



The Diabetic



Issue No: 2

Date: September 2003

The Newsletter of the **Friends of the Manx Diabetes Centre**

Caarjyn Laare Chingys-Shugyr Vannin

Registered as a charity in the Isle of Man. Charity registration number 894

Website: - www.diabetes.org.im

E-mail: - editor@diabetes.org.im

E-mail: - secretary@diabetes.org.im

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.

We have been granted Charity Status by the Charity Commissioners.

Our Charity number is 894

Approximately 9 Million pounds spent on new equipment for Noble's.

The Minister Mrs. Clare Christian tells "The Diabetic" new Noble's is designed for excellence and our legacy to future generations.

**531 patients had retinal photography at the Manx Diabetes Centre in 2002,
898 patients will have retinal photography in 2003**

We go high tech. You can now make donations or join the Group through their website the Friends of the Manx Diabetes Centre at www.diabetes.org.im

In this issue

The Minister for Health and Social Security, Mrs Clare Christian talks to "The Diabetic"
DHSS Information on New Hospital Braddan
Report on Charitable Status
Data Protection
Retinal Photography at Manx Diabetes Centre
The Group goes high tech
Interview with Mr Frank Inman the out going Hospital Manager
Diabetes UK.
Lions Blood Testing Day
Chairman's interview on Manx Radio
Discussion with Mr Roger Barrs Senior partner of Howarth Clark Whitehill our accountants, explaining tax relief on payments to charities.
Donations
Membership forms
Correspondence
Developments:
Phantom Pains
Obesity in Children
Do you want to know if you are overweight or obese
Contact Numbers
Appointments at the Manx Diabetes Centre
On a lighter note:
The "Queen's" visit
Keeping fit
Is the human race doomed because of stupidity
Photographs
Report on the Southern Agricultural Show
Events for the next three months

The Minister for Health and Social Security, Mrs Clare Christian

In an interview with Mrs Clare Christian, the Minister for Health and Social Security, it was explained to "The Diabetic" why it was necessary for the new hospital to have been built.



Mrs Clare Christian Minister for Health and Social Security

The Minister said that her departments key objectives in pursuit of progressing the well-being of the people of the Isle

of Man, were the provision of a comprehensive and readily available range of acute and general hospital services.

This was not only her department's main aims, but the mandate from successive governments of the Isle of Man.

Starting in 1991 when the hospital was first mooted, and then in 1997 when Tynwald made funds available for the building of the new hospital in one central facility on a new site.

The new hospital had not been built at Westmoreland Road as this would have meant an estimated disruption of services of up to ten years whilst work was carried out.

However in the final analysis it was found that the Westmoreland Road site would have been unable to sustain a hospital of the magnitude that had been envisaged for the Manx people and that was now a reality.

So it was decided to start afresh in a totally new site and the first sod was cut on 15th October 1997.

However, the planning conditions stipulated that the planting of the environmental surround had to be in place before the building of the new hospital could commence.

When asked how the new hospital compared medically with other hospitals across the water, Mrs Christian felt that comparisons on a one to one basis would be difficult.

Nonetheless, it was in a class with any district general hospital for a similar population catchment in the United Kingdom.

She emphasised that the coming to fruition of the facilities at the new Noble's was an enormous leap forward in the medical delivery for our Island people.



Noble's: the Strang

The Minister stressed that the new hospital was designed for excellence and provided the best in hospital care, and with its up to date array of equipment, it was second to none and the envy of many facilities abroad.

The new Noble's has its first MRI scanner, an up to date CAT scan, and the upgrading of a substantial proportion of the equipment that had existed at the old Nobles, including the very latest in computer and IT systems.

These IT facilities will enable all the wards to access the x-ray department.

No more travelling about hospital corridors with x-ray films in envelopes.

Mrs Christian was very proud that Noble's was now a state of the art hospital that had come of age. It had seen an investment in new equipment of approximately 9 million pounds.

It accommodated the essential and necessary facilities to cope with a wide range of medical and health problems.

Mrs Christian praised the staff at Noble's saying that their primary aim was to deliver quality health care for all the people of the Isle of Man, in their customary efficient and professional manner.

In the House some time back, she had informed the members that the firm dealing with recruitment had at

that time 60% of the additional staff required for the hospital already confirmed.

She told "The Diabetic" that she was pleased to say that the percentage by the time of the official opening had gone up to 99%.

The Minister was of the opinion that there will always be a need for caring and compassionate people to look after those in need of hospital services.

The new hospital was the epitome of excellence with its layout of spacious but smaller capacity wards, with accessibility to the nursing staff of all beds from their workstations. The new Noble's has an increase in single rooms, and up to the minute technology.

Not to mention better working facilities, and with 7 operating theatres as opposed to 4 at Westmoreland Road.

The Minister told "The Diabetic" that in reality none of us could foretell the future, and though there would no doubt be continuous change in the way health care is delivered, this will be monitored by the DHSS.

Steps would be taken to ensure that wherever possible, and funds providing, the medical delivery on the Island would be kept abreast of any developments in the medical field.

She pointed out that it must be realised that these medical developments are always progressing at a very quick pace and it was not always possible to implement one system when in a very short period of time another more advanced came on stream.

However this did not mean that if the resources were available they would not be implemented.

Mrs Christian was most insistent that the new hospital will provide a fitting environment in which people will be

cared for, and that the new facility will be the envy of those across the water.

As regards the old Noble the Minister told the Editor of the newsletter that the new ward block and the Post Graduate Medical Centre were being looked at by the Education Department with a view to building a primary school, which was much needed in the area.



Site of proposed new school

The old part of the hospital was going to be demolished and in its place would be the recreational area for the proposed primary school.

The Jane on the other hand was being kept as a Community Health Centre.

When asked what was the DHSS next project, "The Diabetic" was told that the DHSS are working on a programme going forward with health services, and they would now be focusing on primary care in the community.

The Editor of "The Diabetic" explained to the Minister that for obvious reasons no interview with her would be complete without talking about diabetes.

