

The Newsletter  
of the Friends of  
the Manx  
Diabetic.  
The diabetic  
support Group  
of the IOM

# The Diabetic

All monies  
collected are  
spent on the Isle  
of Man.  
No monies are  
sent  
off Island

*The Best and most Informative Diabetic Newsletter on the Isle of Man*

Issue number 24

Date: June 2009



## LEADING FROM THE FRONT

*Caaryjn Lught Vannin yn Chingys Millish*

A Charity registered in the Isle of Man. Charity number 894.

All monies collected from whatever source will be used exclusively on the Isle of Man for the benefit of diabetics and their medical carers.

Website: [www.diabetes.org.im](http://www.diabetes.org.im)

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**The Manx Youth Orchestra presented the Friends of the Manx Diabetic with £2,667.43p**

**Mr & Mrs R Cope presented the Friends of the Manx Diabetic with £1,000.**

**According to the Minister we are standing in front of a runaway train, hope it does not squash him**

*The Diabetic needs help*

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## The Manx Youth Orchestra

On Saturday 21<sup>st</sup> March 2009 the Manx Youth Orchestra invited the Friends of the Manx Diabetic to a presentation at St Ninians High School.

The Manx Youth Orchestra had given a concert at the Villa Marina on the 13<sup>th</sup> December last year and they had decided that the proceed of the evening would be divided between themselves and the Friends of the Manx Diabetic.



L to R. Henry Ramagge – Chairman FMD, Maggie Richardson – Head of Department of Education Music Service, Cathy Cowin – Chartered Marketer Bank of Ireland, Jerry Ludford-Brooks – Treasurer FMD, and Bernard Osborne – Chairman, Friends of Manx Youth Orchestra

**Feegans  
Deli**

Food to eat in

Food to take away

Food for thought

Are available at

Feegan's Internet Lounge  
8 Victoria Street, Douglas

The evening produce the staggering sum of £5,334.86p which shows the popularity of the Manx Youth Orchestra and in what esteem it is held by their many Manx friends.



As above and the Manx Youth Orchestra.

Half of the proceeds came to £2,667.43 which was the presentation made to the Friends of the Manx Diabetic.

The Chairman of the Friends of the Manx Diabetic was most grateful, and in his address of thanks, he celebrated the commitment of the young people of the Isle of Man and what they did for the Community.

The Chairman was of the opinion that by their actions, the youth of the Isle of Man, represented by the members of the Manx Youth Orchestra were committed to the future of the Isle of Man, and they had shown that the youth of the Island were an example to us all by giving of their valuable time to practice, excel in their endeavours and put others before themselves.

He thanked them for thinking of the diabetics on the Island, and assured them, as was the mandate in the Friends of the Manx Diabetic Constitution, that all the money that they had so generously raised would be used exclusively on the Isle of Man for the benefit of diabetics and their medical carers.

The Christmas Festival Concert that the Manx Youth Orchestra put on, in the presence of His Excellency the Governor was sponsored by the Friends of the Manx Youth Orchestra and the Bank of Ireland.

The Concert was comprehensive and delivered with professionalism, panache and gusto and the performance was enjoyed by all those present.

The Friends of the Manx Diabetic are most grateful to Maggie Richardson the Head of

Department of Education Music Service, Cathy Cowin Chartered Marketer, marketing and New Product Development Manager of the Bank of Ireland, and Mr Bernard Osborne – Chairman of the Friends of Manx Youth Orchestra.

And of course to the Manx Youth Orchestra.

## Mr & Mrs R Cope.

Bob Cope and Pam Keig got married on 4<sup>th</sup> April.

There is nothing new in this, many couples get married during the course of the Year.

But Bob and Pam were a special couple, they decided that instead of getting presents, they would ask all their relatives and friends to send money so that they could give what they collected to Charities on the Isle of Man.

They have very kindly sent us a donation of £1,000, with a letter saying “We know that the money will be put to good use, and would like to thank you for your continued efforts”.

In thanking Mr and Mrs Cope for their fantastic gesture and thinking of us during their arrangements to the big day, we would like to assure them that in accordance with our mandate, we shall use all the money for the benefit of diabetics and their medical carers on the Island, and that no money will be sent abroad.

The Friends of the Manx Diabetic would like to take this opportunity to wish them both a healthy, happy and long married life with lots of blessings.

### Quote of the quarter.

**The DHSS is costing champagne prices for delivering brown stout services.**

**Peter Karran MHK.**

## The Rescinding of the Reciprocal Health Agreement.

Tynwald has requested that the DHSS and The Council of Ministers report back to their July court with proposals.

*The Diabetic* presumes that the DHSS realises that by the time July comes about, we will have wasted over 10 months of inactivity since they were informed in October last, that the Reciprocal Health Agreement would at a given date be rescinded.

