

The Diabetic

The Newsletter of the **Friends of the Manx Diabetes Centre** Issue No 1. Date June 2003

Caarjyn Laare Chingys-Shugyr Vannin

All monies from whatever source received by the Group shall be exclusively spent on the Isle of Man, in the furtherance of the well-being of the diabetic patient and to facilitate the work of their medical carers. No monies will be sent off Island.

7 children diagnosed diabetic in the last 9 Months

2,800 diabetic appointments held at the Manx Diabetes Centre in one year

144 diabetics make use of the 4 day continuous gluco-monitors per annum

ELSPAC Island survey results compare in a worse light than the results for Avon

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2,800 diabetic clinics held at the Manx Diabetes Centre in one year



The present Manx Diabetes Centre

The Manx Diabetes Centre at Noble's Hospital deals with an amazing 2,800 diabetic appointments in a calendar year. Holding surgeries only on Monday's and Friday's.

This just shows the work that these consummate professionals at the Centre get through in one year in addition to their other hospital duties.

With the rising incidence of diabetes world wide, the Isle of Man continues to diagnose diabetics on a regular basis, both young and not so young, adding to the workload of an already stretched multi-disciplinary team at the Centre.

That is why we ask all diabetics not to miss appointments, but to let Tracey or Christine at the Diabetes Centre know in good time so that they can allocate your appointment to another diabetic patient.

This high incidence of 2,800 appointments can only be achieved through their dedication and expertise, that works in the interests of the Manx diabetic, and whom, we, as a Group, are pledged to help.

The Isle of Man is very lucky to have such an efficient and dedicated multi-disciplinary team at the Manx Diabetes Centre that is second to none, and the envy of others in the United Kingdom.

We take this opportunity to thank the Minister and the DHSS for giving the Manx diabetic such tremendous facilities and trust that we shall all be able to keep up with developments as they occur, in particular at the new Diabetes Centre at Greeba Ward at the new Noble's Hospital when it opens.

These dedicated professionals do not let the diabetics down, and we in turn must be there to back them up with the requirements of all those that care for diabetics on the Island.

It is essential that if you avail yourself of the facilities at the Manx Diabetes Centre that we all band together and support them. By joining the Friends of the Manx Diabetes

Centre you can help to support your diabetes carers in the Isle of Man.

Remember all monies collected will be used exclusively on the Island

If you are not as yet a member, join now.

Please use the enclosed membership form and return it to the Membership Secretary at 39 Cronk Dreen, Douglas.

144 Diabetics make use of the 4 day continuous gluco-monitors

These Gluco-monitors are attached to the body and over a period of four days they constantly monitor the patients blood sugar levels. After four days when they return to the Diabetes Centre the results are down loaded, giving an accurate record of the patients blood sugar levels over the four day period.

It is a device used widely now in Diabetes Centres and the Manx Diabetes Centre is no exception with 144 patients using it in any one calendar year, that is 12 patients per month are walking about the Island taking advantage of these facilities.

These machines cost £2,500 each and needless to say the Centre requires more to keep up with the workload.

This is where we all come in. With your help we shall raise the necessary monies to help our carers acquire more of these machines. So, what are we waiting for?

Dr Emran Khan, Guest Speaker at Inaugural meeting

The Guest Speaker at the Inaugural meeting at the Post Graduate Medical Centre was Dr Emran Khan, Consultant Physician, and Specialist in

Diabetes and Endocrinology at the Manx Diabetes Centre.

After expressing his appreciation at being invited to talk at the inaugural meeting of the Friends of the Manx Diabetes Centre, he welcomed the Group coming into existence.

Dr Khan centred his address on the incidence of diabetes in the world and in particular America. He dwelt on the impact of the ELSPAC study on the Isle of Man in comparison with the results achieved in Bristol.

Dr Khan then proceeded to assimilate the Isle of Man with the results of the ELSPAC study in Avon. In all aspects it showed the Isle of Man compared in a worse light to the results at Bristol.

His dissertation on obesity and its impact on the diabetic patient was an eye opener, and presented as he did with copious slides, must have driven everybody present to go into an immediate mental diet.

He then elucidated those present with the virtues of the new Diabetes Centre at Greeba Ward at the new Noble's Hospital and with the aid of a floor plan of the new Centre, he took those present on a tour of the new Centre. He described room by room what the new Centre would look like and the functions of each and every department.

