

Newsletter

22nd November 2018

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We meet in the Diabetes Centre St. Richards Hospital Chichester for 7.30pm. Easy access for wheelchairs. All welcome.

Chichester & District DIABETES UK Group

Know Diabetes Fight Diabetes

Charity Number 215199

Patron Her Majesty the Queen

Our Social Evening fell on a rather cold and miserable wet evening. This probably put a few people off from braving the weather to come along. Unfortunately due to ill health our loyal group from the Wittering's were absent. We wish them all a quick recovery.

Nevertheless we had an enjoyable evening. Ruth did a wonderful job of two quizzes all thought up by herself. It was a change for me to be taking part in rattling my brain for the answers. As anticipated I didn't do very well.

We had a feast of food brought by yourselves and plenty of wine etc. to keep us merry.

Your generosity of raffle prizes was amazing it all goes to making these events a light hearted evening.

Without the kind generosity of the Diabetes Centre for our meetings we would not be able to function.

*Please join me in a big
Thank you all to the
Diabetes Centre.*



As you will see our programme for 2019 is on the back of this newsletter. Please keep in a safe place for your reference. We will be having consultants Talking about 'the importance of good control' and later in the year we will be learning about the newer insulins available and how they work. We will also hear from the bariatric consultant this will be the first time we have heard from her. There will also be a psychologist who can help you through your diagnosis; it is many many years since we heard from this department. Another first is the DSN who will see you if admitted to a hospital ward, not particularly with a diabetes problem but other ailments. Another first is a Specialist Vascular Nurse another 'joy' that can go with diabetes. I am sure we will all learn from these professional people who are giving up their free time to make us aware of the importance of learning and understanding about our diabetes and how to improve our lives and stay well.

It's important that our partners also understand about diabetes so please bring family and friends with you so that they too can be knowledgeable about all kinds of diabetes. After all diabetes can happen to any one of us.....*just like that!*

We think back to the 'Good old days' well I for one do not think that about diabetes. Do you remember those dreadful glass syringe with needles the size of darning needles that had to be boiled. Pork and beef insulin with unpredictable time and length of working. When we had NO idea what our BG's were with once a year blood test and that wasn't even a Hba1c. It's a miracle we managed to survive as well as we have. I suspect for us oldies the delight of neuropathy can be blamed on the lack of the technology that is available to us today.

Remember the first blood testing machines 'portable' as big as a brick and weighed as much and far above most people's pockets to buy. Each tests took minutes whereas now its seconds.

Ah! Yes the good old days for diabetes care are well gone. For me there are no regrets. I love my insulin pump, my meter and most of all my FreeStyle. A variety of insulins are available to suit a variety of people with different kinds of diabetes needs. Our medical team are well trained and willing to share their knowledge with us. All we have to do is ask! And listen! and if not sure ask it to be explained again.

Of course the internet is a wonderful font of knowledge provided you have enough understanding to understand.

**Next Meeting
28th February 2019**