

## NEWSLETTER

### **PRESIDENT**

Professor David Russell-Jones

### **COMMITTEE**

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### **MEMBERS:**

Ian Allen

Julie Grist

Roy Johnson

Daphne Millar

Pat Millar

Allan Williams

Janet Williams

## From the Chair - Please help us to help you!

One of the many consequences of the pandemic is the significant fall in charities' income at a time when the charities' efforts are most needed. We too have been affected locally by not having street collections and spring fayre stalls. We will survive and continue to support you.

Yet we still have outlays such as the all important newsletter- which costs paper, printing, envelopes and above all royal mail postage when we send hard copies.

- If you currently receive a hard-copy by post but have an email address please let Julie know and she will send it that way (it also helps the environment!)
- Please consider making a small donation to cover our outlays –
  - either electronically to Diabetes UK Guildford & SW Surrey Group, Barclays Bank sort code 20-00-00 , Account 83204723 and include your name in the ref field,
  - or by cheque payable to Diabetes UK Guildford & SW Surrey Group and sent to our Treasurer Mrs Carol Davey, Salathiel, Grove Road, Cranleigh, Surrey, GU6 7LH.

Other voluntary groups have arranged on-line "zoom" meetings; if you would like to join one, please let me know – [bandcdavey@outlook.com](mailto:bandcdavey@outlook.com) and if there is enough interest I will arrange one.

Stay safe, Brian Davey



We are now also on Facebook at Diabetes UK Guildford and SW Surrey Group

And on Twitter at @diabetes\_sw

## Stop press

From Friday, th July 2020, all visitors to shops will need to wear face coverings while there, to further reduce risk.

Or you risk a £100 fine.



Meetings are normally held on the first Monday of February, April, June, October and December.

**Our venue for meetings is CEDAR, the Centre for Endocrinology, Diabetes and Research, at the Royal Surrey County Hospital.**

Meetings start at 7.30pm but tea and coffee are available a bit earlier.

There are a number of parking places for blue badge holders right at the back of CEDAR. But we also have agreement to park in the staff car park between 7.30pm and 10pm. Or you can park in the pay and display visitors car park.

**Do you have email? Send me an email and you can have this Newsletter that way. See below**

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## Need to talk?

Diabetes UK is there to help if you need support, information, or just a chat. If you have diabetes or you are the carer for someone with diabetes, talking can help. Here is how to contact Diabetes UK and become part of the online communities. Call the Diabetes UK helpline on 0345 123 2399.

Or join the Diabetes UK Online Support Forum. It was visited over half a million times in 2019. Just go to [diabetes.org.uk](http://diabetes.org.uk) and click **Forum** and you will get a Welcome and Guidelines on how to get started.

## Keeping active at home

Getting active can be anything that gets you moving more and – even better – something that increases your heart rate.

How about:

- Hoovering the house and cleaning all the windows
- A spot of DIY– time to tackle that shelf you’ve been putting off
- Gardening – if you have a garden. If you don’t, do you have any house plants you can water, prune and re-pot while standing up?

Pop some music on while you’re doing this, it can help you feel motivated and move that much more.

If you need to start off at an easier pace, try standing during a TV advert. If you can manage it, work towards standing for the whole advert break, then to walking on the spot during adverts. You can mix this up by doing stretches instead, or jogging on the spot while the ads are on. This will help you get your steps up.

*Taken from Diabetes UK website*

We are hoping that we will be able to hold the next meeting on 5th October subject to Government guidance but have just checked with CEDAR as to whether they think that may be possible but they are currently saying that it looks unlikely.

We will have more information in the next Newsletter in August.

