

# DiABETES UK

**KNOW DIABETES. FIGHT DIABETES.**

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**SUTTON & CARSHALTON GROUP**

## YOUR 2023 SPRING NEWSLETTER

### The Chair's Message

#### Dear Members and Friends!

As the days get longer, albeit painfully slowly, the Sutton & Carshalton Group looks ahead to another exciting year. We closed 2022 with some fantastic news for our Group. As our sister Group in Wimbledon was shutting down, its leads, Shirley and Michael Mitchell, decided to transfer most of the funds to us, close to GBP 3K! We are most grateful to the Mitchel family for their generosity. With these funds we take on the responsibility to invest in meaningful projects making a difference to our community (see page 2 for a message from the Shirley and Michael Mitchell).

We kicked off 2023, traditionally, with our Annual General Meeting (AGM). In the AGM we thanked our outgoing secretary, Naila Khan, for her service to the Group and voted in Bolu Elujoba, our new treasurer. At the end of the formal part, our committee members, Helen and Lauren, gave talks on separate topics. These morphed into an engaging discussion with our members during which ideas were shared and focus areas for this year explored, including talks on diet and footcare, as well as a stronger focus on Type 1.

If you have joined our most recent virtual event, when we hosted the Ukrainian Diabetic Federation (UDF), then I am sure, the impactful talk and presentation will stay with you for a long time: the stories which were shared, the creative and innovate mindset of the UDF and the impressive degree of resilience with which UDF members continue their lives. The committee decided to support the ongoing projects and initiatives which directly address the hardship of those with diabetes in Ukraine with a one-off donation of GBP 300.

As per last year, should you have missed a virtual event, there's no reason to despair. Our talks are recorded and available on our dedicated YouTube channel: <https://www.youtube.com/@suttoncarshaltondiabetesuk5698>

I would like to close by wishing you and your loved ones on behalf of the committee a wonderful spring and summer season and if you celebrate Easter, a peaceful Easter Holiday. We look forward to seeing many of you at our next event, which will be a face-to-face event on 1<sup>st</sup> June (see page 7 for a full 2023 schedule).

Best wishes,  
marcin

#### **Committee**

Our committee is formed of five individuals bringing together a wide range of expertise and backgrounds, personally connected to Diabetes and passionate about making a difference to our community.

**Chair:** Marcin Remarczyk      **Secretary:** *we are looking for you if you are interested*      **Treasurer:** Bolu Elujoba

**Associate committee members:** Helen Smith and Lauren Smith

## A note from Shirley and Michael Mitchell



*“We are sure that Marcin, your Chairman, has told you of the money being transferred of which we are delighted to pass to your group.*

*Unfortunately, due to circumstances our group Wimbledon and District DUK had to close leaving monies raised unspent. The donation to your group was raised in conjunction with the Co-op Local funding scheme for our group to use this in supporting our local community regard diabetes.*

*As a proportion of these funds were raised by the link to the funeral directors at the Co-op Rosehill we felt it justified for this money to be given to your group to carry on in our footsteps and use it for the good of the community. We hope sometime to come and meet your group and tell you a little more.*

*Shirley and Michael Mitchell”*

## Last year’s highlight: the *Late Summer Event on 1<sup>st</sup> October*

Following the successful event in the summer of 2021, when, for the first time since the pandemic outbreak, we were able to stage a face-to-face event, we organised last year another lunchtime event on 1<sup>st</sup> October. Following the same format, we used **The CryerArts Centre** at the heart of the Carshalton community as the location. The guests included:

**Dr Lavan Baskaran** – shared latest updates on medicine and as a local expert and friend of our Group, happily addressed questions from our members.

**Helen Smith** – our own committee member delivered a highly engaging talk on her personal journey with the NHS Diabetes Remission Diet.

**Patricia Yetton** – a yoga, fitness and wellbeing coach who not only through sharing of her own experience inspired us, but literally *moved* us with her physical exercises.

In addition, we welcomed **Noor Sumun** and **Nali Patel** of the Wallington Community Wellbeing Charity. A highlight was our raffle, which helped raise funds for the Group and saw the winner securing a voucher for a meal at a local pub. The event was free of charge and light lunch and refreshments were provided.

We look forward to this year’s in-person **Summer Event on the 28<sup>th</sup> September**. Look out for more detail!

Below some impressions from the event.