After questions from the floor, the elected Chairman, on behalf of the meeting thanked Dr Khan for a very enlightening talk, and for giving of his valuable time to come to the meeting, and add a very instructive and essential part to the success of the proceedings.

Important numbers

Manx Diabetes Centre Tel 642388.

Hospital Number Tel 642642

Friends of the Manx Diabetes Centre

Contact Number. Tel 613702

The Diabetic Child in the Isle of Man and the work of the Children's Ward.

The Editor of the Diabetic Newsletter had a dialogue with Dr Annie Kurien the Consultant Paediatrician at Noble's Hospital looking after diabetic children on the Island who works in conjunction with Dr Birkin.

Eventually she will be looking after all diabetic children on the Island.



Dr Annie Kurien in her consulting room at the Children's Ward

During the conversation it emerged that 7 children had been diagnosed diabetic in the past nine months.

That is nearly one every six weeks. A deplorable and frightening state of affairs.

They look after twenty-six diabetic children at present. This because the age target is up to fifteen years when they are handed over to the Manx Diabetes Centre.

However whatever they loose through this process, they more than make up with new children being diagnosed.

Mrs Pam Whitaker the paediatric diabetes link nurse and Dr Kurien are on call 24 hours a day every day and attend to every request for help that is made by concerned parents. Be it during office hours or after office

hours the present team is available for any eventuality.

In fact, as and when required these dedicated professionals are there to help.

The Children's Ward is the first line of defence for diabetic children on the Island, and children on being diagnosed are taken into the ward for as minimum period as possible, and then the families are helped at home. by Mrs Whitaker.

Clinics are held at the Children's Ward, and between Dr Kurien and Dr Birkin they jointly hold some 150 children appointments in a calendar year.

These clinics take place once every three months with half the children being looked after by Dr Birkin and the other half by Dr Kurien

But families with diabetic children are encouraged to drop in or ring at any time with any problems the children may have.

They hope to be able to increase these clinics eventually to every six weeks.

When Dr Birkin retires Dr Kurien will be taking over the welfare of all diabetic children on the Isle of Man.

In any one calendar year Dr Kurien is looking at a minimum of six children being newly diagnosed on the Island.

The Children's Diabetes Clinic on the Children's Ward also works in conjunction with the Manx Diabetes Centre, in that they rely on them for new diabetic information and make reference to them as and when required. Dr Kurien also borrows equipment from them such as the continuous gluco-monitors that are so helpful to the diabetic patients in giving an indication of their blood sugars over a three or four day period.

Dr Kurien also makes use of the Fundus Eye Camera for annual check-ups on the eyes of all diabetic children.

This only accentuates the fact that the Children's Ward needs equipment to be self supporting, and she is looking for an HbA1C/Microalbumin blood sugar monitor to enable her to test the children on the spot when they arrive for an appointment, thereby obviating the extra journey children have to do at present to the hospital blood clinic a week before their appointment.

This machine costs £4,000.

The membership of the Friends of the Manx Diabetes Centre voted the money for this machine for the Children's Ward. The children's clinic also needs computers to bring them up to date and create a more efficient way of dealing with all their needs.

When asked what she envisaged as the future care for all diabetic children on the Island, Dr Kurien was of the opinion that eventually one person would be in charge of the clinic with all diabetic children under one wing.

This, supplemented with a complete multi-disciplinary team including a psychologist.

A multi-disciplinary team like the one Dr Kurien explained, she had left behind at the Royal Aberdeen Children's Hospital where she worked prior to her being appointed Consultant Paediatrician at Nobles in January 1998.

Very shortly Dr Kurien accompanied by Mrs Pam Whitaker will be spending a week with Dr Peter Swift the Consultant Paediatrician who is a Specialist Diabetologist and Endocrinologist at the Children's Hospital in Leicester. Dr Swift was the instigator of children's care in the community.

They both hope that a week with this eminent man will be fruitful in the assimilation of techniques in their endeavour to help the diabetic Child on the Island.

“The Diabetic” newsletter is very grateful to Dr Kurien and Mrs Whitaker for talking to us, and we assured them of the Friends of the Manx Diabetes Centre’s full support in any and all of their requirements, both morally and in particular with equipment to enable the Children’s Ward clinic to further help the well-being of the diabetic child and their families on the Isle of Man.

