

NEWSLETTER

From the Chair

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Flu jabs and updates on Covid-19

A reminder to all to book your flu jabs, if you haven't done so already. Flu jabs are free to those who have a long term health condition, are over 65 or are pregnant. Flu can be serious for anyone with a long-term health condition as they are more likely to develop complications.

Please also find the [latest information on Covid-19](https://www.diabetes.org.uk/about_us/news/coronavirus) at https://www.diabetes.org.uk/about_us/news/coronavirus including information on hospital and GP appointments.

World Diabetes Day

Saturday 14th November is World Diabetes Day.

Please see the presentation at

https://www.diabetes.org.uk/get_involved/world-diabetes-day

with all the information on the World Diabetes Day theme and how we're asking people to get involved by taking small actions. The presentation also has information on the materials that are available to download and order from the shop.

You could also get arty and create a window display for World Diabetes Day. Think blue lights in the window and eye-catching posters. Use any crafty bits you have at home.

You can decorate the hashtag #AllTogether, or perhaps even write some words of advice, support or what living with diabetes means to you.

Now we're locked down again - we may just start thinking about food and drink

Diabetes UK has a good range of books on food, drink and eating well with diabetes. If you have access to the internet you can have a look at them online and order them or you can phone the shop on 0800 585 088.

Here are a few:

- Quick cooking for Diabetes by Louise Blair and Norma McGough £6.99
- Phil Vickery's Ultimate Diabetes Cookbook £19.99
- The Essential Diabetes Cookbook by Anthony Worrall Thompson £18.99

And there are some free guides which we can send to you.

- Enjoy Food. Helping families with diabetes shop, eat and cook.



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.

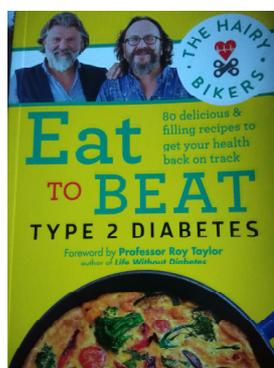
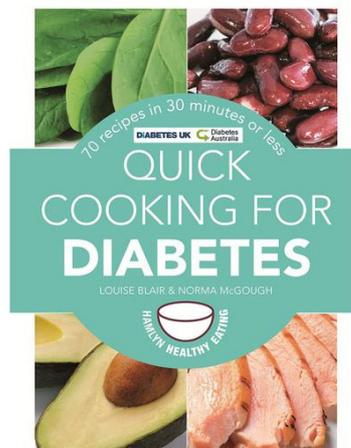
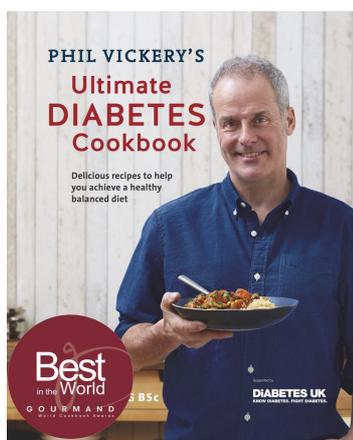
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- Food labels made easy

And the guides for Type 1 and Type 2, Everyday life with Type 1 diabetes or Everyday life with Type 2 diabetes both have good sections on food. Just contact the editor, Julie Grist, by phone or email and we will post them to you.

And don't forget, you can also get books on food for people with diabetes in book shops often at good discounts. Christine Fazey found the Hairy Bikers 'Eat to beat diabetes' at the Works recently reduced from £12.99 to £5.



Stop Press

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 extremely unlikely but it's too early to tell yet. We'll let you know as soon as we can.