Mr Ramagge expressed to the Minister, on behalf of his trustees, his committee, his membership and diabetics their appreciation for the work that the Minister had put in establishing, and transferring the Manx

Diabetes Centre to the old Greeba Ward at the new facility.

He told her that he had been to other diabetes centres across the water and none of them could hold a candle to the excellent facilities that she and her department had delivered for the Isle of Man people at the new Diabetes Centre



The New Manx Diabetes Centre
At the old Greeba Ward

The Minister was of the opinion that no matter what facilities are in place, it was ultimately down to the care provided.

The Chairman concurred that the excellent work being put in by the multi-disciplinary team at the Centre was of the utmost professionalism.

She also gave him an assurance that the conference centre and the nurses room that had been taken over by the project commissioning team, was an interim necessity, which would become available in due course.

As regards the Manx Diabetes Centre, any requirement for an increase in clinical time to try to alleviate the present six months waiting list had to come from Dr Khan.

The Minister was also of the opinion that if as reported in our last newsletter Dr Kurien needed a psychologist, again she would have to make a case or try to resolve the issue from within their own budget.

It is abundantly obvious that the DHSS cannot please everyone all of the time because of their budget constraints, the Minister is, and has always been willing to listen to any proposals that are put forward for her departments consideration.

The Minister had a message for people everywhere when she said, that everyone gets complacent when they are not sick, but they have to play their part and look after themselves so that they do not fall sick. Health education, she believed must form a very important part in the prevention of later complications in life.

Of one thing Mrs Christian was adamant, in that the new Noble's represented a major legacy from this generation to the next.

She concluded by saying that the vision of her department's administration had not only been justified but fulfilled, and the tangible proof of their concept, had been built at the Strang.

We did ask her how she felt after the transfer to the new hospital had been completed.

Mrs Christian answered with a single word: - relief.

The session was attended by Mr David Anderson the Member for Health and Social Security, and Mr John Wilson the Head of Division.

"The Diabetic" is most grateful to the Minister and the two gentlemen that participated in the discussion

"The Diabetic" thanks Mrs Clare Christian for giving of her valuable time to talk with us.

We cannot close without once again expressing our appreciation. to Mrs Christian for the birth of the Manx Diabetes Centre at new Noble's.

We trust that her vision of the care requirements for diabetics on the Isle of Man, will also prove to be Mrs

Christian's own personal legacy to all who use these stupendous facility with its comprehensive multi-disciplinary team that she has provided.

This interview was conducted prior to the passing of the Minister's father Sir Charles Kerruish.

The Chairman and Committee of the Friends of the Manx Diabetes Centre through their newsletter, extend their sincere condolences to Mrs Christian and her family on their sad loss.

Noble's Hospital Braddan

The DHSS issued a little handbook on the new hospital which I am sure you all have. If not ask for one at the Department of Health and Social Security.

This Handbook is full of information on the new Noble's with a forward by the Minister for Health and Social Security, Mrs Clare Christian BSc MLC.

It also contains an introduction by Mr Ken Tomlinson, the recently retired Chief Executive Officer of the DHSS, in addition to interesting information on the history of Noble's Hospital from 1889 to the present day, and gives details of what you will find in the new Noble's.

The new Noble's will accommodate 20 ward areas with a total of 314 beds, and with 7 operating theatres.

It gives details of what services will be available within the new hospital that is designed for excellence.

The booklet describes in detail how to get to the new hospital, including bus routes with timetables, maps etc.

It features floor plans of the ground floor and the first floor of the new Hospital.

This is colour coded and explains the facilities available. Armed with this

booklet you will be able to find wherever you are going without any problems.

A question and answer session is also included so that you are fully aware of the situation vis-a-vis the old and the new Noble's.

The last page clarifies what departments will continue to operate from the old Nobles at Westmoreland Road.

The inner and back pages give you a run down on all departments and wards with their respective telephone numbers, except that for the Manx Diabetes Centre which was not available at the time of going to print and now has been allocated telephone No. 650866.

This is the Manx Diabetes Centre's general enquiries number and at the other end you will find our friend Chris with her customary efficiency.

Just in case you need to write, the new hospital's postal address is:-

Noble's Hospital, Strang, Douglas
Isle of Man IM4 4RJ.

The telephone for general enquiries at the new hospital is (01624) 650000. All hospital numbers are a derivative of (65)

The booklet produced is a credit to the DHSS and is a must for every household on the Isle of Man.

Hope you have kept it, if not, ask for one.

Report on Charitable Status

In our last newsletter we explained that the Committee in accordance with the mandate of the membership would apply for charitable registration.

On the 3rd July a comprehensive and detailed application was submitted by the Chairman to the Charity Commissioners

The application highlighted the primary objective of the Friends of the

Manx Diabetes Centre to ensure that all monies collected are used exclusively on the Isle of Man and not sent across, as it was felt that our medical carers needed support, not only morally but also with equipment.

It is with pleasure that "The Diabetic" reports that in a letter to the Chairman dated 15th July the Assistant Chief Registrar Mr S.C. Hind, informed him that "Your application for registration as a public charity has been accepted".

So the Friends of the Manx Diabetes Centre are now a fully registered charity in the Isle of Man, with a charity number of 894.

The Trustees, Committee and membership, thank Mr Stephen C Hind the Assistant Chief Registrar for the way that our application was so expeditiously and effectively dealt with, and the manner in which it was processed and approved.

The Chairman and Committee also wish to thank our Trustee Mr John Houghton MHK for his invaluable help and advice.

Our charity number 894 will now appear in all our communications.

The allocation of charity registration will enable your committee to progress the Group, so that it achieves its objectives, in particular its primary Mandate as enshrined in the Group's Constitution.

Data Protection

In early June we approached the Data Protection office with a view to registering the Group. We were told that under the Data Protection Act of 2002 a scheme of notification replaced registration.

They also pointed out that if a Charity were only processing general data for the purpose of keeping names

and addresses of members they were exempt from notification and payment.

