

# South West News

Spring 2011



## Optimist or pessimist?

The proposed changes to the Health Service have been greeted with both joy and derision, often predictably from entrenched positions. Where does Diabetes UK stand?

We look forward to more resources to the front line, lower management costs, greater control at local level and payment for results rather than activity – all very welcome.

We have concerns about the potential for inconsistency of care and whether the input from patients will be strong enough to count.

Half empty or half full, the NHS changes glass is here and Diabetes UK is working hard on your behalf to keep the balance right.

Nationally, we are engaged at the highest level, monitoring the process and working, with other health charities, to get the best system for your care and treatment.

Spearheading this activity is our new Chief Executive, **Baroness Barbara Young.**

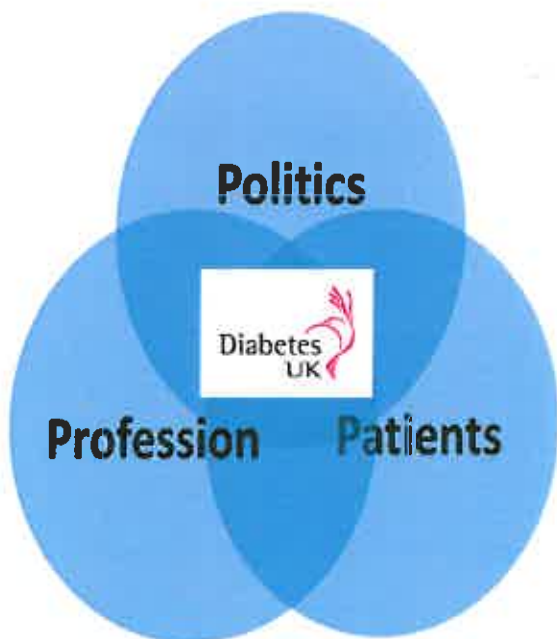


Barbara brings a wealth of experience to the organisation, and believes that diabetes is one of the most important health issues facing the UK today, and that the work of Diabetes UK is crucial in making a real difference to the lives of people with diabetes.

Under her leadership, we will develop our three priorities of:

- Quality care for all
- Healthy Lifestyle & Prevention
- Research for a better life

These will form a series of nine projects that will focus our limited resources to maximum effect. Expect to see us working harder and smarter to raise the profile of diabetes, improve care for those living with it, and hasten the ultimate goal of a world without diabetes.



Locally, our volunteers sit on diabetes network meetings putting the patient's perspective into care planning – and they are taken very seriously by the professionals.

## Raising our game in the region

At the Regional Volunteer Conference I spoke of our aims for Diabetes UK in the South West, which are about:

- *Raising Awareness of Diabetes*
- *Raising Diabetes UK's Profile*
- *Raising our Impact on Diabetes Care*
- *Raising Funds to expand*

and since then....

To augment the work of our small team we will be recruiting two key volunteers to increase our **media coverage** in the region and to greatly expand our regional **website** – please read on for more details.

Keeping in touch with 14 **Primary Care Trusts** has been a challenge. I will now also be working with the corresponding **Public Health Authorities** who take on responsibility for diabetes prevention, and with the 20-plus 'Pathfinder' **GP Consortia** who will be commissioning diabetes treatments.

Following the **Summit on Diabetes** arranged by Torbay MP Adrian Sanders I am looking at ways of increasing the role of pharmacists, podiatrists and others in education about and early identification of diabetes.

Working closely with NHS Diabetes and the Paediatric Network we will be carrying out a survey and focus groups across the region to review the care **children and young people** with diabetes are receiving.

Together with the local Voluntary Group and Service User Rep I am supporting a **pilot project** with 8 surgeries in Swindon to improve patient care.

We now have a regular space on the curriculum with **student nurses** at Oxford Brookes University in Swindon.

So there is plenty to do and we appreciate all the support you can give in whatever way you can.

Please read on.

## **Graham Cooper**

Regional Manager  
Diabetes UK South West

## **Volunteering at the heart of Diabetes UK**

The first Diabetes UK South West Regional Volunteers Conference *Let's 'Get Serious' about diabetes* held on Saturday 23 October recognised the importance of the role of our volunteers and their achievements across the region. The day was a resounding success, informative and enjoyed by all. There were 120 people at the conference including members of voluntary groups, individual volunteers, fundraisers and Diabetes UK regional staff members, representatives from the Executive Team and the Board of Trustees, including Richard Lane, President of Diabetes UK.



Presentation by Richard Lane to delegates



Richard Lane and The South West Regional Team

A series of talks were presented on topics including Research and an update on the work of Diabetes UK, including our achievements in 2010 and how we are responding to the challenges in these uncertain times.

