

Happy new year to all our patients!

Dr Bhatti, Sister Beard and Dr Bowry were all humbled by patients' generous donations prior to their visit to the Greek Island of Lesbos at the end of November. The donations made a huge difference to the work they were able to do out there, caring for the refugees. They were able to purchase medicines, warm clothing and food for people in need. Some of this money was also donated to several refugees who gave up their place in the registration queues working tirelessly with them acting as translators. They also were able to buy some ferry tickets for 3 mums travelling with their 9 children who had lost their husbands. They were living in Moria camp as they could not pay to travel anywhere else. The remainder of the money was donated to a couple of charities working over there who they saw were doing extremely good work. All three have asked me to pass on their thanks for all your support.

After a break in December, the **Patient Participation Group** will be meeting on **Thursday 21st January 2016 at 6.30pm** at the Great Bentley Village Hall.

Richard P Miller
Practice Manager



Living with diabetes:

Mr. David Plummer is a patient of ours who was recently awarded a very special medal by Diabetes UK; a silver medal for living with diabetes for over 60 years. He had previously received the bronze 50 year medal. David was diagnosed with Type 1 diabetes at the age of 10 and that was 68 years ago. He still vividly remembers collapsing on the village green and having to crawl back home before spending 3 weeks in hospital on an adult male ward. The regime of a strict diet,

urine testing and animal insulin injections began and over the past 68 years David has witnessed many changes and improvements to diabetes treatment; from boiling up glass syringes and large stainless steel needles to the advent of insulin pen devices and tiny disposable needles and from testing his urine in a test tube to compact blood sugar monitors. Thanks to David for letting us tell his story.

We have over 500 diabetics on our patient list and our aim is to help all of them to remain healthy by having regular checks and learning how to manage their condition. Our system of annual reviews for all our diabetics means we can spot any problems early and support them in making whatever changes are needed. At the annual review we look at what is called "the 8 care processes": blood pressure, weight, cholesterol, blood sugar levels, kidney function, smoking, eye testing and urine checks. We know that monitoring and correctly managing all these things gives our patients the best chance of avoiding any of the complications of diabetes.

The people most of risk of getting diabetes are those with a family history of diabetes and people who are sedentary and overweight. Remember that staying active and making healthy food choices will help to maintain a healthy weight and reduce the risk of getting diabetes – **Sister S Webb – Diabetes Nurse Specialist**