



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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Tel 01206 502584

President

Dr. Charles Bodmer

Secretary

Mrs Jacki Blackburn
48 Artillery Street
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NEWSLETTER - SPRING 2008

NOTES FROM THE CHAIRPERSON

Welcome to 2008, a new year with a new programme.

Nick Winch, of the regional office is arranging a "Jail Break" from Colchester Castle in April and would like some people to put themselves forward as a team for the event. We need helpers for the stall at the Hospital Radio Colchester Fun Day on the late May Bank Holiday Monday, also for the Store Collection in June, particularly as it falls on weekdays.

Jacki Blackburn is wishing to step down as Secretary more than ever as her full-time job is becoming more involved. If anyone wishes to become the Secretary of the branch, please contact Jacki, on the telephone number above in the evenings, well before the AGM in May and she will be glad to explain what it entails.

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 throughout the summer. Just pop along and introduce yourself.

Peter Blackburn

“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

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.

Volunteers are needed to help with 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.

PROGRAMME OF EVENTS 2008

Date	Subject	
March 19	Sheila Smyth Q & A on Diabetes	100 Club March/April
April 19	"Jail Break" from Colchester Castle	
May 21	AGM	100 Club May/June
May 26	Hospital Radio Colchester Fun Day We have a stall for which helpers are needed	
June 8-14	National Diabetes Week	
June 17-18	Collection at Tesco Highwoods Helpers needed between 10am and 6pm	
July 16	Regional Office Sharon Tillbrook	100 Club July/August
Sept 19	China & Hong Kong – an experience Dr Irvine Turner	100 Club Sept/Oct
Nov 14	World Diabetes Day	
Nov 19**	Dietary Advice – Kirsteen Brysten	100 Club November
Dec 10	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 need of good quality items for the Hospital Radio Fayre. Please contact Peter or Jacki to notify them if you have anything 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.

2009 will be the 75th Anniversary of the founding of the British Diabetic Association and Peter would like help planning events to mark the occasion. Anyone interested, please phone him on 01206 502584 so arrangements can commence.

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 Website: - www.eastern@diabetes.org.uk

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

FINALLY

We are enclosing a copy of the latest leaflet on Foot Care for you to look through and keep as a point of reference.

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.