However your Committee felt that we should in any event register and it was agreed with the Data Protection Office to await the outcome of our charitable status application.

When this was approved we approached the Data Protection Office once again and as originally agreed in early June, duly registered.

Retinal Photography at Manx Diabetes Centre

In the last newsletter Dr Annie Kurien told "The Diabetic" that she used the retinal camera at the Manx Diabetes Centre for testing all diabetic children under the care of the Children's ward at least once a year.

So the Editor decided to find out more about this all important aspect of care for the Manx diabetic, that is offered as part of the service at the Manx Diabetes Centre

"The Diabetic" talked to Mrs Pat Larkham who is in charge of the retinal camera at the Manx Diabetes Centre.

She told us that last year a total of 531 patients had their eyes photographed at the Centre.

However she said that by 25th June of this year, she had already photographed 449 patients.

This means that the volume of work has increased from 44 patients a month last year to 75 patients per month, this year.

This gives her a projected 898 patients that will have their eyes photographed at the Manx Diabetes Centre by the end of 2003.

It shows the amount of extra work that the Manx Diabetes Centre is undertaking in all its disciplines since its inception, which is a credit to all those working there.



Retinal photography at the Manx Diabetes Centre.

This procedure, Mrs Larkham explained is done when patients attend their Annual Review. If she has this increase in seeing patients so will everybody else at the Centre. Mrs Larkham explained that patients are then advised to visit their opticians, preferably after six months, to make sure that their eyes are looked at twice in one year. This ensures that any problems are picked up as soon as possible.

All the retinal photography that is done at the Manx Diabetes Centre is checked by Mr CHO of the ophthalmic department, who reviews all photos, and if Mr CHO, considers it necessary, then he sends details of the patients he wants to see for a further examination.

This is a magnificent example of interdepartmental collaboration within Noble's Hospital, in the interest of the Manx patient. They should all be congratulated on their expertise and dedication in trying to alleviate and prevent any complications that the diabetic patient may unfortunately encounter.

The Group goes High Tech

The Group in its endeavour to be up with the times now has its very own website.

On the Group's website it will be possible to make donations direct to the Group through the internet.

You will be able to join the Friends of the Manx Diabetes Centre and become members.

The Group shall also be putting on the website its Newsletter "The Diabetic" which is full of information, interviews and the activities of the Friends of the Manx Diabetes Centre, in addition to other information that the Group may from time to time require or may be asked to include. It also has the Group's constitution.

The Website will also be profiling those who in any way influence the care of the Manx patients

The website has been kindly donated, prepared, and set up by our friend Harry at Feegan's Lounge in Duke Street, a member of the Group.

Harry will be looking after it and the Friends of the Manx Diabetes Centre are most grateful for his generosity.

Your point of contact on the Web is www.diabetes.org.im.

As far as we know this is the first specific diabetes website that the Isle of Man has ever had, and we, in breaking new ground, hope, that, as the Friends of the Manx Diabetes Centre is doing, it will grow from strength to strength.

We are most grateful to all those firms and organisations who have already intimated that they would like to set up links between the Friends of the Manx Diabetes Centre and their own website. Any firm that wants to take part in this venture please contact us at E-Mail: - editor@diabetes.org.im

Interview with Mr Frank Inman, outgoing Hospital Manager

Mr Frank Inman the Hospital Manager told "The Diabetic" that he

was officially retiring in October but was leaving his post at the end of September.

Mr Inman who had been in post since he arrived on the Island, explained that as a civil servant the retirement age was 60 but that he had been given a years extension so that there would be a smooth transition from Westmoreland Road to the new Noble's.



Mr Frank Inman in his new offices

Mr Inman was born in Morley, a small mill town in west Yorkshire, on the south side of Leeds

His long road to success started at Stainbeck Preparatory School in Leeds and progressed to Leeds Grammar School, before going to Edinburgh University where he graduated with an honours degree in modern languages.

He obtained further degrees from Manchester University after reading for the subjects that eventually gave him the knowledge and qualifications to undertake his progressive and professional career in health administration.

He is married with two children and two step children, now adults, who's diversity of employment range from farmer, carer, teacher and Rainbow Warrior.

The first thing Mr Inman is going to do on retirement is to go to visit South Africa in the company of his twin brother his wife and sister-in-law.

On his return he and his wife intend to spend their retirement on the Island.

On his retirement he is determined to write a book and promised to make reference to the editor, who assured him that he would be first in line to buy it, but wanted a special dedication.

Mr Inman's hobbies? Well, he said he played some sort of golf. In his case, he affirmed his game was less of hitting the ball in the right direction and more of a case of exploring the flora and fauna as he treks through the rough.

His most satisfying moment since he was on the Island was the successful move from the old hospital to the new.

He praised the staff for their diligence and devotion to duty in the smooth and safe transfer of all the patients in the very short time available and with the efficiency with which it was done.

Conversely he explained that his most frustrating experience was dealing with H.R in full flow.

He was of the opinion that during his term of office he had seen many developments at Westmoreland Road, in particular the way the hospital had progressed, with many more services since his arrival.

He felt that one of the most important developments was the Manx Diabetes Centre and its successful transfer to the old Greeba ward at the new hospital. He was asked for his opinion on how advanced the new hospital was as compared to others that he had worked in during his long career.

Mr Inman emphasised that this new hospital in the Isle of Man was the best new hospital he had ever seen, he would not compare it to the old Noble's as this new hospital for the Isle of Man people, he asserted, was of a higher calibre and in a different league.

The new hospital in his experience is a magnificent general acute hospital designed for excellence and fit for the 21st Century.

He said his staff were first class, a highly committed group of health care professionals and he was extremely proud of having worked with them for the benefit of the Isle of Man patients.

Mr Inman explained that this new hospital had the most up to date equipment, with an MRI scanner, up to the minute technology, and a digital X-ray system second to none.