## Partnering with the Wallington Community Wellbeing Charity and Parkwalks for walks in 2023

*Prologue on the 18<sup>th</sup> January*

One of the new connections our Group made in 2022 has been with the Wallington Community Wellbeing Charity and Parkwalks who organise regular Wednesday Walks. There is a very natural and obvious link between us at Diabetes UK and initiatives which aim at increasing the exercise we do individually. To that end, to kick off the year, we co-organised a walk through Sutton on the 18<sup>th</sup> January which some of us in the Group attended. We certainly plan to co-host future walks which we will communicate via email to you, our members.

### Members' Corner

*Bolu Elujoba: our new Treasurer*



My name is Bolu and I am excited to be a Treasurer for the Diabetes UK local group. My educational background is in Accounting and Finance. I completed my Bachelors in Accounting with First Class honours and went on to do a Masters in Finance and Accounting I am also an ACCA qualified Accountant. I currently work in the public sector in the commissioning team at Kingston Council. This organisation is very close to my heart as I also have diabetes. This role is important to me as I get to contribute to the community as part of my skill set. Thank you for choosing me to be a part of the group and I look forward to this journey.

## November Event Summary

### *Talk by Dr Zoë Waller*



Zoë Waller is an Assistant Professor in Drug Discovery at University College London and has previously spoken at one of our past events. The focus of this event has been on DNA and in particular its changing shape in diabetes.

Zoë began her talk by explaining what DNA and genomes actually are and how they affect us. From there the talk took us on a journey about the structure of DNA, genetics and what we know about DNA structures in the gene for insulin. Zoë also shared insights into the latest research in this area, funded by Diabetes UK: *Unravelling DNA structures and diabetes risk*.



<https://www.youtube.com/watch?v=rV3S8sgZcs0>

## Health Inequalities Workshop

– a launch event for several health projects in Sutton

*Sutton Football Club, 7<sup>th</sup> February*

The Sutton & Carshalton Group was invited to and attended the Health Inequalities Workshop held at the Sutton Football Club. Essentially, this was the launch event for a series of projects sponsored by Dr Imran Choudhury, Public Health England's Director for Sutton. Individual Project Leads presented their projects including objectives, stakeholders and envisaged duration. On the agenda for the second half of the day were group discussions on a range of related topics. For us at DUK these projects mark possible entry points into our Borough's population and therefore those living with diabetes.

## Type 1 sub-group

*Kicking off in a Carshalton location very soon!*

Acting on feedback and discussions during our events, as well as email correspondence, Hillary Smith, our former Vice Chair is launching informal but dedicated get-togethers for our Type 1 members. We are currently considering dates and location in the Carshalton area for the initial meet-up.

## We are looking for a new Secretary

*If you are interested and want to get involved with the committee, do get in touch!*



We are looking for a new passionate and energetic secretary to lead on and help with:

- Identifying speakers for events and liaising with them in the lead up to the meeting
- Drafting agenda for committee meetings and sending these to the committee the week before the committee meeting with the minutes of the last meeting
- Taking minutes of the committee meeting and circulating following the meeting
- Keeping electronic copies of agreed minutes
- Preparing Annual General Meeting (AGM) nomination forms and sending notifications to members by email and to those members without email by post
- Printing additional copies of nomination forms for AGM
- Receiving all votes cast in advance, collating, counting and adding to votes on the day for the appointment of committee members
- Taking, writing up and sharing minutes of AGM (these minutes will need to be approved by members at the following year's AGM)
- Helping to run stalls at local events and taking part in fund-raising events
- Helping to set up halls and other spaces for meetings and helping clear up afterwards
- Deputising for and support the chair as necessary

## March Event Summary

*Living with Diabetes during war – in conversation with the Ukrainian Diabetic Federation UDF on 23<sup>rd</sup> March*



As we recently saw the first anniversary of the full-scale invasion of Ukraine, we wanted to hear from those living with Diabetes under these extraordinarily difficult circumstances. Therefore, we were delighted to be joined at our recent virtual event by the Chair Valentina Ocheretenko and members Anatolii Babakov, Kirill Goncharuk and Oleg Podlutskyi of the Ukrainian Diabetic Federation UDF and hearing first-

hand about the situation, challenges and needs of UDF members. Valentina and the team gave a presentation introducing to us the UDF, spoke about a diabetic nurse and her work close to the frontline and shared fascinating facts such as the increase prevalence of diabetes among those serving in the army due to stress and other factors. Kirill spoke to us about how innovation in medical technology is helping reduce cost of scanning for diabetes in the population. Anatolii, a student currently studying in Wales spoke very passionately about his desire to return to Ukraine to see his family and friends and return to a normal life. We closed with a Q&A from the audience and by informing Valentina and team of our Group's donation of GBP 300 to the good causes of the UDF for which they were very grateful. Note that this event will be shortly available on our YouTube channel:



<https://www.youtube.com/@suttoncarshaltondiabetesuk5698>

There are many benefits to joining DUK, including:

- highly trained counsellors available to provide help and advice on their Helpline (Mon-Fri 9am-6pm) on 0345 123 2399 and [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk). They have the time to talk through any aspects of diabetes. They will also arrange for an interpreter if you wish to speak to them in another language.
- a quarterly magazine,
- financial and insurance products,
- helping fund research into new treatments and a possible cure for diabetes,
- a free on-line learning platform, offering practical, clinical advice and tips.

To join, go to [www.diabetes.org.uk/join](http://www.diabetes.org.uk/join), call 0207 042 5800, or write to DUK, Wells Lawrence House, 126 Back Church Lane, London E1 1FH.

For more information about diabetes, see Diabetes UK's website at [www.diabetes.org.uk](http://www.diabetes.org.uk), or call the Helpline on 0345 123 2399 or contact [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk).

### **Sutton & Carshalton Diabetes UK Group – Committee and Group Contacts**

Enquiries: ☎ 07547 571 279 or via [carshaltondiabetesgroup@gmail.com](mailto:carshaltondiabetesgroup@gmail.com)

Website: [www.carshalton-diabetes-uk-group.diabetesukgroup.org](http://www.carshalton-diabetes-uk-group.diabetesukgroup.org)

Facebook: Diabetes UK Carshalton Group      Twitter: @diabetesSM5

YouTube: [www.youtube.com/channel/UC7gNKvksqu7-L\\_eNk52RSQw](http://www.youtube.com/channel/UC7gNKvksqu7-L_eNk52RSQw)

### **Other useful contacts**

Diabetes UK Sutton Family Group ☎ 07974 085 387

Email: [T1suttonfamilygroup@gmail.com](mailto:T1suttonfamilygroup@gmail.com)

Website: [www.sutton-family.diabetesukgroup.org](http://www.sutton-family.diabetesukgroup.org)

Facebook: Parents of children with Type 1 Diabetes in Sutton, Surrey area

JDRF (Juvenile Diabetes Research Foundation) -Type 1 Diabetes Charity

Website: [www.jdrf.org.uk](http://www.jdrf.org.uk)      ☎ 020 7713 2030

## **2023 Programme of Events**

*(held online via Zoom except for June and September)*

**19<sup>th</sup> January 2023** – AGM followed by talks from our committee members Helen and Lauren Smith

**23<sup>rd</sup> March 2023** – *Living with Diabetes during war* – in conversation with the Ukrainian Diabetic Federation

**1<sup>st</sup> June 2023** – Speaker event (in-person, location TBC)

**27<sup>th</sup> July 2023** – Speaker event

**28<sup>th</sup> September 2023** – Summer event (in-person, location TBC)

**23<sup>rd</sup> November 2023** – Speaker event

## **Sutton & Carshalton Group Membership Application Form for 2023**

You are welcome to join the Group, whether you are local to Sutton & Carshalton, London or beyond. By joining us, you will be invited to our insightful and relevant events and talks, receive meeting updates, newsletters and be able to vote at our Annual General Meeting AGM.

For 2023, we have agreed that there is no set membership fee as we continue to find ourselves in challenging times, however we encourage voluntary donations should you wish to support our work in the community.

### **Bank Details**

Barclays Bank Plc.  
Sort Code: 20-00-00

Account Name: *The British Diabetic Association*  
Account Number: 73691020

### **N.B. Please write clearly in CAPITAL LETTERS:-**

Name: ...

Address: ...

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Postcode: ...

Phone: ...

Email: ...

Date: ...

Note that this data will be held securely and used to contact you with information about our Group events/meetings and newsletters. We will not share your data with anyone else. We are GDPR compliant and are committed to strict privacy and security rules. Also note that membership will run continuously, and no renewal will be required. If you wish to cancel membership, we ask you to contact the Group:-

Signature: | \_\_\_\_\_

Please email this form to [Carshaltondiabetesgroup@gmail.com](mailto:Carshaltondiabetesgroup@gmail.com) or post to Sutton & Carshalton Diabetes Group, Membership Secretary, 324B Brockley Road, London, UK, SE4 2BT.