Surely by now we should have had some *modus operandi* in place, to ensure that Island

people are able to **travel** to the UK without complications.

If the Government has not been able to move out of the “Train Tracks” in 10 months what hope have they got of not being run over by the train.

Tynwald rejects the sensible idea of Mr Karran’s £3 departure, the easiest system to administer, but bring up the usual red herrings, that talks should be held with the devolved Parliaments of Scotland, Wales and Northern Ireland to clarify whether the reciprocal health agreement could be maintained with them.

A great idea and it should be pursued, but this does not resolve the problem of going to the UK.

**THIS IS WHAT WE ARE ALL TALKING ABOUT, BECAUSE IF THE MANX PEOPLE CANNOT GET TO THE UK ON HOLIDAY WITHOUT INSURANCE, WE ARE TRAPPED ON THE ISLAND.**

This is what the Government has to resolve and stop clouding the issue.

**WE HAVE TO BE ABLE TO GO TO THE UK AND HAVE COVER TO TRAVEL WITHIN THE UK. THAT IS WHAT THE MANX PEOPLE WANT.**

*The Diabetic* feels sorry for the Government as they do not seem to appreciate or understand the enormity of the problem, and they persist in going off at tangents.

Tangents that are irrelevant to the problem that is being presented here, and that has to be addressed and resolved.

They bring up the fact that people who have lived in the UK for 10 years in one stretch will be exempt. So what, this does not help the **Manx Residents and the Manx people** who have lived on the Island all their lives, they are trapped, the Government lives on cloud nine and cannot seem to hoist their predicament.

The Treatment of patients from the Isle of Man and the going to the UK as a tourist, **ARE TWO SEPARATE THINGS.**

We can have treatment in Scotland, Wales, Northern Ireland, Hong Kong, France, or Germany but if the people of the Isle of Man cannot travel on holiday to the UK whenever they want, what then?

**Maybe the Government in its wisdom intends to ensure and tell us that if we go on holiday to say Cornwall, and we need hospitalisation the Government will bus us to Scotland or to whatever destination they have**

**set up a reciprocal health agreement with for treatment?**

They will then tell you that if you died on the way its your fault for not holding out, they had done the best they could to get you to your destination.

If we cannot get travel insurance to visit the United Kingdom then the problem is not resolved, and the Government is condemning the **Manx People** to life long stays on the Isle of Man.

It does not matter how many Reciprocal Health Agreements they enter into with whatever jurisdiction.

Let us have no more living on cloud nine and come down to Earth.

By July it will have taken over 10 months and we are still floating about at 30,000 feet.

The people of the Isle of Man want to be able to travel to the United Kingdom. Full stop.

That is what the DHSS and the Government has to resolve.

The Manx Government is fast running out of time and appears bereft of ideas.

As Mr Teare, with first hand knowledge says, he is “standing in the middle of the tracks” and he claims the “train is coming”, let us tell him its not coming, it is thundering down the track towards him, at breakneck speed, and at this rate he will be squashed.

**It has been mooted that there will be Tycoons coming to the Island escaping the 50% tax. *The Diabetic* hopes they do not sit round a table with the Government, as they will be told, you, you, you and you, are fired.**

***The Diabetic* needs help**

At the AGM, the Chairman made a plea for help with producing *The Diabetic*.

*The Diabetic* has now been running for six years and you are reading the 24<sup>th</sup> Edition, and as you all know the Chairman has been doing it himself.

The Chairman explained that things were getting much more hectic and he needed help from anyone interested in giving a hand to produce *The Diabetic*, which as you all know comes out every quarter, in December, March, June and September.

So if anyone out there is interested in giving a helping hand, and fancies himself or herself as a budding journalist, please get in touch with the Chairman on Tel: - **613702**.

You can then have a chat and see how you can help to resolve his problems.

Over to you.

## **The Swine Flu Pandemic**

In *The Diabetic* of September 2008 we published the Pandemic Table Top exercise held at the Villa Marina last June.

The Table Top Exercise was presented by Dr Parameswaran Kishore, the Director of Public Health.

Because of the fact that we now are on the brink of a real pandemic, we thought it incumbent on us to reproduce and bring up to date what a pandemic is.

A Pandemic is the name given to any disease that spreads rapidly to affect most countries around the world. **Pan** means all, **Demos** means people.

Pandemic Flu is therefore influenza that spreads rapidly to affect most countries around the world.

This is due to the emergence of a new flu virus which is totally different from the normal circulating varieties of flu virus.

Ordinary flue can occur every winter, but Pandemic Flu can occur at any time of the year and may affect 25% or more of the population.

It is unlikely that anyone will have any immunity to the new virus.