He felt that there were so many things going for it, that it would really be impossible to enumerate in the short time of the interview,

Frank came to the Island in March of 1995 to take up his present post. Before coming to the Isle of Man he had extensive first hand knowledge of hospital administration, having worked all his life in the Health Services across the water, and as a Consultant for the World Health Organisation in Africa and Geneva.

When asked if he felt that at the moment of triumph he was relinquishing his appointment, he was quite categorical when he said, “not at all”.

He was of the philosophical opinion that everything must come to an end sometime, and the right time for him to go was now.

Of course he would miss his time as the Hospital Manager, which he claimed had been extremely interesting and most satisfying, with fond memories of the many characters and the fun that they had had at Nobles. In particular Mel Smith who had come to negotiate filming at the hospital for the film he was directing “Blackball”.

Mr Inman claims that he was a big fan of Mel Smith and though as a comedian he excelled, Mel is not that hot in the looks department.

When he asked a member of the management team what he thought of Mel, he was told “Great, he is one of the few people in the world who makes even you appear good looking”.

Mr Inman claimed he was handing over a hospital to his successor, Mr Paul Shields, which he insisted was a very good going concern. Mr Paul Shields, prior to taking up his post at Noble’s managed an Oxfordshire hospital.

The editor of the Newsletter could not help but ask Mr Inman if he had any advice for his successor.

To which he replied “but of course, he should have a good sense of humour, keep smiling, and above all say his prayers regularly”.

When asked how he would like to be remembered he said “as a good public servant and a decent human being”

The Newsletter thanks Mr Inman for all his help in the development of diabetic care on the Isle of Man during his tenure of office, and wishes him and his wife well in his retirement.

Diabetes UK

We have received a very nice letter from Diabetes UK following the last newsletter in which they point out that without research there will be no cure and that Diabetes UK spends over £5 million pounds each year on a range of research projects, which they hope will eventually lead to a cure irrespective of where the person lives.

Because in our last newsletter we had emphasised our mandate and mentioned choices, Diabetes UK felt that “The Diabetic” should qualify these choices.

The Friends of the Manx Diabetes Centre are delighted to do this through their newsletter.

Our primary objective in our Constitution (1.1) clearly states quote:-

“All monies from whatever sources 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, **unless specifically otherwise requested by the donor in writing**” unquote.

The Friends of the Manx Diabetes Centre have given Diabetes UK an assurance, that if any monies are received with a request for it to be sent for research we would be delighted to pass it on to Diabetes UK.

However it was made abundantly clear that we would not send any monies given to us by the generosity of the Manx people, unless “specifically otherwise requested by the donor **in writing**”.

We are most grateful for the hand of friendship and best wishes to the Group, extended by Diabetes UK.

The Friends of the Manx Diabetes Centre welcome the overture of Diabetes UK and we on our part, in reciprocating, will work with Diabetes UK in whatever capacity or on whatever requests they may from time to time make.

If any of our members feel that they want to send monies to research you can send it directly to :- Mrs Helen Pattie, North West Office Manager, Diabetes UK, First Floor, The Boutings, Winwick Street, Warrington, Cheshire, WA2 7TT.

In this instance the cheque must be made out to “Diabetes UK”. Alternately you can send your funds to the Treasurer of the Friends of the Manx Diabetes Centre, 20 King Edward Park, Onchan. Remember, it must be accompanied by a covering letter indicating where you want your donation to be sent, or whatever research you may want to support, so that we can act accordingly.

Monies received by us for research will be forwarded to Mrs Pattie.

The Friends of the Manx Diabetes Centre must reiterate that we have absolutely no arguments with sending monies for research, **but it must be RASIED for that particular purpose, and the Manx people must be told what it is being raised for, and where these donations will end up.**

We shall NOT divest our general funds, of monies given to us by the Manx people under a Manx banner for use on the Island.

Specific and qualified guarantees have been given through Mrs Pattie to Diabetes UK of the good intentions of the Friends of the Manx Diabetes Centre, and we are sure that we can work together in amicability, in mutual respect and understanding.

The Friends of the Manx Diabetes Centre will be friends with any Group that will be friends with them.

The Group will work in harmony with any Group that extends their hand of friendship, and respects the objectives of its Committee and its membership, as enshrined in their Constitution.

We have already been approached by other Manx Groups with a view to co-operation The Friends of the Manx Diabetes Centre are most grateful for their approach which will be taken up.

Lions Club Blood Testing Day

On Saturday the 27th September the lions Club are once again organizing a Blood Testing Day, this time at the Mitre Hotel in Ramsey.

The session will as usual start at 10 in the morning and go right through until 4 in the afternoon. Ample time for everyone interested to come.

The Staff of the Manx Diabetes

Centre will be in attendance.

Everyone is welcome, even if you are a diabetic.

No doubt that the Blood Testing day will again be a great success, organized with the Lions inimitable attention to detail and efficiency.

The Friends of the Manx Diabetes Centre have once again been invited to be present at the Blood Testing Day and we have informed the Lions Club that we shall be there.

We once again thank the Lions Club for their kind invitation to participate.

Chairman's Interview on Manx Radio

The Chairman of the Friends of the Manx Diabetes Centre was invited by Manx Radio to discuss the New Group on their Mandate programme.

The interview was aired on the morning of Wednesday 2nd July 2003 with highlights of the interview on their news bulletins during the day.

The interviewer, Mr Roy McMillan, in his preamble explained what the Group was all about and quoted from the June Newsletter including the fact that 7 children had been diagnosed diabetic in the last 9 months

His first question was why the Chairman thought there was a need for this new Group?

The Chairman explained that some medical carers and some friends of his felt that there should be a diabetic Group that specifically raised monies to help medical carers and the diabetics on the Isle of Man.

The monies raised would be used exclusively on the Isle of Man and only for that particular purpose.

Mr McMillan whilst accepting that this was the core of the new organisation, was of the opinion that a lot of research was taking place looking at ways of treating diabetes

and trying to find a cure. This he said required a centrally funded organisation and if the new Group withheld monies from them, were not the Group damaging the cause?

