



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 - AUTUMN 2007

NOTES FROM THE CHAIRPERSON

By now you should have received your Christmas catalogue from Diabetes UK. If you have a small order and do not want to pay the postage & packing, I will be running a service to collate and order to maximise the P&P. Please have your order sent to me by 21 October so I can get the items back by late Nov/early Dec. Just a note will do with payment for the item if possible, cheques payable to me (P Blackburn). I'll sort out the P&P - don't forget a contact telephone number will make delivery quicker.

On a wider issue the North East Essex Primary Care Trust and Essex Rivers Health Care Trust have decided not to open the specially built Diabetes centre in the Primary Care Centre on Turner Road due to the high running costs of the building. Yet again we are let down by the people who are supposed to help us.

We are please to say that after much pressing, the education programme for newly-diagnosed Type 2 diabetics will start late August on a rolling programme. If you haven't been on one of these courses and would like to know more about caring for yourself, please get your GP to refer you. Also the new eye screening programme is under way with the digital photography being done by high street opticians - see later in the newsletter for your nearest practitioner.

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 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: - 020 7424

1000 Website: - www.diabetes.org.uk

Eastern Regional Office:

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

Telephone: - 01376 501390

Email: - eastern@diabetes.org.uk

Colchester & East Essex Branch

Website: - www.diabetes-colchester.org.uk

PROGRAMME OF EVENTS 2007

Date	Subject	
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 are in the process of sorting out the programme for 2008: If you have any suggestions for a speaker, please contact Peter or Jacki.

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, CO3 0HF

DRSS OPTOMETRISTS

TENDRING

Patrick & Menzies	10 Station Road, Brightlingsea, CO7 0BT 01206 302249
SA Cole & Assocs	96 Pier Ave, Clacton on Sea, CO15 1NJ 01255 421794
Norman & Neill	57 High Street, Clacton on Sea, CO15 1UO 01255 421328
Adrian Buizer	60 Frinton Road, Holland on Sea, CO15 5UW 01255 814923
Piper & Priem	30 High Street, Manningtree, CO11 1AJ 01206 392529
Premier Specs Ctr	29 High Street, Manningtree, CO11 1AH 01206 396396
The Fryatt Hospital & Medical Ctr	Main Road, Dovercourt, Harwich, CO12 4EX Mayflower 01206 286700/701

COLCHESTER

Bethell & Clark	5 Head Street, Colchester, CO1 1 NX 01206573892
Owen Aves	31 Crouch Street, Colchester, CO3 3EN 01206 575693
Premiere Specs Ctr	35b Sir Isaacs Walk, Colchester, CO1 1JJ 01206574700
Specsavers	38-42 Long Wyre Street, Colchester, CO1 1 LJ 01206763136
Patrick & Menzies	2 Barfield Road, West Mersea, CO5 8QT 01206 383455

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.