Why this Group

The Group had its inaugural meeting at the Post Graduate Medical Centre on Thursday May 8th at 7.30 in the evening.

The Friends of the Manx Diabetes Centre was set up to help diabetics and all medical carers who look after diabetics on the Isle of Man.

The organisers, with the help of many friends and carers, felt that a Group should be formed so that monies donated by the generosity of the Manx people should not be sent off Island.

It was their opinion that this new Group should be formed with a mandate to ensure that all monies received by the new Group would be used to help diabetic and their carers and that these monies should be spent exclusively on the Island, unless specifically requested by the donor in writing

It was felt that monies going off Island would be more productively spent on equipment for the Children’s Ward and the Manx Diabetes Centre, for the benefit of our diabetics, their carers and our diabetic Children.

We are a Nation, and our Manx people must come first. Hence the new Group. The New Group will put the Manx Diabetic and their medical carers first.

It has come to the notice of the Editor from well informed sources that they welcome the creation of the Friends of the Manx Diabetes Centre as they are of the opinion “That the organisation’s aims are such as to enable those who wish to donate funds to diabetic causes to have a choice”.

The New Group’s Primary Mandate and Pledge

All 50 members that supported the Group at the inaugural meeting took a pledge to guarantee that all monies collected or donated to the Group by the Manx people or by Manx companies, will only be used on the Isle of Man.

The primary mandate of the Group’s Constitution, was unanimously agreed by all members present, as quote “All monies from whatever source, received by the Group shall be exclusively spent on the Isle of Man, in the furtherance of the well-being of the Manx diabetic, and to facilitate the work of their Medical carers” unquote.

This is also incorporated in our membership form so that all members, on joining the Group will agree and pledge that all monies collected will be used solely on the Isle of Man.

There must be no ambiguity now, or at a later stage as to the primary objectives of the Friends of the Manx Diabetes Centre.

Membership forms

If you are already a member please give the enclosed membership form to a friend or someone you know uses the Manx Diabetes Centre.

Remember members do not have to be diabetic to help the Friends of the Manx Diabetes Centre

Legacies

The Committee is very grateful to all those who have already signified to the Chairman their intention to change their wills, so that their legacies will in future accrue to the Friends of the Manx Diabetes Centre.

They want their monies to be used exclusively on the Island for the benefit of all diabetics on the Isle of Man and their Medical carers.

The Friends of the Manx Diabetes Centre give that guarantee, as their Constitution and Mandate make abundantly clear.

The Chairman and the Committee, though welcoming their decisions, wish our friends well, and hope that they live long to a ripe old age, enjoyed in the best of health.

The Blood Testing Day

Saturday 14th June was Blood Testing Day.

This time it was held on the top floor at the Tower House in Douglas.

As in the past, the Blood Testing Day was organised by the Lions Club and very efficiently it was done, which once again was a credit to them.

The session that lasted from 10 am to 4 pm was as is now the custom, manned by the staff of the Manx Diabetes Centre.

Without them it would not have been the success that it was.

Mr John Gags the organiser of the Blood Testing Day on behalf of the Lions Club pointed out that the health professionals taking part were very satisfied with the way the day had unfolded.

Mr Gags also thanked the many people who had turned up and had participated, thereby contributing on the day to a wonderful and most productive event.

Even the weather seemed to have been on our side and the sun brightly shone through the atrium to bathe us all in its wonderful light and warmth, that all present in their summer finery enjoyed.

There was one large room and a smaller room at the disposal of the Multi-disciplinary team from the Manx Diabetes Centre.

In the larger room they had set up sessions in blood pressure monitoring, weighing facilities and Body Mass Index reviews not to mention that all important Diet advice.



Mrs Dorothy Metaxas with her usual delights at the diet counter.

The staff of the Manx Diabetes Centre as well as those of the Lions took it in turns to man all points.

Because of their efficiency the flow of those wanting to be tested found no problem in reaching their intended destinations.

Those who went through the door into the blood testing room in fear and trepidation, came out reassured and

smiling that the finger pricking was really not as bad as they had imagined.