The Chairman was not in agreement with this hypothesis. He explained that the diabetic did in fact need research and he was all for research, and had no qualms with monies going to research, but this had to be raised specifically for research.

He was most strongly of the opinion that at present we should leave this to the big conglomerates because we were a small Island and we could not afford to give monies for research that was urgently needed on the Island.

However he was most insistent that if monies were to go for research then it had to be specifically raised for that precise purpose.

He was adamant that monies given to his Group by the Manx people had to be, and will be spent on the island.

As an example, he pointed out that £4,000 sent to a particular branch of research was just a grain of sand on a very big beach, whereas if you bought a piece of equipment with those £4,000 for the Diabetes Centre or the Children's Ward, that was a tangible thing that they can use now to help the Manx diabetic.

He then went on to expound on the practicality of it all by saying that if we are a Nation, then as a Nation we should look after our own people first, and then think about everyone else afterwards.

Mr McMillan wanted to know if the buying of equipment was going to be decided by the Chairman or in consultation with other doctors?

The Chairman told Mr McMillan that he was in no position to advice on any piece of equipment for the Hospital. He then pointed out that every piece of equipment will be

bought on the recommendation of Dr Khan.

He was the one that knew his requirements and what the equipment was going to be used for.

He again emphasised that it was the Groups mandate to ensure that whatever our carers needed, the Group was there to try to supply it, but everything will need Dr Khan's approval.

In his final question Mr McMillan asked if the Friends of the Manx Diabetes Centre would be prepared to work with the other Group, because we were obviously offering a different specific service.

The Chairman made clear that the organisation's aim were such that it would enable those who wished to donate funds to diabetes causes to have a choice. It was up to the donor to give their funds to whatever cause they wanted to support.

He was most insistent that the Friends of the Manx Diabetes Centre would go all out to raise as much money as possible, because the staff at the diabetes centre were doing a wonderful, and a very professional job and they needed support with equipment.

The Chairman and Committee of the Friends of the Manx Diabetes Centre would through their newsletter "The Diabetic" thank Manx Radio for their kind invitation to the interview, and in particular Mr Roy McMillan for his professional expertise.

Mr Roger Barrs senior partner of our accountants Horwath Clark Whitehill discusses tax relief on payments to Charities

In an endeavour to impart some knowledge regarding the conditions appertaining to Donations to Charity,

the Editor of "The Diabetic" spoke with Mr Roger Barrs, senior partner of our accountants Horwath Clark Whitehill, and we discussed Tax relief on donations to Charities.

He explained that on the Isle of Man individuals can make payment to charities by a Deed of Covenant or simply by making a payment to a registered charity.

With regards to covenanted payments to a charity this is tax deductible from total income in the year in which it is paid.



Mr Roger Barrs of Horwath Clark Whitehill

Mr Barrs clarified that a covenanted payment to a charity, is a payment under an irrevocable covenant, and these donated funds must be donated for a period of time capable of exceeding three years.

The maximum amount that can be deducted for tax purposes in any one assessment year is £5,000. There is no lower limit.

Mr Barrs was quick to point out that any amount covenanted must be identical in each and every year of the period.

We then went on to discuss donations by individuals who are residents in the Isle of Man, where these donations are given to a Charity over a period of any one year of assessment. This is the simplest form of donations

In this case, Mr Barrs emphasised, donations by individuals is now a maximum of £5,000 that can qualify for tax relief, provided that this complies with the Income Tax Act of 1970

The lower limit with which you can obtain tax relief is £100 to any single charity.

At all times a receipt must be obtained from the charity for production to the assessor of Income Tax.

Tax relief is also available to a company as provided in section 61D of the Income Tax Act 1970.

Mr Barrs said that the Income Tax (Donations to Charities) (Amendment) regulations 2002 (SD 149/02) made provision for an increase of the limit in respect of which companies may claim income tax relief for donations to charities from £5,000 to £15,000.

This new limit came into effect as regards donations made after 6th April 2002.

I hope that Mr Barrs the senior partner of our accountants Horwath Clark Whitehill has shed some light on charitable donations, and “The Diabetic” is most grateful to him for taking up his valuable time to see us and explain, in plain language, how you can help the Friends of the Manx Diabetes Centre to raise funds.

If you may want clarified any points that have been made above, please send them to the Editor at 39 Cronk Drean, Douglas.

We must point out that most charities have a standard form for completion when donations are made.

Please remember that a receipt has to be obtained in all instances of donations as this must be submitted to the tax office to obtain tax relief.

Our website at www.diabetes.org.im also gives you details of how you can

make donation to the Friends of the Manx Diabetes Centre.

However if you want to access the Website of our accountants, Messrs Horwath Clark Whitehill, their website is at www.horwathcw.com

Donations

Since our last Newsletter we have been receiving donations from various sources, some wanting to remain anonymous.

However the Group has decided that in its endeavour to treat everyone the same, irrespective of their contribution, acknowledgements will be made to the donor in “The Diabetic”, without revealing the size of their donation, or their donation in kind, unless they specifically want us to do so.

What we are trying to do is tell you about the saint without telling you about their wonderful, stupendous and generous miracle.

The Committee would like to take this opportunity to thank the following persons and organisations for their kind help and generous contributions: -

Ace Hire and Sales: Harry at Feegan’s Lounge: Maintenance Free Building Products Limited: Mr Castle on behalf of Tours: Mr David Stevens: The Lions Club: The friends of the late Mr Harry Perry R.I.P. in lieu of flowers: Mrs Pauline Callow who has stipulated that her donation has to go towards the buying of equipment for the Children’s Ward, which we shall honour. Mrs Hazel Clarke: Miss Norma Cowin: Mr Trevor Singleton: Isle of Man Railways: Ms Linda Rooney for her parish walk: Mr Terry Marston: Miss Katie Hollands: The Candy Stores: Mrs Trisha Hughes: Mrs Dorothy Metaxas: Mrs Jane Miles: Mrs Trish Guilford: Mrs. Chris Howland: and Mrs Helen Wilson.

