



Tracy Lee
Chair
Tracy's son, Will, was diagnosed with type 1 diabetes and coeliac disease when he was 2 1/2.



Nicki Spilman
Treasurer and Secretary
Nicki's daughter, Alice, was diagnosed with type 1 diabetes and coeliac disease when she was 2.



Denise Freeman
Committee member
Denise's son, Matthew, was diagnosed with type 1 diabetes nearly two years ago; joined the committee to find out information to support him.

Tina Griffiths
Committee Member
Only joined the committee 2 weeks ago! More details to follow



Simon Hanson
Committee Member
Simon was diagnosed with type 1 diabetes. Recently Simon has been reclassified type 2.



Annabel Hirsh
Committee Member
Annabel was diagnosed with type 1 diabetes 30 years ago and with coeliac disease 3 years ago.



Andy Miles
Committee Member
Diagnosed with type 1 diabetes in 2005. In 2010 reclassified as type 2.

Social Networking



For more information go to www.diabetes-stourbridgeanddudley.com

Schedule of Events 2012

General Events

These events are open to everyone, of all ages, whether they are affected by diabetes or not! Please come along, bring your family and friends and join in the fun!

Sunday 15 July	Thursday 10 November
Stourbug Bike Ride Swindon Cricket Club	AGM and Quiz Night David Lloyd Leisure Club
Details to be finalised; update nearer the time	AGM - 7.15pm Quiz - 8.00pm

Informal get togethers

No agenda, no speaker, just meet up for a curry and a chat.

For adults with diabetes and their partners / carers

First meeting will be at 8pm on

Tuesday 6th March

at

Zingaz
High Street
Kingswinford
DY6 8AW

with following meetings on

Monday 14th May
Wednesday 4th July
Tuesday 9th October

This restaurant is licensed however there are no parking facilities. You may be able to park nearby

For parents or carers of children with diabetes

First meeting will be at 8pm on

Monday 23rd April

at

Balti Bazaar
1a Pedmore Road
Stourbridge
West Midlands

with following meetings on

Tuesday 12th June
Wednesday 19th September
Monday 3rd December

Please note that this restaurant is unlicensed but you are welcome to bring your own beer/wine etc.

(Children do NOT attend these events)

Hope you can join us!

To reserve a place please contact us via:
email info@diabetes-stourbridgeanddudley.com
or leave a message on 07985 788123

Testing Times is published by the Stourbridge, Dudley & District Voluntary Group of Diabetes UK.

The views expressed are those of the individual authors.

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Diabetes Support Group
Stourbridge, Dudley & District

Testing Times

February 2012
Number 18

AGM and Quiz Nite

Our AGM and Quiz Night last November was a huge success, when over 100 people turned up to face the Quiz Master's challenge. Once again, a big 'Thank You' to **Securahome** for sponsoring the evening. Teams from 2-8 people took part, with spot prizes being handed out along the way.



The winning team took away a cash prize and the losers were awarded a wooden spoon!

The feedback we have received has been very positive, so we are intending to hold a similar event in November – see the Events listing on the back page. We are hoping this will become our big annual fundraising event, so please put the date in your diaries and bring a team along!



Fun Bike Ride

Our Fun Bike Ride took place again in June with around 180 people taking part. As usual, several routes were on offer from 10 miles around the local area, to the more energetic 60 miles, taking in several pretty villages along the way.

Overall we raised £2,700, but a special mention has to go to Daniel, pictured right, who raised a staggering £942.50 in sponsorship on his own by riding the 10 mile route! He certainly made a huge difference to the day, and definitely made the whole event worthwhile.

See our Events page for details of a new ride for this year, which is being organised by Stourbug in support of our Group.



Daniel raised a huge amount by cycling the 10 mile route – well done!

Calendar Girls

One of our Mums, Gail, whose daughter has type 1 diabetes, organised a group of friends and produced a calendar to be sold in support of our Group. We are very grateful for all their hard work in putting this together, as they have done this in their own time. As yet we don't have a final figure but we will update you in our summer bulletin.

Group News

As many of you already know, we did not have a good year in 2011 in terms of attendance at the events we organised, so the new committee has decided to refocus its efforts and offer support in a different way.

We are introducing informal 'Curry Evenings'; one will be aimed at parents/carers of children with diabetes, and the other will be for adults living with either type 1 or type 2 diabetes (i.e. adults with the condition as well as those living with/caring for someone with diabetes). The dates are listed on the Events page at the back, but in general the get togethers for parents will be held at Balti Bazaar in Lye, with the others held at Zingaz in Kingswinford. Please keep an eye on our website though just in case we have to change the venue(s) for any reason. By the way, for those of you who aren't curry lovers, both restaurants offer a selection of English food options too, so there should be something to suit everyone.