The Lions had thought of everything and there was even refreshments and biscuits laid on. This was most welcome in view of the high temperatures, that everyone was being subjected to, and which many found a much appreciated port of call.



In the smaller room blood glucose testing took place.

Mrs Jan Hudson the acting senior Diabetes Nurse at the Manx Diabetes Centre was in charge of the Medical Section and had with her three specialist nurses, a senior health care assistant and four members of staff that had volunteered to help on the day.

As already pointed out the dieticians formed part of this specialist team.

Mrs Hudson told "The Diabetic" that the medical staff were very grateful to the Tower House for providing such splendid facilities, and that the staff of the Manx Diabetes Centre were more than happy to be associated and involved with the Lions Blood Testing day.

She was of the opinion that these blood testing days were a very useful point of contact for health promotion on the Isle of Man.

Because it was so efficiently done, there were over 400 people who availed themselves of these facilities organised by the Lions Club with the

help of all the Staff at the Manx Diabetes Centre.

Unfortunately "The Diabetic" has to report that out of those blood tested, 6 were referred to their G.P's for further tests.

This percentage of those tested and referred to their G.P's seems to be more or less in line with the findings at all blood testing days.

It turned out that approximately 20% of those who had blood pressure tests were found to have high blood pressure.



Blood pressure testing in the larger room.

The Chairman and Committee of the Friends of the Manx Diabetes Centre, would, through "The Diabetic" like to express their gratitude and thanks for the invitation so graciously extended by the Committee of the Lions Club to our Group to participate.

The Chairman sincerely apologises to the Lions Chairman and their Committee for any fall out that they may have had to put up with, because of their generosity to the Friends of the Manx Diabetes Centre.

The Committee of the Friends of the Manx Diabetes Centre unanimously

believed that the invitation that the Lions Club had extended should be accepted, hence our presence there on the day. A presence that was not regretted.

The day was a tremendous success for the Friends of the Manx Diabetes Centre as 357 people talked to us at our table and were given a pack containing membership forms and information explaining why we had come into existence, emphasising that no monies would be sent off Island, the objectives of the Group and what the Group hoped to achieve.

Well done the Lions Club and all their members who were present at the Tower House.

Well done to all the staff of the Manx Diabetes Centre, for a job excellently done, and many thanks to the Lions Club for inviting the Friends of the Manx Diabetes Centre, a gesture very much appreciated.

The next Blood Testing Day will be at the end of September beginning of October, and will be held in Ramsey.

If an invitation is once again forthcoming, then the Friends of the Manx Diabetes Centre will be there.

Appointment of Trustees

The meeting considered the appointment of Trustees for the new Group.

Three gentlemen had kindly signified their approval to stand as Trustees and they were unanimously elected to these inaugural posts, to serve for a period of three years.

They were Dr R Bourdillon well known to everyone on the Island and who was the consultant at Noble's Hospital prior to his retirement.

Mr John Houghton MHK well known in political circles, being a member of the House of Keys and a friend of diabetics on the Island.

The Rev John Guilford who combines his work for God with his business on the Island.

The Group now has a direct line to the medical profession, a direct line into the House of Keys and Tynwald, and a direct line to God.

The Friends of the Manx Diabetes Centre just cannot possibly go wrong.

Election of Officers to the Committee

The following officers were elected to serve on the Committee of the Friends of the Manx Diabetes Centre until the 1st Annual General Meeting of the Group in 2004 which will take place at the new Noble's Hospital.

Chairman

Mr Henry J Ramagge

Deputy Chairman

Mr J Ludford-Brooks

Treasurer

Mr Frank Miles

Secretary/Membership Secretary

Mrs Jan Ramagge

Committee Members

Dr. Alison Blackman

Mrs Dorothy Metaxas

Mrs Margaret Bailey

Mrs Brenda Williams

Mrs Marian Ogden

Nominated representative by the Manx Diabetes Centre in accordance with article 7.2 of the Constitution

Mrs Pat Larkham

Title of the Group

The title of the Group, "then Friends of the Manx Diabetes Centre" which the organisers had been using prior to the meeting, was approved at the inaugural meeting.

The title will as from then be used on all communications of the Group.

The New Group's name in the Manx Language

The organisers had approached Dr Brian Stowell, well known for his Manx language contributions on Manx Radio's daily programme with a request to translate the approved title into the Manx language.