It is this factor that allows it to spread widely, easily, and cause more serious illness.

For those of you who do not know what an influenza pandemic is all about, influenza is a viral infection of the respiratory system, the nose, throat, windpipe and lungs.

It is highly infectious and the virus spreads from person to person, through sneezing, coughing and from direct contact with the virus which may have settled on surfaces.

The virus can survive for several hours in dried mucus and can be transferred from sufferer's hands to door handles and other objects.

So you must sneeze into a tissue and dispose of it in a bin, and immediately wash your hands.

Crowds of people, poor hygiene, poor ventilation and closed windows can help to spread the virus.

This type of flu can affect people of all ages.

There is no evidence that taking extra vitamins or other products will offer you any protection against pandemic flu.

Antiviral drugs, (Tamiflu), has been purchased by the DHSS and are being stored on the Island for such an eventuality.

In the event that we have a full blown Flu Pandemic, four flu centres will be set up around the Island that will control, co-ordinate, dispense and distribute Tamiflu.

The DHSS has plans for such an eventuality which would be put in place to ensure that essential services are maintained when and if a pandemic reaches the Island.

Information from the World Health Organisation and the Health Protection Agency will keep the Island advised of the situation at all times.

Information leaflets have already been issued to all households on the Isle of Man, and *The Diabetic* recommends that members read them, and make themselves fully aware of their contents.

A local help line will be set up when the local situation demands it. In the meantime please consult the leaflet that you have received.

A serious Pandemic is likely to affect as much as a quarter of the world's population and cause a significant number of deaths.

Each Pandemic is different, and though there is a sprinkling of people in many countries around the world who have the swine flu it is still difficult to predict its full effect.

At present the Pandemic has been designated Level 5 by the World Health Organisation.

It is not until it is designated Level 6 that the Pandemic will be recognised as a full Pandemic.

However the Island DHSS is ready for any eventuality.

If you want more detailed information please consult the pamphlet that you have been given or visit the following websites: -

[www.gov.im](http://www.gov.im)

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

[www.dh.gov.uk/pandemicflu](http://www.dh.gov.uk/pandemicflu)

[www.immunisation.nhs.uk](http://www.immunisation.nhs.uk)

**REMEMBER GOOD HYGIENE MUST BE THE WATCHWORD AT ALL TIMES**

*The Diabetic* wishes to thank Dr Paul Emerson for his help in compiling the above report.

## **The Chronically Sick and Disabled Persons Committee Meeting with Local Groups.**

On Monday the 18<sup>th</sup> May the Chronically Sick and Disabled Persons Committee met with local Groups at Masham Court.



The meeting was their annual meeting with voluntary groups on an informal basis to report back on the work of the committee during the course of the year.

The meeting was chaired by its Chairman Mr Phil Braidwood

After introducing the members of his committee, Mr Braidwood then proceeded with a report on the activities of the committee during the past year.

He explained that they had had meetings with the Access Office, Douglas Corporation and the Department of Transport regarding the obstruction caused by the Display boards placed by retailers on the public footpaths.

They have been told that the enforcement power to local authorities will be in place by summer 2009, and that Douglas Corporation has confirmed that no licences will be issued for the 'A' display boards.

As regards Access in Douglas Town Centre, he said that having obtained Tynwald approval for the Regeneration Scheme, a Committee was to be established to consider strategy. It is intended that this work will commence early in 2010.

On the question of the ongoing review of Prosthetic and Orthotic services he informed the meeting that they had held a meeting with Mr McGregor-Edwards and had apprised him that the questionnaire did not comply with Council of Ministers guidelines. Mr Edwards was of the opinion however that the questionnaire with a target users only, and was not classified a consultation exercise and therefore did not fall

under Council of Ministers guidelines. But Mr Edwards had informed the committee that the exercise had already highlighted areas where improvement to the service could be implemented and action would be taken immediately.

Mr Braidwood informed the Chairman of the Friends of the Manx Diabetic that there was a Prosthetic and Orthotic report and he would shortly be forwarding one to him and another to Mr Houghton MHK.

He then enumerated on the visit to the Distribution and Storage facilities for aids and adaptations, and said that matters were proceeding with the fitting out of the new building which will commence after the TT fortnight.

Mr Braidwood then dealt with training courses, the Radar Key facility and where the sites were located

The Isle of Man Good Practice Guide, which he said was an information booklet that will help make buildings more accessible for people with disability was now available.

It will offer assistance to architects, planning office, Department of Education and members of the public who are carrying out alterations.

The Chairman of the Chronically Sick and Disabled Persons Committee in closing his address enumerated the venues that the Committee had visited during the past twelve months.

In conclusion Mr Braidwood thanked all those who had helped the Committee during the past year.

Then the members present were called on to introduce themselves.

