April 2008) 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, C03 0HF

LONDON MARATHON 2006

On April 23 2006, Simon Toulson, along with approximately 32,000 other runners, awaited the start of 26.2 miles of road running that is the London Marathon. Himself insulin dependant since the age of 5, Simon prepared for the event by following a demanding training schedule throughout the winter months. The day dawned grey and drizzly. By afternoon the drizzle had become steady penetrating rain with the course littered with puddles. 5 hours from the start Simon crossed the finishing line in Pall Mall, ahead of Sir Steve Redgrave.

Simon was delighted to report that £2,084 had been sent to Diabetes UK, a total which would be further increased once "Gift Aid" had been calculated. He would like to thank the Colchester Branch for their support.

The Pyramid Theatre Company
Presents

“All Shook Up”

by Pete Lawson

A musical drama for people with type 2 diabetes

Supported by
Colchester & E Essex Group, Diabetes UK and North East Essex
Primary Care Trust

At
The Headgate Theatre Colchester
on Tuesday 27 March at 7.30pm

Tickets available from the Theatre (01206 366000)
or from Irvine Turner (01206 844253)

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.

Please note that there is a play called "All Shook Up" being held on 27 March 2007 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.

Inprint

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