His learned contribution is "Caajyn Laare Chingys-Shugyr Vannin" pronounced "KERI-un LAAR CHING-iss SHOOG-er VANN-in".

The Committee are very grateful to Dr Brian Stowell for his translation of the Group's name into the Manx language.

The Group's title in Manx will also as from the Inaugural meeting be carried on all correspondence and communications of the Group.

The Group's Constitution

A most comprehensive Constitution had been circulated prior to the meeting and submitted at the inaugural meeting for consideration by the membership.

In addition to the mandate, it sets out the objectives of the Group. Procedures at Annual and Extraordinary General Meetings. Voting. Membership. Committee members including procedures at Committee meetings, and incorporating a representative from the Manx Diabetes Centre.

The setting up of the Groups accounts and the duties of the Trustees in the event of a dissolution or winding up of the Group.

One of the most important aspects of the Constitution is that all committees of the Group are bound by all decisions taken by the membership at all EGM's and AGM's when all expenditure motions have to be tabled before the

meeting and approved by the membership for the coming year.

The Committee cannot act independently of the mandates of the membership.

With the final say on the purchase of all equipment by the head of the Manx Diabetes Centre, at present Dr Emran Khan, to ensure the full use of any equipment purchased.

A most comprehensive document which the Committee is of the opinion that all members should have.

It is the intention of the Membership Secretary to facilitate a copy of the document to all members on joining the Group, so that everyone is fully aware of the Group's objectives and firm intentions to spend all monies on the Isle of Man for the benefit of our diabetics and our medical carers.

If anyone requires a copy of the Constitution please don't hesitate to get in touch with Jan the Membership Secretary on telephone (01624) 613702.

Charitable Status

By a unanimous show of hands the inaugural members at the meeting agreed for the Committee to approach the Charity Commissioners to request Charitable Status for the fledgling Group.

An application is being sent now that the Committee had its first meeting on Tuesday 17th June, as we had to collate the signatures of all members of the Committee and the Trustees.

In the next Newsletter we shall notify you of the progress on this front.

Membership Fees

The Membership agreed with the suggestions that had been put forward

for the setting up of Membership Fees as presented at the inaugural meeting.

These were carried by a show of hands and therefore the membership fees will be as follows: -

Over 60's and Concessions: -

£2 per person per annum

Individuals over 16 years of age: -

£5 per person per annum

Families with Children under 16 years

£10 per family per annum

Life membership: -

£50 per person

All members who joined prior to the Inaugural meeting and agreement of the membership fees are kindly requested to remit their preference, if they have not already done so to Jan the Membership Secretary at 39 Cronk Drean, Douglas.

Needless to say all those wishing to join can contact Jan on Telephone 613702, or write to the above address for membership forms. Many thanks.

Membership fees will run for one calendar year from the date of joining the Group.

All members will be issued with laminated credit card size membership cards giving all their relevant details including membership expiry date.

Approval of Honorary Members

The Members present at the Inaugural meeting conferred Honorary Membership on all the staff at the Manx Diabetes Centre and the staff at the Children's Ward that deal with diabetic children.

This Honorary Membership will be personal whilst the staff are in post.

The meeting felt they had to mark the appreciation of diabetics for the dedication, efficiency and hard work that the Multi-disciplinary teams do on behalf of all diabetics on the Island.

The members present also conferred on Dr Brian Stowell Honorary Membership in acknowledgment and recognition of his help to the new Group in translating into the Manx language of its title "Friends of the Manx Diabetes Centre". (see above)

Financial approval for the coming year

In accordance with the provisions as contained in the Constitution, the Membership voted approval for a total expenditure of £51,000 over the coming year.

These included 3 continuous 4 day gluco-monitors and ancillary equipment.

Two HbA1C/Microalbumin Analysers, one for the Manx Diabetes Centre and the other for the Children's Ward, at a cost of £4,000 each.

Projectors, Laptops and an overhead visualiser for the conference room.

A digital camera for the chiropody department and a £10,000 Library for the New Diabetes Centre at Greeba Ward for the use of patients and the medical staff.

The Library is already in hand and we hope to have it up and running as soon as possible, once the Manx Diabetes Centre transfers to the new facilities at Greeba Ward at the new Noble's Hospital.