We would remind you to please make all donations payable to “The Friends of the Manx Diabetes Centre” and remit to the Treasurer, Mr Frank Miles at 20 King Edward Park, Onchan

Alternately you can make your donation through our Website: www.diabetes.org.im just follow the instructions.

Membership forms

Our membership continues to grow, and we are most grateful to all our new members that have joined since the last Newsletter and who we welcome.

Once again at the back of this Newsletter is a membership form, which we would respectfully request that you give to a friend or acquaintance.

If you are reading this on the website and you are not a member, the website has the facility for you to become a member of the Friends of the Manx Diabetes Centre. Go to the proper page and just follow the instructions.

Please remember that the Friends of the Manx Diabetes Centre are there to help diabetics on the Isle of Man and all the medical carers that look after them.

However you do not have to be diabetic to join. We welcome everyone who wants to raise monies for use exclusively on the Isle of Man.

Correspondence

We would remind our readers that all correspondence received and published in our Newsletter “The Diabetic” will appear in our Website at www.diabetes.org.im which is world wide.

So let’s get cracking, send us your views on any topic connected with diabetes: The Diabetes Centre: the

hospital: what you would like us to do: activities that you would like the Group to undertake: complaints: praises: photos etc, in fact “The Diabetic” is your forum to air your views, both in the Newsletter and on the world wide net.

By the way, you can post us the photos or you can send them by e-mail. to the Editor at e-mail editor@diabetes.org.im

This is the chance you have been waiting for, you never had it so good. Speak to me, Speak to me!!!

Developments

Phantom pains.

Phantom pains are something that only those who have lost a limb really know what it is all about. These pains are really acute and most uncomfortable. They call them phantom pains, but they are very real and they do hurt. They may affect you at any time of the day, or night, and it is something that is now being addressed from a scientific angle.

A couple of months back on one of the Discovery Channels there was an hour long programme specifically dedicated to this affliction that amputees have to put up with.

This professor that was studying this anomaly was doing his research in the United States. He had found that these phantom pains come about because a section of our brain, does not believe, and does not accept that there is something missing at the extremities of an amputated limb. The brain, because it gets no feed back from the amputated limb thinks there is something wrong with the limb and takes evasive action by sending messages contracting what is not there and the brain erroneously receives pain

messages from where there originally was a limb. Hence the phantom pains.

This professor has come up with a very simple idea. What he was doing on the documentary was using a system that looks ridiculous but is claimed to work.

For the experiment he was using a gentleman who had his left arm amputated, and was getting phantom pains.

Anyway what he did was have a box with an open top and with a mirror on the side of the amputated limb.

He then got this gentleman to put his right hand into the box and look through the open top. As he moved the fingers of his right hand and his right arm, his eyes could see a corresponding movement in the mirror, which looked like his left hand was also moving about. In fact your brain sees and registers two hands.

The part of the brain that deals with this issue gets confused and believes that there is a real hand, when in fact there isn't, and after about five minutes, the brain goes back to its normal activities and the phantom pain goes away.

A professor of bone and joint medicine at a hospital in Bath, who is researching phantom pain management also advises the "mirror" technique, which it is claimed removes the phantom pains.

You can use this "mirror" technique if you have a leg amputated. All you have to do is get a mirror and place it between your stump and the good leg, wiggle your toes (without shoe and sock) and your good leg for about five minutes and hey presto your brain seeing two legs gets confused and fly away pain. At least that is the theory.

You can do the same if you are missing an arm, dispense with the box and just use the mirror as for the leg above.

You can repeat this system as many times as you need it.

If you try it please write and let us know if it worked for you. No harm in trying, there is no medication, it costs nothing, and it is painless. If it works it works, and if it doesn't no harm done, all you have invested is five minutes of your leisure time.

The Friends of the Manx Diabetes Centre have also teamed up with the Prosthetic Department at Noble's hospital at the Strang to conduct this experiment.

The Editor has spoken with Miss Alison Cookshoot, the senior Prosthetist/Orthotist at Nobles Hospital, and we have prepared a questionnaire for those of you using the Prostheses department who want to participate in the experiment.

If you want to take part in the experiment, you can either write to the "The Diabetic" direct and we will send you a questionnaire or you can collect a questionnaire from Alison when you next visit the prosthetic department. It will be fun, and maybe we will come up with some positive results.

Who knows, your phantom pains may go away, if they do, we want others to know how to get rid of theirs. We need your help.

Obesity in Children

Those of you who attended the inaugural meeting may recollect that Dr Emran Khan, gave a talk on obesity when he was the guest speaker of the Friends of the Manx Diabetes Centre.

Great Britain it appears has seen the third-highest increase in obesity levels in the world over the past decade.

Doctors say that they have found obese children as young as five with heart disease.

They also say that there is an increase in type two diabetes in children as young as aged 13.

The number of English children that have developed a weight problem is now running at one in five classified as overweight or obese. This is nearly double the number of obese children ten years ago.

Doctors now consider that in the under ten age group of children, one in four is considered obese.

Experts are predicting that what these children are doing is just creating health problems for themselves that will catch up with them as they grow older.

As you know Type two diabetes is normally associated with adults who are overweight.

The situation has become so alarming that The Food Commission, a nutrition watchdog has proposed to MP's enquiring into the obesity epidemic, that all junk foods should carry a tobacco-style health warning similar to those at present carried on cigarettes and other tobacco related goods.

Nutrition experts are of the opinion that something drastic has to be done to discourage children from eating junk foods that they consider as one of the main planks in the obesity explosion.

We on the Island should also be alive to this problem that will also affect all our own children if we are not careful.

Do you want to know if you are overweight or Obese.

If you want to know if you are obese or just overweight the best thing to do is consult your doctor.

Doctors have a way of finding out.

They use a method called the body mass index, in other words the BMI test.

Those of you who came along and took part in the blood testing day so efficiently organized by the Lions Club at the Tower House on 14th June last, will recollect that the staff of the Manx Diabetes Centre were doing BMI testing in the main room as part of the blood testing day.

