



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 - AUTUMN 2008**

### **NOTES FROM THE CHAIRPERSON**

Welcome to another newsletter for 2008. We have had to change the venue of our meetings as Wilson Marriage Centre has taken over from Greyfriars as the centre of adult education in Colchester. We now meet at the Hythe Community Centre, Ventura Drive, Colchester, on the third Thursday of March, May, July, September, November and December at 7.45 pm. There is a small car park (first-come-first-served), and we have the use of a kitchen so tea and coffee breaks are no problem.

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 forthcoming events. 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 2008/9

<b>Date</b>	<b>Subject</b>	
Nov 14	World Diabetes Day	
Nov 19**	Dietary Advice – Kirsteen Brysten	100 Club November
Dec 10	Christmas Social Event	100 Club Dec/Jan/Feb
<b>** If anyone wishes to raise any specific topics with Kirsteen, please give notice to any Committee Member at least 2 weeks before the meeting?</b>		
Mar 19	Visit from Regional Office(?)	100 Club Mar/Apr
May 21	Annual General Meeting	100 Club May/June
June 7-13	Diabetes Week	
July 16	TBA	100 Club July/Aug
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)

## CONTACTING DIABETES UK

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

Telephone: - 020 7424 1000 Website: - [www.diabetes.org.uk](http://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](http://www.eastern@diabetes.org.uk)

Colchester & E Essex Branch Website: - [www.diabetes-colchester.org.uk](http://www.diabetes-colchester.org.uk)

## **75<sup>TH</sup> ANNIVERSARY**

2009 will be the 75<sup>th</sup> Anniversary of the founding of the British Diabetic Association (which was the old name of Diabetes UK) and Peter would like help to mark the occasion.

Anyone who is interested or has some suggestions for events, please phone him on 01206 502584 so arrangements can commence.

## **EMERGENCY DENTAL SERVICES**

Anyone living within the North East Essex PCT area who requires emergency dental services out-of hours (6.30 pm to 8 am, weekdays, weekends, bank and public holidays) and does not have a dentist can phone HARMONI on 0845 602 5238.

Patients will be assessed and then provided with the phone number of a dentist for emergency treatment.

## **STOP SMOKING**

If you want to quit smoking, the people of North East Essex have the help of one of the best "Stop Smoking" teams in the country.

Enlisting their support couldn't be easier. When you call the free phone number 0800 7312 656, you will be asked a few questions to find out the best type of support you need. You will be offered one-to-one support for 5-6 weeks or more intensive support in a group setting for 7-8 weeks. This service is free of charge, although if you pay for prescriptions you will be paying for nicotine replacement therapy, but even that's cheaper by prescription than buying over the counter.

## **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.