

# The Northampton Area Group Newsletter 2011

Diabetes UK Voluntary Group Newsletter. Issue 25

**[www.northampton.diabetesukgroup.org](http://www.northampton.diabetesukgroup.org)**

Our next Group meeting will be on **Tuesday, September 6<sup>th</sup>** when **Dr Jonathan Rippin**, Consultant Physician at Northampton General Hospital, will talk about **“What Causes Diabetes and its Links with Other Conditions”** – 7.30pm in the Cripps Postgraduate Medical Centre, Northampton General Hospital. Hope to see you there!

We have been pleased to see good attendance at meetings this year welcoming newcomers as well as ‘regulars’. Richard Lane OBE, President of Diabetes UK, gave us an insight into his role in the charity and also his personal experience of pancreatic transplant. Mr Gopi Reddy, Consultant Ophthalmologist gave a very interesting talk about “Diabetes and the Eye” answering many questions. Mr Reddy showed great understanding and empathy in relation to the implications of Diabetes and eye problems. In June Eileen Richardson, Senior Diabetes Specialist Nurse, again shared her expertise and knowledge relating to “Insulins, Meters, Pumps and Pens” answering many questions and clarifying issues. We are extremely fortunate to have the support and commitment of these experts giving us the benefit of their knowledge in their free time in addition to the excellent care and support they provide in their work.

## **DIABETES OPEN DAY 2011**

**WHEN?                    SATURDAY, OCTOBER 1st**

**WHERE?                ST GILES CHURCH ROOMS,  
ST GILES TERRACE, NORTHAMPTON NN1 2BN**

**TIME?                    9.30am – 12.30pm**

The aim of the day is to provide information to people who have Diabetes and anyone involved with or wishing to learn about the condition. The Diabetes Specialist Nurses, Diabetes Dietitian, Diabetes Footcare Team, Research Team and Retinal Screening Team will be there to give advice and answer your questions as well as many people who have lived with the condition, some of whom for many years. We are extremely fortunate that Northampton Diabetes Team are prepared to give up their Saturday to support us all in this way.

We will be holding a Raffle and Tombola to help cover the costs of the event. Any suitable prizes can be given to Sheila Hill, Rosemary Sloper or any committee member – why not bring them along to the Group meeting on September 6<sup>th</sup>? Coffee and Tea, Diabetes UK literature and Diabetes UK Christmas Cards at reduced prices will be available.

To help with advertising there are two posters for the Open Day with this Newsletter. Please can you display them in your locality, at your place of work, clubs, on village and community centre notice boards, local shops etc – **anywhere that the public will see them?** I have more copies available. Please feel free to photocopy. Please spread the word and encourage people to come along.

**Doctors’ surgeries will be circulated separately.**

# 41<sup>st</sup> ANNUAL GENERAL MEETING

The 41st Annual General Meeting was well attended on March 8<sup>th</sup>. Dr Fox was once more elected unanimously as President. He thanked the officers and committee for the work they do and especially for providing support to Group members and each other. Dr Kilvert was elected Vice President. Dr Fox thanked John Walton for his work as Chairman and proposed that he was re-elected – unanimously agreed. The Chairman thanked Drs Fox and Kilvert and all the Northampton Diabetes Team for their support. We are extremely lucky and unique to have such support for the Group, something experienced in only a very few Voluntary Groups in the UK. Geoff Hull had resigned as Vice-Chairman. He was thanked for all his hard work as a committee member for over 12 years, especially his commitment to helping with the Grendon Weekends, the Christmas Party and Box collections. If something needed doing Geoff could always be relied upon. John gave Geoff a token and his wife Chris a plant with our best wishes for the future. John thanked the Secretary as the fulcrum of the Group for her hard work along with the Treasurer and committee. During 2010, £6,000 had been sent to headquarters to support our ‘Adopted’ research projects. More money was available to send but we were awaiting the new list of available projects from headquarters. John congratulated and thanked Julie Lawrence for all she does with her helpers for the Children and Parents for both the Grendon Weekend and Christmas Party. He thanked Sheila Hill and Rosemary Sloper for organising the Raffles at meetings and those who had kindly donated the prizes. He thanked the committee for their support and as they and all the officers were willing to stand all were re-elected. Sandra Thompson, Mary Lariman and Pat James also agreed to join the committee.