Following this the Chairman invited Mr David Gibson, the Deputy Director of Services Division to give an update on the progress of the Disability Discrimination Act and discuss the Regulation Care Bill and other relevant Social Care Legislation.

After a very lucid dissertation a lively debate ensued and he was left in no doubt of what the disabled people wanted, which we are sure he took on board

Mr Derek Peters, Catering Service Manager, was also present. He enlightened the meeting of the work of the Nutrition Action Group at Noble's Hospital.

Mr Peters also gave a mouth watering account of what was available food wise in the Wards at Noble's hospital.

This brought a mixed response from the floor with diverse opinions, from those who wanted to go sick and go into hospital immediately to take advantage of all this wonderful food: to those who felt it was terrible.

The Chairman of the Friends of the Manx Diabetic asked for a private meeting with Mr Peters, so that he could explain the real situation of his Fairytale entry to the Eurovision Song Festival.

Mr Braidwood then asked for any matters that the meeting may wish to make the committee aware of, but by then everyone was exhausted and full of the fabulous banquet of the succulent hospital food.

The Chairman of the Friends of the Manx Diabetic told Mr Braidwood that he would be writing to Mrs Mallon with his requests in early June as at that moment in time he had no energy left.

**I never see any home cooking—all I see is fancy stuff.**  
Prince Philip

## Local News.

### **The Proposal by Mr Peter Karran MHK.**

*The Diabetic* holds not brief whatsoever on behalf of Mr Karran, however it is incumbent on any opposition that if what the Government is doing and proposes is good for the People those in opposition are morally bound to support it.

Similarly if those in opposition propose anything that is going to benefit the people then the Government is also morally bound to support and take on board those propositions, or at least consider them and not throw them out, because of personalities.

This was the case in the House.

We have all been trying to put forward systems to help circumvent the visiting and hospitalisation of Manx People to the UK.

We have to get to grips with this and any sensible solution has to be considered.

Here we had a system that would allow the DHSS to acquire millions and pay for the hospitalisation of Manx patients, easy to administer and would guarantee the Manx people their visits to the UK without any problems.

Don't tell us that the Government has not got a mandate to introduce this type of levy on departures and arrivals.

All they have to do is put a resolution in the House, pass it, and bingo they have a mandate.

Even Blackpool is charging a levy to passengers of £10 per head which they will use to refurbish the airport, and everyone going there has no option but to pay it.

So why not here?

In Liverpool the Airport Authorities make every taxi driver collect £1 from every fare picked up from airport arrivals.

The interests of the Manx People must be paramount whether you are in Government or Opposition.

Let us stop posturing, pulsating and move forward.

### **The DHSS has no more cash for the Hyperbaric Chamber.**

The Minister for Health and Social Security Mr Eddie Teare told the House of Keys, that though the Hyperbaric Chamber received an annual grant from the Department of Health and Social Security of £90,000, and a further £10,000 retainer fee by the Department of Transport, for the provision of emergency cover for their works diving team, in addition to charitable donations, he was now unable to provide any extra funding to continue the running of the facility.

The Charity had requested extra funding from the department explained Mr Teare to the House, "and I have to say the department does not have the resources to meet that request." As he explained that he had other request from other charities and he could not make the budget go any further.

Mr Teare said that there were 210 people who had made use of the Chamber facilities in 2007 with a similar number of patients last year.

He was however of the opinion that perhaps the Charity should look to providing a fee-based service and questioned the need to have a Hyperbaric Chamber service on the Isle of Man at all.

### **Health and Social Care in the Isle of Man**

The DHSS has issued a consultation document entitled Health and Social Care in the Isle of Man.

Mr Teare the Minister of Health and Social Security wants to gain views of Isle of Man

residents on what he terms a series of key questions.

He would like members of the public to input on what he considers a very important document that may influence the Department's future policy for many years ahead.

If we fail to face the issues now, he feels that we will condemn future generations to deal with growing problems associated with the cost and quality of health and social care.

He stresses that the consultation document contains ideas and discussion topics, and not a series of measures that are a foregone conclusion.

He promises that the department will carefully consider all responses when developing future policy and strategy on these vital issues.

If you haven't got one, get one from the DHSS and put in your two pence worth.

### **The CVO Conference**

The Council of Voluntary Organisation held their first conference at Keyll Darree at Nobles on Wednesday 8<sup>th</sup> April last.

The Conference was very well attended and *The Diabetic* wishes the organisers every success in their new venture, and hope that all their objectives will be achieved.

### **Border Controls**

Because of the adverse publicity on the question of boarder controls between the UK and the Isle of Man,

The Isle of Man Government has been provoked into action, and we must congratulate the Chief Minister for having come to an agreement with the UK Government to do away with this irritation.

