

# West Dorset Diabetes UK Group

HAPPY NEW YEAR  
**2016**

West Dorset

## New Year and a New Start

It's a new year and we have decided we need a new look. We hope you like it. We have also changed the map we use to show the coverage of our group. This is now in the form of a postcode map that so you can easily identify our area of responsibility.

## 2016 AGM



Our Annual General Meeting will be held on **Wednesday 10<sup>th</sup> February** at the Dorford Centre, Dorchester. The Chair will present a status report on what we have achieved in 2015 and what we aim to achieve in 2016. You will then have the opportunity to elect the 2016 committee. Unless there are new nominations on the night the current committee, as shown on page 2, will continue with the exception of Henry Bartlett who is retiring from the committee. The election will be followed by a talk from members of Dorset CCG on the Clinical Service Review which has been so much in the press recently. Come along find out what's going on and have your say.

## Expanding Our Range

As we took on the responsibility for the Blackmore Vale Group which folded last year, we are expanding our activities into the North Dorset area. As you may see we are attending the Gillingham & Shaftesbury Agricultural Show in the north and the Melplash Agricultural Show in the south west. Both of which we will have a stand and be providing Type 2 Risk Assessments and Diabetes education. We will, of course, have our usual presence at the Dorset County Show.

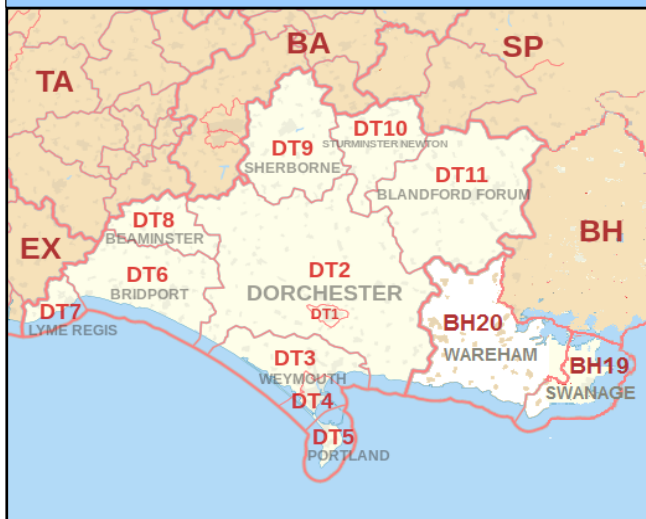
## 2016 Events.

*Unless otherwise stated these will be held at the Dorford Centre, Bridport Road, Dorchester DT1 1RR (opposite the Top o' Town car park) on the 2<sup>nd</sup> Thursday of every other month. Open at 7.00pm for registration, coffee and socialisation. Speakers will start at 7:30pm. All are welcome.*

- **Wednesday 10<sup>th</sup> February**  
AGM Election of Officers for 2016 followed by a talk from Dorset CCG on The Clinical service Review.
- **Thursday 14<sup>th</sup> April**  
Your Eyes and Diabetes.
- **Thursday 9<sup>th</sup> June**  
Clinical Panel Answering Your Questions.
- **Thursday 11<sup>th</sup> August**  
Your Feet and Diabetes.
- **Thursday 13<sup>th</sup> October**  
Food advice for All.
- **1<sup>st</sup> or 8<sup>th</sup> December**  
Christmas Get Together.

## Other Events

- **17<sup>th</sup> August - Gillingham & Shaftesbury Show**
- **25<sup>th</sup> August - Melplash Show**
- **3<sup>rd</sup> - 4<sup>th</sup> September - Dorset County Show**
- **16<sup>th</sup> - 17<sup>th</sup> September - The Big Collection**



## New Service Champion

In October 2015 there was a call for a second Service Champion in Dorset. Our chair, Shona Freeborn, applied and was awarded the role. The role requires her to:

- Work alongside the South West Diabetes UK Influencing Manager.
- Help identify how diabetes services are performing in Dorset.
- Represent Diabetes UK at key NHS meetings and events in Dorset.
- Influence key decision makers.
- Champion Diabetes UK work.
- Help shape diabetes services in Dorset.

We wish her well in her additional role.

## The Christmas Get Together



Our Christmas Get Together in the Diabetes Centre on Wednesday 2<sup>nd</sup> December 2015 was quite successful apart from my using the same Christmas quiz that I used the previous year. The food on offer from the Diabetes Nurses was delicious and we all chatted merrily. Some had come from far afield and their effort to attend was greatly appreciated by the organisers.

## Helpers Needed (No experience necessary)

Finally, with our added commitments we are still in need of helpers to assist us on stands and other events. You don't have to have Diabetes and as two new helpers found out last year it can be an enjoyable day and you learn a lot about Diabetes. Also, we need new blood on the committee, we are looking for a Minute Secretary, Event Advertiser, Meeter & Greeter and someone to record those who attend Group Meetings. So, any time you can spare will be gratefully appreciated. In February 2017 our Treasurer will be stepping down so we need to find someone to step into the breach. Just give us a call or email us via the website. Contact details are below.



### Contact:

☎: 01305 835870

🌐: <http://west-dorset.diabetesukgroup.org/contact/>

📄: 07879216031.

### Current Committee:

Shona Freeborn	- Chair
Tim Freeborn	- Secretary
Graham Sargent	- Treasurer
Henry Bartlett	- Committee Member (retiring in Feb 2016)
Jane Nicklen	- Committee Member



**Tim Freeborn**  
Editor