The Treasurer presented the audited Accounts. Whilst both the General and Children’s Accounts had healthy looking balances only a very small amount of interest was being received due to the recession. As Diabetes UK does not have a corporate sponsor this year there would be no grant available from headquarters towards Grendon this year. The committee had contacted local charities for financial help towards the weekend.

Dr Kilvert gave an interesting update about ‘What’s happening in Diabetes Locally’. The changes to the Retinal Screening Service were now working well and national targets were being met. Monthly meetings of the Northamptonshire Diabetes Implementation Group with representatives of the PCT, Commissioners/Purchasers of services, Consultants, GPs, Diabetes Specialist Nurses, Dietitians, Footcare Team, and Practice Nurses from Northampton and Kettering were being held to implement the new Countywide Diabetes Care Pathway. The Secretary attends as Patient Representative. Since the Pathway was launched in July 2010 progress in its implementation had been frustratingly slow. At last money was now being released, job descriptions were written and it was hoped advertising would start soon. The service would provide more expertise within GP surgeries for Diabetes but it was emphasised that those patients who needed the specialist expertise of the hospital team would still be referred.

Our thanks to Dr Kilvert for a very interesting talk and for her commitment to trying to ensure that the appropriate level of care for people who have Diabetes is available in the Northampton Area.

We adjourned to the Diabetes Centre for Wine and Cheese - our thanks to the committee for serving same and clearing up afterwards.

For those receiving this newsletter via a mailing from Headquarters, please contact the secretary for a copy of the whole year’s programme card. If you are reading the Newsletter for the first time and wish your name to be added to the Northampton Area Group Mailing List, contact the secretary:- 01604 847413

# **THE YOUNG FOLK**

Another very successful weekend was held at Grendon Hall in May. 52 families and helpers were resident from Friday evening until after lunch on Sunday, whilst others came as day guests on the Saturday. There were 109 people present on Saturday. The children enjoyed sporting activities supervised by the Grendon Staff and our volunteer helpers whilst the parents attended a programme of talks and workshops by the Diabetes Paediatric Team and Dr Kilvert. There were Craft activities for the younger children.

Our very sincere thanks and congratulations to Julie Lawrence once more for her meticulous organisation and preparation - she puts in a phenomenal amount of work for this group - and to Rosemary, Anne, Andy, Beth and Richard who were also resident for the whole weekend - they never stopped! All Safeguarding regulations as stipulated by Diabetes UK are strictly adhered to at all times. This means a small army of volunteers are needed to look after the children, the staffing ratio dependent upon the age of each child. We are most grateful to all those volunteers – it is wonderful to see young adults who have diabetes and their partners and also adults who have attended weekends in the past now volunteering as helpers as well as Julie’s family whom we have seen grow up.

The feedback from the weekend was very positive, the families expressed their thanks verbally and Julie has also received several email and letters.

For the previous 2 years we have received grants from headquarters towards the cost of the weekend. As Diabetes UK does not have a corporate sponsor this year no grant was available. We have been very fortunate to receive some sponsorship from a local charity and Trust and also a couple of generous donations from parents.

The number of children having Diabetes is increasing and is reflected in the numbers of those families attending the Grendon Weekend and the Christmas Party. The facilities at Grendon are excellent and the benefits of the weekend are very positive. We are always grateful for any donations towards the Northampton Area Group Children’s Fund so that the weekend and Christmas Party can continue. Please contact the Secretary if more information is needed.

Julie is now busy arranging the Christmas Party!

## **PROGRAMME**

### **2011**

**Tuesday, September 6<sup>th</sup>**                      **‘Causes of Diabetes & its Links with Other Conditions’**  
**Speaker: Dr. Jonathan Rippin–Consultant Physician, NGH**

**Saturday, October 1<sup>st</sup>**                      **DIABETES OPEN DAY    9.30am -12.30pm**  
**St Giles Church Rooms, St Giles Terrace, Northampton NN1 2BN**

**Tuesday, November 15<sup>th</sup>**                      **‘Highs and Lows – Hypers and Hypos’**  
**Speakers: Drs. Charles Fox & Anne Kilvert,**  
**Consultant Physicians, NGH**

### **2012**

**Tuesday, January 31<sup>st</sup>**                      **‘Any Questions’**  
**Come and ask a panel of experts your Diabetes related questions.**

**All meetings are held in the Cripps Postgraduate Medical Centre, Northampton General Hospital at 7.30pm on a Tuesday unless otherwise indicated. Admission is free of charge and everyone interested in Diabetes is welcome to come along. Look forward to seeing you there!**