It was also agreed that no equipment would be bought without the prior approval of Dr Khan, as we have to ensure that monies donated by the generosity of the Manx people, for use on the Island, are properly maximised.

It is the intention of the Friends of the Manx Diabetes Centre to work as closely as possible with the Centre and the multi-disciplinary team, in all aspects of their requirements.

Appointment of Accountants to the Group

The membership approved the appointment of one of the leading accounting houses on the Island, Messrs Horwath Clark Whitehill to act as the new Group's accountants.

The Chairman, the Committee and the Membership are most appreciative of the generosity of Messrs Horwath Clark Whitehill of 7 Victory House Douglas in accepting our approach to act as accountants to the Group.

We look forward to a long lasting relationship between our two organisations.

Donations

The Chairman is constantly being asked as to where to send donations.

Please send all donations to the Treasurer, Mr Frank Miles at 20 King Edward Park, Onchan. Cheques must be made out to "The Friends of the Manx Diabetes Centre".

New Developments ?

UK Government ready to put VAT on Fatty Foods.

The United Kingdom Government is considering the application of VAT on fatty food in an effort to curb the obesity epidemic.

These proposals to the Government have been made by the British Medical Association.

Obesity related problems cost the UK NHS £500 million a year.

If a tax could be brought in through the back door, on the pretext of health grounds it would not only bring millions of pounds for the Treasury in

the UK but also bring Britain into line with the EU countries, except Ireland, that impose various degrees of VAT on food.

This could mean 17.5% VAT on biscuits, cakes and processed meals as well as many other items that the Government may consider to come under the category of fatty foods.

Any food tax would bring charges of taxing the poor, who it is claimed eat large quantities of cheap, high-fatty foods.

It is considered that by the year 2010, that magical number again, one in four Britons will be obese.

Are we on the Island going to look to the same obesity figures as those in the UK by 2010?

As a consequence, are we also going to see the doubling of diagnosed diabetics on the Island by the same date?

If the British Government takes the plunge and imposes VAT on fatty foods, considered in certain quarters as a patronising proposal, then, as we are tied to the VAT system in the United Kingdom, the Island will probably follow suit and the VAT tax will rebound on us all.

The Contact Lens

Claims are being made that contact lenses are being created at the University of Pittsburgh in the U.S.A. where a Professor Sanford Asher has developed a sensor that detects glucose in human tears.

So in the near future as the claim goes, you might hopefully be able to check your blood sugars by simply looking in the mirror

The lenses will be able to measure the glucose in the blood, and the idea is that the lenses will change colour to register your sugar levels.

This is nothing new, as the search for painless monitoring devices has been an ongoing development, such as the gluco-watch, which looks like a wristwatch and uses tiny electric currents to monitor your blood sugars.

The one off job

Scientists say that a single injection available within ten years could eliminate diabetes.

Experiments on mice show a new gene therapy that can reverse the diabetes condition.

The need for an efficient treatment for diabetes has never been greater.

Experts hope this treatment could be made widely available to diabetics within a decade.

There are 1.4 million diabetics in the United Kingdom, with an estimated one million undiagnosed, and it is expected that this total will double by the year 2010.

After heart disease and cancer, diabetes is Britain's highest cause of death.

There is absolutely no reason to believe that the Isle of Man is a special case and will not follow this worldwide trend of the doubling of diabetic patients by the year 2010

Cell Transplant

Again it is being claimed, that diabetic sufferers could be spared their daily injections because of a transplant treatment.

The technique that involves the transplant of donor cells into the Liver for Type 1 diabetics "cured" 12 out of 15 patients in these trials in Canada.

It is now planned to test the treatment in the UK.

The surgeon responsible for the development of this technique is James

Shapiro of the University of Alberta in Edmonton.

He does point out that of the 15 patients who completed their transplants 12 were insulin free for up to a year. He does not say whether these 12 patients, after the year, reverted to insulin dependency or not, the operative words being "up to" a year.

However usually reliable sources are of the opinion, that though welcoming the news, they are nonetheless quick to point out that "Islet transplantation is not a cure for everyone with Type 1 diabetes"

Group activities for the coming quarter

As our members can appreciate, we are in our infancy and will as we proceed have coffee mornings, and as many events as we possibly can.

We ask those of our members that can help to let us know as we intend to start our drive in these areas in September.