We are now looking forward to the next volunteering conference, *A Strong Voice* to be held on Saturday 1 October. Further information will be available on our website soon.

# Volunteering News

## New Volunteer Roles

This year Diabetes UK South West are recruiting some office volunteers to support the regional members of staff in the office in Taunton. All of the roles will be advertised on our website so please do have a look and get in touch with us if you would like further information. We are currently looking for a Media Volunteer and a Volunteer Website Editor as well as Event Volunteers to help us raise awareness of diabetes across the region.

## Is one of the new Voluntary Groups coming to your area?

We are launching new Support Groups in Bath, Cheltenham and the Blackmore Vale region of North Dorset. If you would be interested in attending any of these group meetings or would like to assist in running the groups please call Emily on 01823 324 007.

## Balance Buddies

Taunton and District Voluntary Group launched their Children's Group on Sunday 6 February with a Ten Pin Bowling spectacular.

The group, named Balance Buddies has got off to a fantastic start and there were around 50 children who attended with their parents, carers and supporters. If anyone would like further information about Balance Buddies or any of our other support groups across the region please contact us on 01823 324 007.



First meeting of the Balance Buddies

## Diabetes Education Day

A Diabetes Education Session was held at Weymouth Training College on 14 December 2010, hosted by the West Dorset Voluntary Group. It was aimed at newly diagnosed people with diabetes and was attended by about 40 people. A range of topics associated with living with diabetes were covered.



Henry Bartlett Chairing & The Registration Desk

The session was chaired by Henry Bartlett, and speakers included Sandra Hood, Diabetes Dietician from the Dorchester Diabetes Centre, Elaine Adams, Diabetes Specialist Nurse, Laura Barnett, Community Pharmacist and John Yonwin, Exercise Instructor from Age UK.

Feedback was extremely positive and all found the day informative and extremely beneficial.

## How to Get Involved

There are lots of ways of getting involved and supporting local Voluntary Groups, if you think this would be of interest to you please get in touch with us for more information and contact details of your local group. Details can also be found on our website at

[www.diabetes.org.uk/Get\\_involved/Supporting-each-other/Voluntary-groups/](http://www.diabetes.org.uk/Get_involved/Supporting-each-other/Voluntary-groups/)

## Sainsbury's customers dig deep for diabetes in Exeter

Members of the Exeter and District Voluntary Group held a very successful collection at



Sainsbury's in Alphington on Saturday 8 January.

Many customers were extremely generous.

Pictured are Margaret Whitfield and Tom Epton, who helped to raise a grand total of £284.72.

## Local Diabetes Support Group Say Thank You for 20 Years Service

The Nailsea, Backwell & District Diabetes Support Group said thank you and farewell at their AGM to Roger Strickland and Jill Lewis both of whom had been on the Group Committee for more than 10 years.



Above pictured left to right: Gordon Hayton, Jill Lewis, Roger Strickland and Barbara Harris.

### Laser Quest Day for Children

The Mendip Voluntary Group are organising a Laser Quest day for children with diabetes on Sunday 15 May 2011 from 2pm at Laser Quest Swindon ([www.lgswindon.co.uk](http://www.lgswindon.co.uk)). Exclusive use has been given to the Diabetes UK Voluntary Group. The session costs £5 per person and limited spaces are available so please book early. Please make cheques payable to "Diabetes UK Mendip Voluntary Group" and send to Dave Sprinks, 54 Longleat Road, Holcombe, Radstock BA3 5DY (01761 239221).

### Speaker Scheme Training Thursday 17 March

Are you passionate about making sure that more people know about diabetes? Are you often invited to give talks about diabetes to local groups in your area? Would you be interested in getting involved in promoting Diabetes UK? If you've answered 'yes' to any of these questions then this training is for you. For more information please contact us.

## Raising Awareness

The **Diabetes UK Roadshow** will be visiting three locations in the South West region including Bristol.



The Bristol Super Roadshow **LOTTERY FUNDED** on 20 and 21 April 2011 is one of 35 Roadshows funded by a Big Lottery grant. These Roadshows have been funded by a grant of £414,000 from the Big Lottery Fund.

Diabetes UK is also funding Super Roadshows in Bournemouth (13-14 July) and Gloucester (13-14 September). If you would like to volunteer at any of the Roadshows please do let us know.

### 'No Through Road' for Regional Vehicle

The Regional Vehicle programme outlined in the last edition of South West News is not going ahead. For this project to be viable we would need far more places around the region where groups and individuals are able to make full use of a vehicle, and it became clear that we are not yet in that position.

