

## NEWSLETTER

### From the Chair

You will be pleased to know that I have not much to say this month!

- A big thank you for donations we have received and to those who have switched to email rather than the more expensive "snail mail".
- There was a very limited interest to us hosting zoom meetings; so we will concentrate on the newsletter and other forms of communication like our website, Facebook and Twitter.
- Diabetes UK are still not allowing face to face meetings of members - nor is this likely in the next few months.
- Whilst it is disappointing not to meet up with our group members, safety does come first. But as indicated above, we will do our best to keep you informed.
- We are here to help, please don't hesitate to get in touch.

Stay safe,

Brian

### Do you need any leaflets?

We have copies of a wide range of booklets and leaflets which we can post or deliver to you if you would find it helpful at the moment. Here are two examples:.

**Everyday life with Type 1 Diabetes**



**Everyday life with Type 2 Diabetes**



Email [juliegrist9@gmail.com](mailto:juliegrist9@gmail.com) or phone 01428 683448. Or you can download any of them and others from the Diabetes UK website at <https://shop.diabetes.org.uk/collections/information-for-you> .

#### **PRESIDENT**

*Professor David Russell-Jones*

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#### **MEMBERS:**

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*Roy Johnson*

*Daphne Millar*

*Pat Millar*

*Allan Williams*

*Janet Williams*



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

And on Twitter at @diabetes\_sw

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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## The Diabetes UK Know your Risk tool has been updated

Diabetes UK has updated the Know Your Risk tool which is supported by NHS England and makes it easier to know where to go for support. If you know anyone who is at risk and they have access to the internet they can go to the link below and they'll be able to sign up to their local NHS Healthier You Programme Provider in England.

<https://www.diabetes.org.uk/preventing-type-2-diabetes/diabetes-risk-factors>



If they are not online we pop a copy of the leaflet in the post for them.

## If you have Type 1 diabetes...

About 8 per cent of people with diabetes in the UK have Type 1. We all need insulin to live. It does an essential job. It allows the glucose in our blood to enter our cells and fuel our bodies.

When you have Type 1 diabetes, your body still breaks down the carbohydrate from food and drink and turns it into glucose (sugar). But when the glucose enters your bloodstream, there's no insulin to allow it into your body's cells.

More and more glucose then builds up in your bloodstream. If you've got Type 1 diabetes, you get insulin into your body by injecting it, or using an insulin pump, which delivers a constant supply into you.

We have people on the Committee who have Type 1 so if you need a chat or some information please contact the Chairman and he will find you the right person to talk to.

*Taken from Diabetes UK website with input from the Editor.*



## Stop Press

We have decided that we are unlikely to be able to hold any more meetings this year. The 5th October one will be postponed until next year. We had thought that the Christmas social might be possible and we haven't completely ruled that out yet but we'll let you know in the next newsletter in September.