The Committee intends to participate in as many fairs and events as we possibly can.

So it is with pleasure that we have to inform you that we shall be having a stall at the Southern Agricultural Show where we shall launch the Group.

We have been donated a stand at the Southern Agricultural Show by Messrs Ace Hire and Sales, to whom the Friends of the Manx Diabetes Centre are most grateful for their kind and generous gesture.

The Southern Agricultural Show takes place on Saturday 26th July and Sunday 27th July

We shall be having an instant raffle, many events and a special surprise, which we shall be announcing on press and radio.

We shall also be having a balloon race, but before we let the balloons off they are going to be tied to the Chairman's wheelchair, to see how many balloons it takes to lift him off the ground.

If you can guess how many balloons it takes to get him off the ground, you get the prize.

The word abroad is that here is a golden opportunity to get rid of him.

Come and buy your balloon.

If anyone can be of help at the stall please let us know. First come first served.

Your contacts

At the first Committee meeting of the Group it was agreed that we should allocate areas of the Island as points of contacts for the Friends of the Manx Diabetic Centre.

Mrs Dorothy Metaxas will be looking after the south of the Island. Her telephone number is 833928.

For Douglas you can ring Jan the Membership Secretary, her telephone number is 613702.

As the Committee has no committee members in the areas indicated below, we would ask our members to give us a helping hand for the following areas, Ramsey, Laxey, Kirk Michael and Peel.

Please ring Jan on the above number if you can helping acting as a point of contact for the Group.

Correspondence

The Editor welcomes correspondence for inclusion in "The Diabetic", the Newsletter of the Friends of the Manx Diabetes Centre, which will be published quarterly.

You can write with any suggestions to The Editor, Friends of the Manx Diabetes Centre, 39 Cronk Dreen

Douglas tel 613702. Please mark it Correspondence for Newsletter.

It is intended that after this Newsletter it will be published in September, December, March and June.

It must however be understood that for obvious reasons the Editor has the final decision as to what is included for publication in the "The Diabetic"

The first AGM

The First AGM of the Group will take place on Thursday 8th April 2004 at 7.30 in the evening at the Combined Education and Training Centre at the new Noble's Hospital.

When the move to the new hospital takes place, the Post Graduate Medical Centre will also move.

At the new premises it will no longer be known as the Post Graduate Medical Centre but under it's new name of the Combined Educational and Training Centre.

So don't forget you have to attend the AGM at the new hospital, but we shall remind you of this at the appropriate time and give you the necessary directions.

Attendance at the Inaugural meeting

50 members supported the Group at the inaugural meeting.

The Committee would like to take this opportunity to thank all those who attended the inaugural meeting of the Friends of the Manx Diabetes Centre.

On a daily basis the Membership continues to grow.

The Committee thanks all members for their invaluable support.

We know you all want the same as your Committee, no Manx monies to be sent off Island.

The Limbless Association

For those of us who have the same little problem as the Chairman of the Friends of the Manx Diabetes Centre, the Editor would like to bring to your notice the existence in the UK of the Limbless Association.

The Limbless Association is there to help amputees, with information, advice and the latest developments on Prosthesis appliances.

Once you join the Association, you receive their quarterly magazine full of information which you will find useful and informative.

The Magazine is appropriately named "Step Forward" and is delivered free to members of the Association.

"Step forward" provides you with the necessary information you need to make informed choices about your own health care and prosthetic decisions.

You will find features and news stories that bring you the latest developments within prosthetics throughout the World and news on the home front about Limbless Association events, not to mention the parliamentary decisions which affect the Limb and rehabilitation service.

If you know someone who falls under this category, please pass on the information. The Editor is a member and finds their information most helpful and an inspiration in knowing the problems that others face and how they circumvent them

If you want to join their address is: -
The Limbless Association
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You won't be disappointed if you join.

On a lighter note

Here are the answers that some 16 year olds gave at their sitting of the GCSE exams last year in the UK.

On Geography.

Q: Name the four seasons: - A: Salt, pepper, mustard and vinegar.

Q: How is dew formed: - A: The sun shines down on the leaves and makes them perspire.

On Sociology.

Q: What guarantees may a mortgage company insist on?: - A: If you are buying a House, they will insist you are well endowed.