However, we will be building up our awareness-raising capacity this year by training more volunteers to go out and lead or support events.

All of the staff team, and some volunteers, will soon be trained to conduct Risk Assessments and whenever possible we will attend to support any groups or individuals undertaking awareness-raising events out in their community.



**A huge thank you to all of you who helped us raise vital funds for Diabetes UK in 2010. We have had many success stories, but here are a few highlights....**

### **Ho ho ho it was a lovely sight!**

It was an amazing sight to see 500 Santa's running, jogging and walking through the City Centre of Plymouth on Sunday 5 December. The event was organised by the Rotary Club of Saltram to raise money for Diabetes UK, Children's Hospice South West and local Rotary Children's Charities.



A week later on Sunday 12 December over 100 Santa's and his little helpers ran across the iconic Clifton Suspension Bridge. Adults, children and dogs turned up for the second annual dash. The events combined raised almost £8,000 for Diabetes UK and the money is still coming in.

### **Bristol Zoo**

On Sunday 10 October we held a day at Bristol Zoo for children with diabetes, their siblings and parents from across the region. 33 families attended, which included 73 children, it was a great day out and allowed children with diabetes and their families to meet other families who understand the condition. The event was funded with trust money from the Radcliffe Family who made this event possible so thank you.

### **Running Events**

Our year started with the Bath Half Marathon and the Bristol 10k and ended with the Bristol Half Marathon, which had our biggest number of runners. These runs raised over £8,000 so thank you to all of our runners.

### **Maggi's Marathons**

In August, 21 year old Maggi Broadbent from Dinnington, Hinton St George ran 14 marathons in 14 days to raise awareness.



Maggi ran 26 miles every day for two weeks and despite not being a particularly strong runner she raised an amazing £5,560.65 for Diabetes UK.

Maggi decided to start fundraising for Diabetes UK after discovering one of her close friends, Rosie Allan, has Type 1 diabetes. Up until that point Maggi had little knowledge about what diabetes was and it wasn't until the pair moved in together that she realised how serious the condition can be.

### **Ryan Boyd's Big Fight for Diabetes UK**

Bristol mortgage adviser Ryan Boyd, 25, and nine of his London and Country Mortgages colleagues raised £8,595.09 for Diabetes UK



after a bruising night of boxing, British Army band music and busted shoulders at Bath Pavilion on Friday 16 July.

Six years ago at the age of 64 Ryan's granddad died of diabetes complications and this is what prompted Ryan to organise the fundraising fight. "While growing up I only ever knew him being ill and taking medication. Always a very proud and very strong man, I never knew to what extent he was ill until I got older and had a better understanding," explains Ryan.

### **Adopt a project**

Adopt a project has raised a fantastic £24,000. Thank you to all of our groups and individual supporters who have contributed:

- Angela Lodge
- Irene Warman
- Swindon Voluntary Group
- West Dorset Voluntary Group
- SKYD
- South Gloucester Voluntary Group
- North Devon Voluntary Group
- Bristol Voluntary Group

### Charity of the Year

The St. Aldhelm Masonic Lodge Number 2888 raised a wonderful £4,766.30 for Diabetes Research. The Worshipful Master for 2009/2010, Rev. Richard Maslen chose Diabetes UK as his charity of the year and the money was raised through a variety of events such as a garden party.

The cheque was presented to Zoë at the Old Bell in Malmsbury by Richard and members of the Lodge.



**Top 2 Toe Day Spa** in Newquay raised over £2,000 for Diabetes Research from their Spring Ball. Thank you to Tara and all the team for such a wonderful evening.



### Coming your way in 2011

We have lots of exciting things happening in the South West this year. See our enclosed events calendar for details of what is going on and how you can get involved, especially during Diabetes Week.

If you would like any further information about fundraising please contact Zoë Steer or Emma Munslow in the South West office.

**Thank you to all for your support**

## 'Best Practice in Changing Times'



### Diabetes in the South West Professional Conference 2011

Over the last few years the healthcare professionals in the region have valued the Regional Professional Conference and it was greatly missed last year when regional offices were not able to arrange one.

This event has been a great chance for our medics to learn from each other and share best practice through talks and workshops on key subjects.

We are very pleased to announce that these events are continuing from 2011. We are working closely with NHS Diabetes and a steering group of professionals to plan the programme, and Novo Nordisk have fully funded the meeting which will take place on 19 October at Sandy Park, Exeter.