Last July the Fun Bike Ride took place for the last time in its usual format, and once again we must express our sincere thanks to Sally Renny for all her hard work over the years with this event. For the keen cyclists among you, please keep an eye on our website for further details of a new ride being organised by Stourbug in support of our Group which will take place on Sunday 15 July. Finally, due to the huge success of our Quiz Night we will be holding a similar event on Thursday 10 November.

Although the number of our own events has significantly reduced this year, we intend to support the Specialist Diabetes Nursing Teams in terms of financial assistance and by having a presence at their own events, which we hope will be beneficial to us all.

In order to keep costs down we will send out regular email reminders, so please ensure that if you have an email address that we know about it. Having said that, we know that not everyone has access to the internet so we will be mailing out updates later in the year too. In the meantime, keep supporting us and we'll keep supporting you!

Tracy

Tracy Lee - Group Chair

DIABETES VOICES

Do you want to raise your voice and make a difference to diabetes services and care?

Help Diabetes UK change lives and futures by joining Diabetes Voices. They work hard to make sure every person with diabetes, whether Type 1 or Type 2, wherever they live in the UK, gets the best treatment and services.

Your experience of living with diabetes is vital to their work to improve diabetes services and care. The support, training and information you'll receive will help you make a real impact.

Getting involved can be as quick and simple as signing a petition or as exciting as starting your own local campaign. The Diabetes Voices team are there to help. If you have any questions or would like advice on how to get involved, call 020 7424 1008 or email diabetesvoices@diabetes.org.uk

Did you know?

If you find it a struggle to cover the cost of attending a Diabetes UK, or any other diabetes related event, you can apply to our Group for financial support. This can relate to day courses, family weekends, children's holidays etc.

Diabetes – what care you should receive

There are 15 essential health checks and services every person with diabetes should receive to stay healthy.

Enclosed with this newsletter is a copy of the 'Diabetes – what care you should receive' leaflet, produced by Diabetes UK.

This lists the 15 key areas of care that every person with diabetes should receive across the country. Please have a read, and if you feel you are not receiving the appropriate level of care then please contact your GP, specialist diabetes nurse, or consultant as soon as possible.

Group's Donation to Research

We were proud and pleased to be able to donate **£5,000** this year towards funding research projects in the Midlands area.

This is only possible as a result of the kind donations received and money raised throughout the year.



Treasurer, Nicki Spilman, presenting our donation for research to Peter Shorrick, Diabetes UK Regional Manager

Donations received during 2011

We would like to express our sincere thanks for the following donations received during the past year. Every penny goes towards supporting people living with diabetes in the local area.

In Memory

- Anne Baker
- Shaun Bate
- Trevor Davies
- Peter Homer
- Robert Horner
- Hilda Jones
- Johanna Jones
- Arnold Lester
- Roger Lucas
- Violet Nicholas
- Henry Poole
- Harry Richards
- Bruce Smith
- Sheila Szlagowski
- Kenneth Vale

Donations

- Thomas Lyn (sponsored event)
- CAMRA (Stourbridge Beer Festival)
- Waitrose (Community Matters)
- Halesowen Rotary
- Alec Griffiths (sponsored walk)
- Mrs Gaskin
- Infinis
- Unite

New look for Diabetes UK

Diabetes UK has had a facelift! For further details of the new branding, being officially launched in February, please see the latest copy of 'Balance' or www.diabetes.org.uk



We are pleased to be working with the local support group of Diabetes UK, and hope the ride in July will be popular and successful for all of us.

With up to 260 members we're the fastest growing, biggest and most diverse cycling group in the area.

We're a friendly group and welcome membership applications from individuals and families alike. Stourbug isn't focused on racing - we just like cycling for health, leisure and pleasure, and take part in many organised events around the UK.

We quite often head out along quiet lanes to the south and west of Stourbridge, and these rides usually include a stop for tea and cake. All rides are at the speed of the slowest rider, but if you feel like you're really slow just say, and we'll point you in the direction of our tortoise group rides!

Contact us at www.stourbug.org.uk



Securahome is jointly run by Adrian Goodaker, who many of you already know as a former Committee member for many years. They very kindly sponsored our AGM and quiz night back in November.

All **Securahome** home security systems are wireless, giving obvious advantages not least in reduced labour costs and unaffected decor. Furthermore, electronically securing areas of your home like sheds, garages, out buildings and gardens, once very expensive and difficult to achieve, is now much easier with wireless technology.

Securahome systems start at just £299.00 and existing systems can be serviced for only £29.95

Our Group has an affiliation with **Securahome**, so should you decide to place an order with them then please quote this code – CH 119/00 – and we will receive a commission based on your purchase. So, as well as securing your property, you would be donating to your local support Group too!

Securahome Wireless home security systems - protecting homes and families in Stourbridge and the West Midlands. **Tel 0800 0 11 22 55**