



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

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President

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Secretary

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NEWSLETTER – Autumn 2009

NOTES FROM THE CHAIRPERSON

Welcome to the autumn addition of our newsletter. We hope that you have all had an enjoyable summer.

By now you should be aware about the “Living with Diabetes Day” which is scheduled for Thursday 26th November, could you please remember to return your booking form as soon as possible as spaces are limited and there is a high demand for places. If you haven’t received one, please contact the Regional Office at Witham, 01376 501390, and ask for one.

Following the AGM in May, Jacki Blackburn has stepped down as Secretary and Len Newborn from the 100 Club. Sarah Hearn has replaced Jacki and her contact details are at the top of the newsletter, Jacki has replaced Len as contact for 100 Club. I would like to thank them both for their hard work over the past few years and wish them well for the future.

We are in the process of planning next years programme. If there are any speakers, subjects, etc that your would like covered, please contact either myself or Sarah and we will see what we can do.

Lastly, I would like to thank you for all your support over the past year, and should I not see you before, on behalf of the Committee and myself I would like to wish you a Merry Christmas and Prosperous New Year.

Peter Blackburn



Our Committee 2009

(from left to right)

Olive Entwistle (Treasurer)
Peter Blackburn (Chair)
Jacki Blackburn (100 Club)
Sarah Hearn (Secretary)

“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.

Jacki Blackburn, 100 Club Secretary, 48 Artillery Street, Colchester, CO1 2JL

***** CHARITY EVENING *****

We are having a Charity Family Evening on Saturday 30th January 2010 in aid of Diabetes UK & Help The Heroes. It will be held at The Musket Club, Fallowfield Road, (Off Layer Road), Colchester from 6pm – 12 midnight. All proceeds will be split 50/50 between the two charities. There will be a Family Entertainer, Face Painting, Disco, Buffet and Raffle. The Price of this will be £10 per adult (18+) and £5 covers all children in the family who are under the age of 18. Tickets will be on sale from the November Meeting from Sarah, but they will be limited due to the capacity that the venue can hold. If you would like tickets and cannot make it to a meeting please contact Sarah who will arrange to get them to you. Also should you have anything that you could donate towards the raffle, they would be gratefully accepted.

RECENT EVENTS

On Wednesday 23rd September, Olive held a Cuppa Coffee Day in aid of Diabetes UK, in Elmstead Market. There was tea, coffee, cakes and a tombola. We raised £77.13 for our general fund. I would like to thank Olive & her family for arranging this and their kind hospitality on the day.

DONATIONS

Fiveways in Brightlingsea, SMS Newsagents in Colchester Town Centre and Jan and Phil's shop on the corner of Artillery Street and Barrack Street all have 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 in the first instance for 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.

FAMILIES & CHILDRENS

We have had a few enquires from families who would like to get in touch with others whose children also have Diabetes. If you have a young person and would like to share your thoughts, ideas and how YOU get through every day life living with a child with diabetes, please contact Sarah and she will endeavour to pass your details on to anyone else who is interested in doing the same.

PROGRAMME OF EVENTS 2009

Date	Subject	
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)

Dates for your Diary

Our meetings in 2010 will be:

March 18th, May 21st (AGM), July 15th, Sept 16th, Nov 18th & Dec 16th.

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

Local email contacts: Peter – chair@diabetes-colchester.org.uk
Sarah – secretary@diabetes-colchester.org.uk
Olive – treasurer@diabetes-colchester.org.uk
Jacki – 100club@diabetes-colchester.org.uk

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.

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.

Lastly, we are in the process of re-vamping our mailing list. If your current contact details are wrong and/or you would like to receive the Newsletter via email in the future, please contact Sarah who will update this for you.