**If you are a healthcare professional** and would like more information contact Diabetes UK South West by email: [south.west@diabetes.org.uk](mailto:south.west@diabetes.org.uk) or telephone 01823 324007

## GOING ELECTRONIC! - -

We have enjoyed sending out South West News three times a year. It's been a good opportunity for us to review things that have happened, for you to share your volunteering and fundraising successes and to let you know what's coming up.

However a time for change has come and you now have the chance to select how you want to receive the South West News.

Instead of a paper South West News, we will be going electronic, sending out an email bulletin linked to a greatly improved South West section of the Diabetes UK website.

On these you will be able to find:

- The news and pictures you send in from groups and fundraising events
- Up-to-date information about our activity in the region
- Volunteering and fundraising opportunities
- Forthcoming events

Plus for those receiving the newsletter in electronic form it will once again be in colour format, something that had stopped with the paper version to reduce costs.

Below are a few questions you may have regarding the new arrangement:

### **If I have email what will I get?**

Three times a year you'll receive a brief email bulletin with summaries of key regional news, plus links to the Diabetes UK website for more detail.

### **When will it start?**

The first 'e-bulletin' will go out in May. We will soon be recruiting a volunteer with the skills and time to work on our South West website and make it more useful and interesting.

### **What if I don't have email or internet?**

The number and proportion of supporters who have no access to email is small and steadily declining, but we will continue to provide regional news by post as long as there is a

## Important announcement about South West News

demand. A slimmed-down version of South West News will go out at the same time as the email bulletin to any who requests it.

Voluntary Groups may want to print off copies of the e-bulletin for distribution locally.

### **What do I need to do? Email/Paper version**

To receive your thrice-yearly email bulletin please provide your email address overleaf.

If you do not have access to email you can request a slimmed-down version of the South West Newsletter, simply tick the box overleaf and return the completed form to us.

### **What if I do nothing?**

You can still keep up to date with all the news and events by looking at either our Regional Website [www.diabetes.org.uk/south\\_west](http://www.diabetes.org.uk/south_west) or by looking at the Diabetes UK website at [www.diabetes.org.uk](http://www.diabetes.org.uk)

You will continue to receive other information from Diabetes UK (Balance magazine etc), but South West News will no longer be sent and you won't receive either email bulletins or the paper summary.

## You definitely need to opt in.

### **Volunteer Website Editor**

This will be advertised soon on our website, but if you or someone you know have website design skills and may be interested please let us know so we can send details.

# South West News

Spring 2011



## Please send me information on the following

(please ✓ the appropriate box(es) and either fax back to **01823 324 550** or send to **FREEPOST RRBX-SKJJ-SSJT, Diabetes UK South West, Victoria House, Victoria Street, Taunton, Somerset TA1 3FA** (no stamp is needed, but using one saves us money))

<input type="checkbox"/>	Please send me future South West News Letters by email. I am happy for Diabetes UK to contact me by email. <b>My email address is :</b>
<input type="checkbox"/>	I wish to receive the South West News in paper format
<input type="checkbox"/>	Golf day - Friday 20 May
<input type="checkbox"/>	South West Coast Path Challenge - Sunday 5 June
<input type="checkbox"/>	Diabetes Week Pack
<input type="checkbox"/>	Walk the Extra Mile - Paignton - Sunday 12 June
<input type="checkbox"/>	Swimming Challenge – Taunton - Sunday 19 June
<input type="checkbox"/>	Music for a Summer's Afternoon – Sherborne – Sunday 26 June
<input type="checkbox"/>	Forest of Dean Hummingbird Bike Ride – Sunday 10 July
<input type="checkbox"/>	Haldon Forest (Exeter) Hummingbird Bike Ride – Sunday 17 July
<input type="checkbox"/>	Fundraising or organising my own event for Diabetes UK. Please send me a fundraising pack.
<input type="checkbox"/>	Becoming an Event Volunteer
<input type="checkbox"/>	My nearest Voluntary Group
<input type="checkbox"/>	I would be interested in volunteering for Diabetes UK

Name

Address

Postcode

Telephone

Email

*Diabetes UK takes data protection very seriously. We promise we will not pass your details on to other organisations. If you do not wish to receive further mailings from Diabetes UK about our work and that of our trading company, please tick the box*

*I am happy for Diabetes UK to contact me by email*

## The charity for people with diabetes



Victoria House, Victoria Street, Taunton, TA1 3FA

**Telephone** 01823 324 007 **Fax** 01823 324 550

**Email** south.west@diabetes.org.uk **Website** www.diabetes.org.uk

A charity registered in England and Wales (no. 215199)

and in Scotland (no. SC039136)

© Diabetes UK 2011