



PO Box 3526
Wolverhampton
WV6 7WW

e-mail www.action4diabetes@tiscali.co.uk
Tel 07752 129214 (please leave a message)

ANNUAL REPORT APRIL 2008 – MARCH 2009.

This is the 4th Annual Report summarising the work of Wolverhampton Action 4 Diabetes and coincides with the 7th Annual General Meeting of the Group.

The group was formed in March 2002 with the aim of raising issues relating to diabetes and its care, organising events for those living with diabetes, but primarily to share information and support to those who have been diagnosed as having diabetes and those who care for them. A small committee, elected at the AGM, runs the group and give their time and talent voluntarily. The group receives no official funding and relies entirely on donations from members, supporters and successful grant applications. The raffle held at each meeting contributes to the cost of providing refreshments and the group donation box and the occasional bring and buy event helps with the cost of sundry expenses.

Membership

We have again reviewed our extensive membership list and have deleted those registered members who have not attended a meeting for twelve consecutive months, however, we are happy to report some 120 members have attended the group and we have notified all of these members of the date and time of the 7th Annual General Meeting. Membership is free and anyone with an interest is welcome to attend.

Web Site

News of the groups' activities is available on the Wolverhampton Diabetes Centre web site at www.wdconline.org.uk click on local diabetes support groups or news and events and then Wolverhampton Action 4 Diabetes. This web site is now kept fully up to date and the information which is now accessible has been considerably extended. Any alterations in our meeting dates will be posted on this site. You can also contact us by e mail on action4diabetes@tiscali.co.uk.

Fundraising

A bring and buy session held during the January meeting boosted funds together with donations from individual members of WA4D, to whom we are very grateful..

A donation was also received from Dr. Bhupinder Pauer who continually offers her support and to whom we extend our gratitude.

The Academy meal which was organised raised £31.00 for funds.

.A profit of £173.00 was made from the skittles night.

We have received £80 from a sponsored rally from Calais to Rimini thanks to Liz Slater for nominating us. The Tettenhall coffee morning pop in group also raised £191.58p for us. A special thanks goes to Bronwyn Watkins and her team, for organizing and running such a friendly social group and also to our member Joan Yusuf for nominating us as a worthy cause for their kind donation. It is very much appreciated.

Comments from retiring Chair.

As you can see from the title above this is one of my final tasks as the outgoing chair of the group. For those of you who don't know, I only got the position of acting chair by default as no one else wanted to step in, and I was the vice chair at the time. Since that time of crisis, and after being formally elected as Chair, the committee have worked as a well oiled machine to improve and maintain the standards of the group. I can honestly say that it has been my honour and privilege to work with such a lovely group of people who are so keen and enthusiastic, not to say talented ! I know that the incoming chair will enjoy the support of the committee, most of whom are staying on or standing for re-election (including myself). Although the work has been stressful at times and hard work occasionally, it is all worthwhile when you get such positive feedback from our members. Struggling with any life changing condition can be isolating. Knowing that others are there who understand and often have useful tips to share with you in a friendly, informal environment can make the world of difference to your quality of life and feeling of well being, and that's what we are all about.

Looking back

Living with Diabetes Day held at the Connaught Hotel in November last year was extremely well attended and was very informative, unfortunately the venue was considered too small for such a popular event, but thanks are extended to all who participated.

Our programme for 2008/09 commenced with the **6th AGM in April**, this usually attracts many of our members, and the presence of our President is always a special attraction! **May-Karen Ryder from One Voice** talked of the groups' work in the locality. **June-Dr. Bhupinder Pauer/ Brett Healey** are regular contributors to our programme and always provide us with valuable information. **July- Ian Vyles** (Joyces husband) educated us on the pills and potions we all take. **August** –Discussion on Diabetes care whilst in hospital – see separate report on the outcome. **September-Peter Rockett-Optometrist**. Peter is a valued supporter of our group and reminded us about the service that is available in the area. A list of opticians providing retinal screening is available on our notices desk. **October-Julie Jenkins** (Ken's daughter) A talk on the benefits of knowing a little first aid. **November-Living with Diabetes Day**—comments elsewhere in report. **December-End of year party**—Thank you for the donations each year we think it can't get better – but it does!!! **2009-January-Bring and Buy**—the weather was horrible, but still you supported us-many thanks. **February-Malcolm Preece** (Margarets' husband) Malcolm never fails to bring a smile to our faces and don't we just appreciate getting something to smile about!!! **March-Sue Huddard-Chiropractist** – Sue came to speak at very short notice and although some of the pictures she showed us made us all wince, they also made us THINK.

And Forward

Living with Diabetes Day arrangements are now being discussed and Liz Slater represented the Group at the first meeting. The venue this year will be the Holiday Inn, Dunstall.

The new programme is now available – so pick one up and take it away for future reference. We hope we have covered many of your requests and would be grateful of suggestions for future programmes. We are having information cards printed giving our contact details and we hope that these will be widely available in all GP practices so that more people will be able to get in touch with us in the future.

The Diabetes Centre at New Cross will run a Diabetes Awareness Week during June and we plan to have a stand at this event.

Wolverhampton is also planning to celebrate World diabetes Day on November 14th and hopes to organize some fundraising events around that date for the Diabetes Trust Fund, details of which will be announced nearer the time.

Recent Developments

Following discussions at our social meeting in August, about in-patient care at New Cross hospital, a letter to Dr Dev Singh was written highlighting our concerns. We are pleased to report that certain changes have been made in the procedures adopted when dealing with people who have diabetes.

We have highlighted the fact that some people are finding it difficult to obtain Blood Glucose Monitoring test strips from their GP. The situation is now being investigated further by Dr Dev Singh regarding whether the current guidelines need to be amended. In the meantime we continue to support our members who are having difficulties obtaining supplies.

Results from meetings attended.

The committee had a key role in the development and formation of a template to be used by GP's when seeing newly diagnosed patients with diabetes. It is hoped that this will give uniformity of care throughout Wolverhampton as well as providing a written report for the patient to refer to.

We met with Tim Jones, operational manager of the digital Retinal Screening programme for the PCT. Wolverhampton now has 12 optometrists equipped to undertake the screening. Uptake has risen and the screening is going well with appointments within 4 weeks of request.

Tracey Jones came to meet with our group on several occasions to circulate questionnaires regarding Long Term Conditions. She is doing a strategy report from the information gathered which will be reported to the PCT shortly.

Wolverhampton recently held a Diabetes Public Consultation Event at the Molineux Football Stadium. Our group was asked to be on the panel to represent users of the service. It was a well attended event where questions from the floor were put to a panel of experts. Diabetes UK were the hosts of the evening and will be circulating a report covering the evening shortly.

Thank you to

Wolverhampton City Council for allowing us to use the Civic Centre free of charge for our monthly meetings, and to the keepers for looking after us so well and making us feel so welcome.

Our members who have donated cash and/or items so generously for raffle prizes and bring and buy events. Bill McGraw from Roche Diagnostics has supported the Group throughout the year and provided a fabulous prize for our Christmas raffle which was very much appreciated

Our grateful thanks is extended to The Diabetes Trust Fund and Dr.B.D.Singh for their continued support and to the PCT for the valuable contribution made in the professional production of our leaflets this year

The committee members for the huge amount of time given voluntarily during the year for the benefit of the efficient running of the Group.

Sukhy Uppal and Swiis Interpreting and translation Services.

Margaret Preece for her accounting skills.

Cllr Geoff Foster for Auditing the accounts.

Mark Lewis at Medical Illustration New Cross Hospital for his help and advice with the website and printing expertise.

Our President Dr Dev Singh for his continued support.