However at the present time the House of Parliament is debating the issue and want to reinstate the amendment by the Lords that had done away with this issue.

If the House reinstates this clause then we are back to where we were before.

This will create great problems for the Isle of Man, as pointed out by the Chairman at the AGM of the Friends of the Manx Diabetic last October.

However now what the Government has to do is get our airport to circumvent the need to produce passports, driving licence or bus passes before they will give you a boarding pass and again show identity at the gate, and at departure before they let you board their plane.

Otherwise all the good work the Chief Minister had done will be negated.

### **White Lists**

*The Diabetic* would also like to congratulate the Isle of Man Government, for getting on the white list of tax co-operate jurisdictions.

Let us hope that this will enable the Isle of Man to put to rest any aspersions of a Tax Haven that so far others in the past have been trying to blemished.

However we cannot drop our guard.

### **Social Care**

The UK Government is producing a Green Paper on social care which will address how they pay for care as a society.

Around six million people in the UK are carers, with one in six putting in more that 50 hours of care at home.

About 70% of people think the Government is failing carers.

At least a million people will have dementia by 2025 in the UK.

An official Commons report last year recognised the need to support carers.

Carers save the economy millions of pounds.

The carers Allowance at the top of the range is just 40.38pence per hour for a 24-7 caring sequence. This is ridiculous for full time caring.

They are doing a full time job, yet there 40.38pence per hour is nowhere near the minimum wage, or let the DHSS send in full time 24 hour carers on a rotation basis and see how much this would cost the DHSS. They know how much, but it is better to stay quiet and not rock the boat.

Whatever the UK adopts as regards payments to carers, it will automatically come into effect here on the Island because of the agreement the Isle of Man Government has with the UK.

As usual the initiative is always with the UK Government and not with our Manx Government.

We wonder how much money the DSHSS will be asking Tynwald to cover these increases when they come into effect?

## **In Touch News in Brief.**

**“Fit for the Future” is coming**

During 2009 the DHSS will be launching the **Fit for the Future** programme under the auspices of Lesley Keenan, the Chief Operating Officer.

**The Fit for the Future** programme is to help all members and staff to ensure that the Department's operational processes and procedures are ready to meet the challenges of the future.

### **Who is leading us and Where to?**

The planning group of the Multi-Professional Forum has invited the Chief Executive Officer Mr David Killip to lead the sessions which will take place on the 9<sup>th</sup> November 2009.

The topic for the Forum would be who is leading us and where to?

In order to stimulate the debate and obtain some 'grass roots' views on the matter they would like to hear from DHSS personnel and their views on the subject. In particular:

Who is leading us in your opinion?

Where are we going as an organisation?

Who should lead us?

Where should we be going?

What do you think the leadership should be thinking about in terms of our direction ?

Does leadership belong at the top of the organisation or should it permeate throughout?

Do the formal plans shape our action?

### **New Consultant Surgeon**

The Surgical Directorate at Noble's are pleased to announce the appointment of a new Consultant Surgeon.

They welcome Mr Adrian Shutt as the new consultant surgeon with special interest in Vascular Surgery.

Mr Shutt has an impressive C.V. and has particular interests in the treatment of venous ulceration and will contribute to the ongoing development of the vascular service available to the island population.

### **Erica Humphries new role**

The Clinical Governance Directorate welcomes Erica Humphries, who commenced her new role as Personal Secretary to Bev Critchlow, the Director of Nursing, Midwifery and Professional Development.

### **Appointment of Medical Education Manager**

Mary Clark has been appointed to the post of Medical Educational Manager.

The new Medical Education Manager post has been introduced in light of the UK's Modernising Medical Careers (MMC) change agenda, which is a programme of change that aims to maintain and improve the quality of care for patients through reform and improvement in postgraduate medical education and training.

### **New Interim Assistant Director**

Mr David Comley has joined the Social Services Division as Interim Assistant Director (Children's and Families) and will stay until a permanent appointment has been made.

He said he was "looking forward to working with colleagues to take forward Children's Services on the Isle of Man."

### **Tug-of-War**

Julie King who works as a Community Development Worker for the Children's Centre in the community of Jurby, is at present planning a Jurby Funday to be held at Jurby Parish Hall on the 1<sup>st</sup> August 2009 and she is looking for Tug-of-War teams.

All going well they will consist of Fire Service, Police, Prison Staff, locals and any other teams she can get to take part.

So if you are interested in helping please ring Julie King on Tel: -308065.

**The above In Touch Magazine News in Brief has been supplied and is published by courtesy of In Touch Magazine a DHSS publication.**

**If you don't say anything you will not be called upon to repeat it.**

### **Bank Correspondence**

We have received the following e-mail from Jeremy in Castletown which speaks for itself.