This BMI test is quite simple to do.

It is calculated by dividing the weight of the person in kilograms by their height in meters squared. For example someone who is 5ft 8 inches tall i.e. 1.73 meters, and weighs 9 stone 8 lbs i.e 60.78 kilos has a BMI of 20.3.

This is worked out by multiplying the 1.73 meters by itself giving you a figure of 2.9929 which you then divide into the weight, 60.78 kilos and it gives you a BMI quotient of 20.3.

Now if your BMI is anything between 20 and 25 in adults this is fine, but over 25 you are overweight and if you register anything over 30 then you are obese.

If you try it at home and you are over 25 or over 30 then you are considered obese so consult your dietician for a check up on your BMI and an appropriate diet to suit your particular requirements.

For children, it is not so simple because their age is an important factor in working out their BMI

However if you think that your child is overweight or obese, then please consult your doctor or dietician.

Contact Numbers

Since our last newsletter Noble's Hospital has opened at the Strang and we have had a change of telephone numbers.

The Manx Diabetes Centre general enquiries Telephone number is 650866.

Hospital Enquiries Number Tel 650000

For all wards and other hospital departments consult the information booklet that was sent to you through the post by the DHSS.

The Friends of the Manx Diabetes Centre tel No. (01624) 613702

On the website, www.diabetes.org.im

Patient appointments at the Manx Diabetes Centre

Once again it has come to our notice that a minority of patients are not turning up for appointments at the Manx Diabetes Centre.

We know of someone, who shall remain nameless, who said that they had not turned up for two appointments and this person was complaining that a third appointment had not been received.

Let us all be practical, the personnel at the Manx Diabetes Centre are a very hard working professional body of carers, and if you cannot attend your appointment, **PLEASE PLEASE** ring Chris on telephone 650866 or if you prefer Tracy on telephone 650877 and cancel your appointment. In this way the appointment will be allocated to someone else.

Please remember that the volume of work at the Diabetic Centre is such that they now have a six months waiting list.

It is not fair on other patients who cannot attend because others don't turn up and the Centre is left with a wasted appointment.

I know some of you may feel that it is daunting to attend the Manx Diabetes Centre, or any doctor for that matter, and you may have reservations of the unknown.

But the multi-disciplinary team at the Centre are experienced, will put you at ease, and are there to help you with your diabetes.

I promise you will come out in a better frame of mind than when you started off.

Let us all make an effort, and let us all work towards achieving zero no-shows.

It is important that your diabetes is looked after. It is in your interest to ensure that it is kept under control. The Manx Diabetes Centre and its carers are there to help you. These carers do not let us down, and we should not let them down by not appearing for an appointment.

On a Lighter Note

All material for this section is welcome. Whatever you think is funny, just e-mail the Editor and we shall try and put it in the newsletter.

The "Kueen's" Visit

The Queen came to the Island for Tynwald Day, and the whole of the Island got excited.

This excitement even rubbed off on the sign writers who prepared the notices for the allocation of parking places for the dignitaries.



Self explanatory. No comment

(Photo Petunia)

My correspondent did not see the notice for the allocation of a parking space for her Majesty, but I sincerely hope they did not spell it "Kueen".

Many thanks for the photograph. Keep writing in with what you want, and what you see.

Keeping fit

Shortly after it's opening, the Editor had occasion to visit Noble's to see a patient friend of his. It was a somewhat painful and tiring affair, especially with an artificial leg, going from ward to ward, as his friend had been moved.

The Editor with his artificial leg, was not a very happy chappie by the time he got back to his car.

Now being a very resourceful chappie, on his second visit to see his friend, he decided to take his wheelchair, and problem solved. He could go anywhere with impunity.

However from this experience he felt it would be fun to try and see how many miles a nurse walked over a period of a week, in the pursuit of the administration of her caring duties.

The Editor decided to enlist the help of a nurses. He found a volunteer and he gave this angel of mercy a pedometer and off she went.

On the first full day the pedometer had registered 6.4 miles, on the second it registered 7.2 miles, The third 5 miles. Fourth 2.6 miles and fifth 5.1 She only works five days a week

Over the week our angel had covered a walking distance of 26.3 miles

This means that at a conservative extrapolation this would see our wonderful angel covering a distance of 1,210 miles during a years work at the new Nobles (46 weeks).

At the end of the experiment she told the Editor that she was extremely happy, as she had never done so much exercise in her life and on the long run she felt it would keep her more than fit, and no doubt she would derive other fringe benefits.

Just imagine how many miles per day, let alone over a year, the porters must cover.

One thing is certain, we shall not only have what is claimed a fantastic new up to the minute state of the art hospital, but we are going to have a fitter hospital staff than we ever had before.

Incidentally the Editor has been assured there is no truth in the rumour that those taking part in the walk at the next Olympic Games will be seeking employment at the New Hospital.

Is the Human race doomed because of Stupidity

In case we need further proof that the human race is doomed because of stupidity, here are some actual label instructions on consumer goods.

On a hairdryer "Do not use whilst sleeping"

On a bag of chips "You could be a winner! No purchase required, Details inside"

On some frozen dinners "Servings suggestions.....defrost"

On a dessert printed on the bottom of the tub "do not turn upside down"

On a bread pudding "Product will be hot after heating"

On the package of an Iron "Do not iron cloths on the body"

On Children's cough medicine "do not drive a car or operate machinery after taking this medicine"

On a syrup sleeping aid "Warning: may cause drowsiness"

On peanuts "Warning contains nuts"

On American Airlines packet of nuts "Instructions: open packet, eat nuts"

On Child's superman costume "wearing of this garment does not enable you to fly"

On a Swedish chainsaw “do not attempt to stop chain with your hands or genitals”

What next?

The Editor’s thanks go to Lynne for her e-mail. Keep them coming need some more for the next newsletter.

Photographs

All photographs, except where indicated and computer set up in this issue are by courtesy of Helga. Without Helga this newsletter would not be possible.