Q: In a democratic society how important are elections?: - A: Very important. Sex can only happen when a male gets an election.

On Biology.

Q: What happens to your body as you age? - A: When you get old, so do your bowels and you get intercontinental.

Q: What happens to a boy when he reaches puberty?: A: He says goodbye to his boyhood and looks forward to his adultery.

Q: What is artificial insemination? : - A: When the farmer does it to the bull instead of the cow.

Q: How can you delay milk turning sour? : - A: Keep it in the cow. (this 16 year old got an A).

Q: What is the most common form of birth control? : - A: Most people prevent contraception by wearing a condom.

Q: Give the meaning of the term "Caesarean Section": - A: The Caesarean Section is a district in Rome.

Q : What is a terminal illness? : - A: When you are sick at the Airport.

The New Dedicated Diabetes Centre at Greeba Ward

The floor plan on the previous page is that of the new dedicated Manx Diabetes Centre at Greeba Ward at the new Noble's Hospital.

Those of you who were at the inaugural meeting of the Group are by now fully conversant with the plan which was explained in detail by our Guest Speaker Dr. Emran Khan.



Greeba Ward left side as you face it

Greeba Ward was the designated area for the Manx Diabetes Centre at the new Noble's Hospital as announced by the Minister of Health and Social Security at a Tynwald session in reply to questions for the floor of the House.

You may or may not be aware that Greeba Ward came about after a hard fought campaign by Dr Khan, his multi-disciplinary team, and members of the House.

This facility though out side the Hospital is ideally suited to the purposes of the multi-disciplinary team at the present Manx Diabetes Centre at Nobles.

The ward has been converted to specifications as submitted by Dr Emran Khan and his multidisciplinary team, so that they can not only accommodate the present team but also has area for future expansion as and when needed.

Again because Greeba Ward is outside the main hospital, there is provision for a parking area, outside the facility thereby

being most convenient for patients attending the Diabetes Centre.

This is a tremendous step forward from when we were told that the new hospital was minus a dedicated Diabetes Centre.

The Friends of the Manx Diabetes Centre are very grateful to the Minister for Health and Social Security, Mrs Clare Christian for making available and refurbishing the New Manx Diabetes Centre to its high standard, which will enhance the well-being of all diabetic Patients



Greeba Ward right side as you face it

These two pictures were taken whilst the facility was still under construction. That is why there is substantial rubble at the front, but that is all gone now.



Looking though a window towards the new Noble's Hospital.

Though Greeba ward may be outside the new Noble's Hospital, it is just across the road from it and easily within walking distance.



The Main corridor of the building

As you can see the allocation of space is more than what we have at the present Centre at Noble's Hospital in Westmoreland Road.

But then, there are more staff than when we started, with a consequent considerably increased volume of work. Greeba Ward is outside the New Hospital as at the planning stage a dedicated diabetes centre had not been provided for, at the new hospital.

However it has come to our knowledge that we shall temporarily be losing the conference room facility, and two of the nurse's rooms as the DHSS has no space available to accommodate administration staff inside the new Hospital.

We are assured that they will be there for a period of six months only. Otherwise the Centre will be minus a Conference Centre and the two adjacent nurse's rooms.

This means that we shall be without the visualiser, and laptops for the Conference room. Not to mention the doubling up of staff in other rooms, and the fact that diabetes training facilities for nurses and surgeries will be hampered.

The Friends of the Manx Diabetes Centre will be keeping a watch in brief on developments to ensure that at the end of



One of the consulting rooms

this initial six months period the multi-disciplinary team at the Centre takes possession of the whole of Greeba Ward as originally promised in Tynwald.

Move to New Hospital

We understand that the move to the new Hospital will take place over the first two weeks in July.

The Diabetes Centre will however be moving on 1 July and there will be no clinics for a week whilst they prepare the new Centre at Greeba.

The Friends of the Manx Diabetes Centre would like to wish the Minister, the DHSS, the Administration, all Consultants, Doctors, Nurses, in fact everyone who works at present at Noble's Hospital and who do such a magnificent and professional job, good luck during this transition period.

We hope that the move goes without a hitch and wish them all well in their new environment.

We are confident that their expertise, dedication, efficiency, and professionalism will also be successfully transferred. God bless, guide, and be with you all.