A 98 year old woman wrote this letter which the Bank Manager found so amusing that he had it published in The Times. It states: -

Dear Sir

I am writing to thank you for bouncing my cheque with which I endeavoured to pay my plumber last month.

By my calculations, three 'nanoseconds' must have elapsed between his presenting the cheque and the arrival in my account of the funds needed to honour it.

I refer, of course to the automatic monthly deposit of my Pension, an arrangement which I admit, has been in place for only eight years.

You are to be commended for seizing that brief window of opportunity, and also for debiting my account with £30 by way of penalty for the inconvenienced caused to your bank.

My thankfulness springs from the manner this incident has caused me to rethink my errant financial ways.

I notice that whereas I attend to your telephone calls and letters, when I try to contact you, I am confronted by the impersonal overcharging, pre-recorded, faceless entity which your bank has become.

From now on, I, like you, choose only to deal with a flesh and blood person. My Mortgage and loan payments will therefore and hereafter no longer be automatic, but will arrive at your bank by cheque, addressed personally and confidentially to an employee at your bank whom you must nominate.

Be aware that it is an offence under the Postal Act for any other person to open such an envelope. Please find attached an Application Contact Status which I require your chosen employee to complete.

I am sorry it runs to eight pages, but in order that I know as much about him or her as your bank knows about me, there is no alternative.

Please note that all copies of his or her medical history must be countersigned by a Solicitor, and the mandatory details of his or her financial situation (income, debts, assets and liabilities) must be accompanied by documented proof.

In due course, I will issue your employee with a PIN number which he/she must quote in dealings with me.

I regret it cannot be shorter than 28 digits but, again, I have modelled it on the number of buttons presses required for me to access my account balance on your phone bank service. As they say, imitation is the sincerest form of flattery.

Let me level the playing field even further. When you call me, press buttons as follows: -

1. To make an appointment to see me.
2. To query a missing payment.
3. To transfer the call to my living room in case I am there.
4. To transfer the call to my bedroom in case I am sleeping.

5. To transfer the call to my toilet in case I am attending to nature.
6. To transfer the call to my mobile phone if I am not at home.
7. To leave a message in my computer (a password to access my computer is required. A password will be communicated to you at a later date to the Authorized Contact.)
8. To return to the main menu and to listen to options 1 to 8.
9. To make a general complaint or enquiry, the contact will then be put on hold, pending the attention of my automated answering service. While this may, on occasion, involve a lengthy wait, uplifting music will play for the duration of the call.

Regrettably, but again following your example, I must also levy an establishment fee to cover the setting up of this new arrangement.

May I wish you a happy, if ever so slightly less prosperous New Year.

Your humble Client.

Remember this was written by a 98 year old lady.

Isn't it wonderful wouldn't you like to do the same to your bank?

**DOESN'T SHE MAKE YOU PROUD!!!?**

**Bank failures are caused by depositors who don't deposit enough money to cover losses due to mismanagement**  
Vice President Dan Quayle

## Research Study on Limb Loss

*The Diabetic* has been approached by Amandip Bahia a Trainee Clinical Psychologist with the University of Sheffield, who is conducting a research project investigating the psychological adjustment to limb loss as part of her doctoral research.

The research study is specifically looking at 18-40 year olds who have had an amputation and have received a prosthesis within the last 5 years.

The study involves participants completing a number of questionnaires followed by a short 5 minute phone call.

This area of research has been ignored for a long time, and many individuals do not have

access to psychological therapies to aid the adjustment process.

Amendip is hoping that the study will help to inform future practice and highlight this need.

This is a worthwhile study that could in the long run highlight the need for psychological support to this client group,

If you feel you would be able to help with this study please get in touch with Amendip on her website: - [dippybahia@yahoo.co.uk](mailto:dippybahia@yahoo.co.uk)

Any help would be much appreciated.

**I have done my bit for global warming,  
without any legs I now leave no  
carbon foot prints.**

**Henry J Ramagge  
Chairman Friends of the Manx Diabetic**

## **News in Brief.**

### **What is it?**

In the UK there is one diagnosis every three minutes.

It is estimated that 1 in 15 will be a sufferer by the year 2025.

It is already costing ten per cent of the total NHS budget in the United Kingdom.

180,000 new cases are reported as being diagnosed every year.

No wonder this condition is the epidemic of growing proportions in our lifetime.

Have you guessed what it is?

### **Its Diabetes.**

On the Island we have a proportionate epidemic which will cost the DHSS a tremendous amount of money.

### **So what are we doing?**

**As the Minister admitted in the House, the  
DHSS don't even know how much it cost for  
them to maintain one diabetic.**

### **If you are dead you get paid.**

UK Government departments have paid £73 million pounds to dead people in allowances during the past year.

