

## NEWSLETTER

### From the Chair

Despite the obvious setbacks of Covid-19, we are still trying to improve the health and wellbeing of the Group going forwards:

- Thanks to Diana Rang, a local Fitness Instructor specialising in exercise for Diabetes, we are able to provide you with some worthwhile exercises – see the attachment to this newsletter. For those of you on Facebook, Janet has posted the exercise videos made by Diana at Diabetes UK Guildford and SW Surrey Group
- The caring nature of society has improved in some ways; I have been contacted by various organisations and individuals asking 'how can we help'. We shall endeavour to make as much use of these offers as we can.

Above all, please try and stay positive, things will improve.

A great example of being positive and getting things done is given in Pat Millar's story below. You could not meet a nicer, more caring couple than Pat and Daphne. They having been helping our cause for many years and we all owe them a big thank you.

### The journey of a lifetime: How CEDAR Centre came into being



It all started on a Saturday in 1976. I had been diagnosed the previous week with Insulin Dependent Diabetes, by a man who became a good friend, Dr Mike Smith. Little did I know where this would take me. Mike suggested I join the Guildford Diabetes Support Group, so I presented myself at the next meeting and found myself installed as the Chairperson. I was also introduced to Geoff Woolley, the Vice Chair, who was to become a lifelong friend and is still, all these years later, filling the role of Vice Chair.

Over the next few years we built a sound support group and I am ever grateful to those who helped—Elizabeth Hillman, Guy and Hazel Barnby, Tony Fanning, Jenny Perry, Wynn Watts, Mike Bowers, Gill Coleman, Christine Thorpe, Hilda Woolley. If I have missed anyone out I am truly sorry. So many people have worked to make our group the success it is I am bound to have missed someone. We worked tirelessly to raise funds to support the local diabetic population and held regular meetings.

And then we decided to launch an appeal to raise money for a

#### **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*



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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dedicated diabetic centre. This idea was the brain child of my wife, Daphne and was developed in the kitchen!

The start up committee consisted of the President, Dr Mike Smith, myself as Chair, Daphne, Jackie Patterson and Joy Davis. Finally the day came to launch the appeal - May 5th 1989. Little did we know what lay ahead.

We started raising the money by sponsoring a group of people who wanted to enter the Three Peaks Yacht Race. After that we tried every possible way to increase funds, shows, quizzes, dances, sponsored walks and runs until we had raised £100,000. We suddenly found that raising money was more difficult; interest rates were falling and income was reducing and all the hard work we did enabled us just to break even. Finally, Dr Mike Smith was about to hang up his instruments and a replacement was required and Professor David Russell-Jones became our President. Not only was he a superb Doctor but he had the ability to raise funds at a higher level. Money rolled in and before long we were watching the building going up. A beautifully designed timber building, made to look nothing like a hospital, where people can relax while receiving treatment from a multi-disciplinary team, all in one place.

Finally the great day was upon us, Monday 7th February 2005. The great and the good descended on the hospital for the opening by HRH Prince Andrew.

This really brings a fascinating period of our story to an end. The branch lives on and I'm sure it will go on to achieve even greater results. I, however, will sit and give others the chance to do great things. We are proud of what we have achieved and when I have to go, as I will, I will go knowing that I've left something of value for those who follow.

I would like to express my sincere thanks to the people without whom I could not have achieved any of this, Brian Davey and his wife, Carol, Roy Johnson, Julie Grist, Lesley Taylor, Ian Allen, Allan Williams and his wife Janet. Finally I would like to thank my wife, Daphne without whose valuable support nothing could have been done.

*Pat Millar*

## Stop Press

Sadly, we have decided that we can't hold any more meetings this year.

The first one next year was due to be on Monday, 1st February, that's also looking unlikely. It's too early to tell yet but we'll let you know as soon as we can.