Report on the Southern Agricultural Show

The Southern Agricultural show was the first show that the Friends of the Manx Diabetes Centre had attended since coming into being after their inaugural meeting on May 8th, and at the show they came of age.

This is the first of many shows and events that we shall be attending in our endeavours to raise monies for our diabetic carers.

From the support that we got over the two day period, it was abundantly clear that our mandate of all monies raised being used exclusively on the Island, was what the many people that spent monies on our stall wanted to hear.

We were very lucky as the show was basked in sunshine over its two day period, with many of us getting sunburnt.

However this did not detract from the enjoyment that everyone had watching the animals and walking about in such stupendous weather.



A Loaghtan sheep indigenous to the Isle of Man

The Committee would like to thank the many helpers who attended, without whom the event would not have been the success that it was.



A well manned stand.

Our thanks go to (in alphabetical order): -

Alison: Andrew: Beth, for her energy, exuberance and cheerfulness that kept us from flagging during the Sunday afternoon: Brenda: Dorothy: Janet: Jerry: Kelly: Margaret: Olwen: Pat: Phillis: Sarah and last but not least Terry. Not forgetting Steve and Keith from Ace Hire and Sales who entered into the spirit of the event.

And of course Jan, who worked like a Trojan to organise and get things ready for the event. Without what she did, there would have been no goods or balloons at the stand and it would not have been the success that it was.

In total we had sixteen people manning the stall over the two day period.

We must also thank Ace Hire and Sales for supplying us with not only the stand but for facilitating all the equipment that went to make the stall.

Most appreciated was the on site loo!



Members of the public show interest in our endeavours

The stall was under constant demand and by the Sunday morning we had to stop selling balloons as the many friends who had come to help could not cope with the volume of balloons.

Unfortunately on the Sunday afternoon the wind had picked up and it was impossible to do the wheelchair lift as the balloons were not staying upright.

Because of the windy conditions they were pulling at an angle.

It was therefore decided that as the balloons could not be controlled it would have been too dangerous to attempt the wheelchair lift.

It could have created a danger to anyone watching and it was therefore decided by the powers that be, that due to the weather conditions the lift off was a no no.

Our many helpers had their work cut out, inflating the balloons, tying them to the cards and battling the wind.

There were so many balloons that they started at 11.30 am and did not finish until 3.05. In fact we were very, lucky to meet the deadline of ten past three.



Kelly tickled pink on seeing Pat's new hair do

So after a lot of hard work by our helpers, and all the balloons had been blown up, they were released after Jan was given the OK and a time for their release by Ronaldsway Tower.

They told her that she could release at 3.10pm as at that precise time there would be no aeroplanes in the area.

We are most grateful to the members at Ronaldsway Tower for all their help in making the balloon race possible.



Balloons everywhere, everywhere balloons

It was a most impressive sight to see.

It brought everything at the fair to a standstill. Even the things happening in the ring stopped as the loudspeaker announced the balloon race was taking place at 3.10.p.m and many people congregated around our stand.



The Balloon Race
With a forlorn wheelchair

A substantial crowd watched enthralled as a veritable river of colour rose into the sky, and appeared to stretch out to infinity, as everyone applauded the breathtaking spectacle.



Balloons racing to their destination
Each balloon following its friend

We were astounded and pleased to have received the first three tickets that had been attached to the balloons on the Tuesday morning.

Considering they were released at 3.10 pm on the Sunday afternoon, they must have reached their destination on the Monday or the Sunday itself, for the good people that found them to have posted them to reach us by the Tuesday morning.

An amazing feat for the balloons for they crossed the Irish Sea and reached Cumbria. The furthest Balloon got to Gretna Green and was found by Mr H.J. Smith. Mrs Liz McGirr bought the winning balloon. Prizes have been sent

The Friends of the Manx Diabetes Centre also thank all those friends of the Group, that contributed so abundantly with prizes for our raffle which had a tremendous response and was one of our main attractions. In particular Hazel Clarke and Norma Cowin.

Their generosity taught us all that it was worthwhile having created the Friends of the Manx Diabetes Centre.

Also our thanks to every member of the public, both young and old that participated at the stand and who with their donations will go some way in ensuring that we shall be able to give our carers what they need.

We welcome and are also very grateful to those who joined the Group at the show.

It was hard work, but none the less it was a very profitable two days and the Friends of the Manx Diabetes Centre managed to amass £889.81.

Once again it has been proved, by the overwhelming support at the Show, that we are on the right track with our mandate and objectives.

Events for the next quarter.

We shall be attending the blood testing day on Saturday 27th September at the Mitre Hotel in Ramsey, at the kind invitation of the Lions Club.

On Wednesday 15th October a painting evening has being organized at Craftworks Studio at Silverdale.

The studio can only take a limited number of participants so it is essential that you reply soonest, as it will be a question of first come first served.

Please use the enclosed form.

We have also arranged a Christmas Concert to be held on Wednesday 17th December and we shall let you know the venue etc in our December newsletter.

The Friends of the Manx Diabetes Centre are a Group formed to help the multi-disciplinary team at the Manx Diabetes Centre and all medical carers that look after diabetics on the Isle of Man.

phone the membership secretary on (01624) 613702

It is in the interest of all diabetics to ensure that all monies are used on the Island thereby facilitating our diabetic carers with the help and equipment that will enable them to look after all diabetics on the Isle of Man.

JOIN

US

NOW

All donations marked payable to "The Friends of the Manx Diabetes Centre" please send to the Treasurer 20 King Edward Park, Onchan, Isle of Man

The Friends of the Manx Diabetes Centre guarantee that no monies received will be sent off the Isle of Man. All monies donated will be used and allocated in accordance with article 1.1 of our Constitution.

The Committee asks all diabetics and those who use the Diabetes Center, their friends and everyone with an interest in diabetes to join the Group. Your medical teams need your support, they do not let us down, neither should we.

JOIN

US

NOW

For further information visit our website at www.diabetes.org.im or