The biggest blunders was by the Department of Works and Pensions paying out over £40 million in state pensions to people after they had passed away.

As well as the pensions overpayments, £11.78 million went to 119,000 dead claimants and £8.41 million was paid in pension credits.

Another 7,700 dead people were paid a total of £1.17 million in incapacity benefits.

The rest went in other overpayments to the deceased.

*The Diabetic* wonders if this is happening here?

In these credit crunch times we guess it is better to die than be alive, at least you get paid and have no money worries.

## **UK NHS sets new obesity targets.**

The NHS in the United Kingdom have dumped the targets set by the Government to reduce child obesity. Instead they had cut new targets which are much higher than the current ones

Originally the Government wanted the number of badly overweight 11 year-olds reduced from 16.2 per cent to 14.5 per cent by 2010 but the revised figure is now set at 16.3 per cent.

To lower the levels of childhood obesity involves input from a considerable number of organisations.

A record 1,230 people died from being overweight in 2007.

## **Obesity cause of ill health and death.**

Obesity is now only second to tobacco as the cause of ill health and death.

Patients appear to be only interested in new fads for dieting instead of with a successful long term outcome through dieting and doctors advice as to the best course to slimming.

Now a large study has been published that sheds light as to which diet is best.

800 participants took part in the scheme and the study showed it does not matter what diet you are on, it is all the same in terms of outcome if you stick to it.

## **Too fat to work?**

Recent Government figures recently released indicate that some 2,130 people are now claiming incapacity benefits as a direct result of obesity.

There are estimated to be thousands of people whose weight has led to server health problems, such as diabetes, cancer or heart defects, which have made them unfit to take jobs.

One in 1,200 people are now receiving sickness handouts in the UK, meaning they are getting up to £84.50 per week because they are grossly overweight.

Some 5,018 patients ended up in hospital in 2007-08 because they were so fat their health was in danger. In 1996-7 this figure was 738 admissions. The comparison is considerable.

This is a burden on NHS finances in the UK, and further proof that the obesity epidemic is spiralling out of control.

The annual direct cost to the NHS for obesity is estimated at £49 million. Whilst associated problems are estimated to add another £1.2 billion.

So how much is all this costing our own DHSS?

If they don't know how much it cost to maintain one Diabetic what chance do we have of finding out how much obesity costs the DHSS on the Isle of Man.

In any event, are we doing anything about it?  
If so, when?

### **Did you secretly wanted a Tattoo.**

Scientists are now claiming that a tattoo that can warn diabetics when their sugar level are out of control has been developed in the US.

Special glucose sensitive ink in the orange tattoo is designed to turn yellow if blood sugar levels start to rise and purple if they are low.

It will act as an early warning system and do away with the daily routine of finger pricking tests.

So the tattoo being developed by the US firm Draper Laboratories, could be an easier alternative.

There you go, now you have an excuse to get that tattoo you always longed for.

### **Is sleep important to diabetics?**

A Study has found those who do not enjoy the optimum level of seven to eight hours sleep a night were two and a half times more likely to develop a blood sugar abnormality linked to type two diabetes.

The Researchers studied the habits of 276 volunteers over a period of six years.

The Study, by academics at the University Laval, in Quebec, Canada is published in the journal Sleep Magazine.

### **Special Bathroom Scales.**

Special Bathroom scales have been developed to help diabetics lower the risk of complications of diabetes that can lead to tissue damage and even the need of amputation.

Using mirrors that reflect the bottom of the feet when standing on them, the scales enable patients to identify sores or cuts so that they can take preventative action.

The scales cost about £60 and have been developed in the USA.

Remember you should have your feet and legs examined by a healthcare professional at least once a year.

**The House of Lords is a model of how  
to care for the Elderly.  
Frank Field. MP**

## **Over Zealous**



The council sent the above workmen to put in seven bollards on this area outside the Royal Victoria Hospital in Belfast, to stop people parking on the corner pavement.

And a wonderful and conscientious job they did.

They even cleaned the whole area and left it neat and tidy.

It was only when they were ready to go, and got back into the van, that they started to have all the fun.

**It was not a failure  
It was an incomplete success  
President Jimmy Carter**

## **Ingenuity?**

A man walks into a bank and asks for the loan officer.

He tells the loan officer that he is going to Australia for two weeks and needs to borrow £5,000.

The loan officer tells him that the bank will need some form of security for the loan.

The man hands over the keys and documents of the new Ferrari parked on the street in front of the bank.

He produces the log book and everything checks out.

The loan officer agrees to accept the Ferrari as collateral for the loan.

The Bank Manager and its officers all enjoy a good laugh at the expense of their visitor for using a £120,000 Ferrari as collateral against a £5,000 loan.

