



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 2009

NOTES FROM THE CHAIRPERSON

Welcome to 2009.

In 1934, Mr H G Wells and associates set up a revolutionary medical support service for patients with a single illness – thus the British Diabetic Association was born.

Their aims were to ensure all people with diabetes had access to the same level of care and treatment throughout Great Britain: to campaign for equal rights of people with diabetes in everyday life; to dispel myths about diabetes and people with diabetes; finally, to raise funds to research for a cure for diabetes.

In 2009, now trading under the name of Diabetes UK, we continue to follow the example of those early supporters of people with diabetes: campaigning to ensure equality of care and treatment; of rights to work and equal treatment in everyday life; raising funds for research into new treatment and care values as well as the ultimate goal of a cure for diabetes; providing practical and moral support for those with diabetes, their carers, healthcare teams and local/regional health authorities.

In our 75th year, please help us to celebrate our continual presence in the community and our goal of a world without diabetes.

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 2009 – April 2010) and draws take place at our bi-monthly meetings. To enter the "100 Club", please complete the enclosed application form and return to 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?

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.

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

PROGRAMME OF EVENTS 2009

Date	Subject	
March 19	Sharon Tillbrook Eastern Region Manager, Diabetes UK	100 Club March/April
May 21	AGM Would you like to help in the running of the Colchester group, or help oversee the PCT and CHUFT's management of Diabetes services in our area? Volunteers now required.	100 Club May/June
May 25	Hospital Radio Colchester Fun Day We have a stall for which helpers are needed	
June 7-13	National Diabetes Week	
July 16	Dawn Scott Regional Manager for Weight Watchers talking about the local referral system for weight reduction	100 Club July/August
Sept 17	Cardiac care in Diabetes Jan Williams, Diabetes Specialist Nurse	100 Club Sept/Oct
Nov 14	World Diabetes Day	
Nov 19**	Dietary Advice – Kirsteen Brysten	100 Club November
Dec 17	Christmas Social Event Don't forget your best Christmas recipes for a good party	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 - refreshments available
	21:10	Branch Raffle and 100 Club
	21:30	Close (approx)

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

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.

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 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.

Hythe Community Centre in Colchester is our current meeting place and we would like to see more branch members at our meetings, particularly the AGM. There is a free car park (first come first served basis). We start at 7.45pm on the third Thursday 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.

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.