

Newsletter August 2010



Colchester & East Essex Voluntary Group
A charity registered in England and Wales (no. 215199) and in Scotland (no. SCO39136)

Notes from the Chair, Peter Blackburn

Sorry for the delay in this news letter, this is due to illness in the committee, hopefully all is back to normal now.

We are attempting to change a few things within the group. One area we are looking at the way we approach the supporting of the Children's Holidays and those on Family support weekends, we are also hoping to have more contact with the Clacton Branch of Diabetes UK.

The way the NHS is run is changing, with more opportunity for patient involvement in decision making committees and work shops, if you feel you would like to get involved in these let me know

and I will put your name forward to the PCT Leads.

Hopefully our next newsletter will be on time, I hope to see you then.

Peter

Care For A Cuppa

29th September 2010

at

27 Hatchcroft Gardens

Elmstead

10 till 1

Entry £1

including tea and biscuits

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SEPTEMBER 16th MEETING



Our September meeting is one with a difference - it is open to families as a whole. Mums, dad, brothers, sisters and children.

We are holding an information evening about what Diabetes UK can offer families and

children with diabetes and their siblings.

We are hoping that Shelagh Newman, Paediatric Diabetic Nurse will be available during the evening to answer any questions you may have.

Andrew Budd will also be there. Andrew and his wife Julie are looking to set up a Childrens Group as an off-shoot from the Main Group. More details will be available on the night!

100 Club News

The **100 Club** has had a revamp! We will now operate from January to December and have a first prize of £15 and 2nd Prize of £5. We will still have the additional Bonus prize of £20 at Christmas.

Thinking of joining? For 2010 the cost is £4 per entry please contact Jacki Blackburn on 01206 502584 for further details.



News from the Committee

There is a little bit of news from the committee.

We recently attended two fundraisers to raise our profile, and a small amount of funds for the group. The first was at Cherry Tree Primary School Summer Fete, the sec-

ond was the NAP day at the Musket Club. Both were well attended by the public and we raised a few pounds for the group.

On a separate note, Sarah has had to step back for 6 months for family reasons. We will

miss her input, but look forward to having her refreshed and full of life in January.

We wish her well and hope that things go smoothly for her and her family.

Dates for your Diary 2010



Thursday 16th September

Meeting

Family Evening - A look at how Diabetes UK can help Children and their families educationally and through holidays.

100 Club Draw for September and October

Sunday 14th November

World Diabetes Day

Thursday 18th November

Meeting

Dietary Advice

100 Club Draw for November

Thursday 16th December

Branch Social

100 Club Draw for December

100 Club Tickets on Sale for January start £6 per ticket (January-December)

100 Club Draw for January and February 2011 will be drawn in March along with the March Draw.

All the meetings are held at:

**Community Centre, Hythe Hill,
Colchester.**

We start at 7.45pm and normally include a speaker and refreshments and drawing of 100 Club and Raffle.

Raffle Prizes gratefully appreciated.

Provisional Dates and Ideas for Speakers 2011

17th March

Podiatry

19th May

AGM

12th - 18th June

Diabetes Awareness Week

21st July

Medicine Management

15th September

Renal/Heart

14th November

World Diabetes Day

17th November

Dietary Advice

15th December

Group Social

All Speakers are subject to availability.

Contact Details:

Chairman: Peter Blackburn 01206 502584
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Secretary: Sarah Hearn 01206 570080
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Treasurer: Olive Entwistle 01206 825853
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Committee Members:
Jacki Blackburn

www.diabetes-colchester.org.uk

Diabetes UK

Do you have a passion about diabetes and want to get more involved in the work that Diabetes UK does, why not volunteer?

- **Events Volunteer** – join our army of volunteers who take to the road on our Measure Up Road shows
- **Fundraising Volunteer** – help us raise valuable funds for research by managing a collection can campaign or running a seasonal ‘Name the...’

Speaker Volunteer – could you go out and give awareness talks to groups about diabetes?

To get involved, or for more information, please contact **Sam Morris**,

Volunteer Development Officer on
01376 505241 or
sam.morris@diabetes.org.uk

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