An employee of the bank then drives the Ferrari into the bank's underground garage and parks it there.

True to his word two weeks later, the customer returns and repays the £5,000 and the interest which comes to £15.41p.

The loan officer says, "Sir, we are very happy to have had your business, and this transaction has worked out very nicely, but we are a little puzzled.

While you were away we checked you out, and found that you are a multi-millionaire.

What puzzles us is, why would you bother to borrow £5,000?"

"Where else in this town can I park my Ferrari for two weeks for only £15.41 and expect it to be there when I return"

That is why some people are millionaires and some are not.

## **Terry and Olwen Leave the Island.**

Terry and Olwen Marston have left the Island and returned to the UK, after 22 years of being a valuable resident here.

They are one of the casualties of the Rescinding of the Reciprocal Health Agreement and the inactivity of the Manx Government to arrive at a solution for their own people to be able to travel to and from the United Kingdom without let or hindrance.

Terry has been a stalwart of the Friends of the Manx Diabetic and indeed Diabetics on the Isle of Man and for a long time has been a mentor to the Chairman, and helped him with invaluable support over the many years that they have been

fighting for benefits for diabetics on the Isle of Man.

He accompanied the Chairman to many meetings with the then Minister for Health and Social Security Mr Bernie May, and was a member of the committee when we were fighting for a Diabetic Clinic, Diabetologist, Doctors, Diabetic Nurses, and a full compliment of carers.

More podiatry staff, more dieticians, and a host of other improvements for diabetics on the Island which diabetics now as of right enjoy.

Terry first came to the Island in 1987, when he bought a property here, and then moved over permanently in 1991.

He was diagnosed diabetic in 1988.

He goes back a long way with his knowledge of the Island and his help for its people.

We are sorry he has had to go back to the UK, but understand the predicament he and his family found themselves in under the new health arrangement.

We shall all sorely miss Terry's advice and help in the future.

Prior to coming to the Island Terry was an Industrial Chemist, He was also a respected Magistrate in the UK. Whilst on the Island Terry continued to help and was a member of the Planning Committee.

All his friends and *The Diabetic* would like to wish Terry and Olwen the very best in their new adventure, and the Chairman would like to personally thank him for being a great friend and a valuable advisor.

Good luck.

**It is dangerous for elected members of any Government to say things people might remember later.**

## **The Last Laugh & The Oldest Joke.**

In order to try to start the procreation process God tells Adam to Kiss Eve.

"Lord, What is a Kiss?" asks Adam.

God explains this to him, so Adam and Eve go behind the apple tree and they kiss.

God then instructs Adam to give Eve a cuddle.

"Lord, What is a cuddle?" asks Adam.

God explains what a cuddle is, and again they go behind the apple tree and they cuddle.

Adam is then told by God to go behind the apple tree, and make love to Eve.

“Lord, What is making love?” asks Adam

God then instructs Adam on how to make love to Eve, and they once again go behind the apple tree.

Seconds later Adam quickly reappears and asks God, “Lord, What is a headache?”

**Persons are prohibited from picking flowers from any but their own graves**

## **The 2009 Amputee Games**

The following was received at the news desk halfway through the printing process, but as we thought it was of interest to disabled people we felt we should print it even though it does not appear ‘In This Issue’ on the front page.

The 2009 Amputee Games is being held at Stoke Mandeville Stadium, the home of disability sport, for another power packed two days on Saturday 22<sup>nd</sup> and Sunday 23<sup>rd</sup> August 2009.

Participants will be invited to ‘have-a-go’ at 13 Paralympic sports under the guidance of the sporting governing bodies.

The inaugural event saw 81 amputees take part in archery, badminton, baseball, bowls, fencing, athletics, shooting, swimming, tennis, power-lifting, table-tennis, hand cycling and sitting volleyball.

The Amputee Games is a great opportunity to be spotted by talent coaches from the British Paralympic Association as well as the individual sporting governing bodies.

This is truly a chance of a lifetime for new amputees to progress, be it at local or national level.

For more information on how to get involved call Kiera on 07968 760001 or e mail [kieral@btinternet.com](mailto:kieral@btinternet.com)

The Douglas Bader Foundation will be posting regular updates on their website, so please if you are interested, keep looking for more information on the games.

**Bringing the leadership to its knees occasionally is a good way of keeping it on its toes.**  
**Tony Banks MP**

## **DISABLEDGO AND THE DHSS**

DisabledGo is the National Accessibility Project founded by wheelchair user Dr. Gregory Burke.

DisabledGo is committed to empowering disabled people to get out and do what they want to do in their own community, and in other areas that they would like to visit.

DisabledGo produces internet access guides to over 1,000 goods and service providers in The Isle of Man.

It is available absolutely free and designed to answer the access questions that disabled people want answered.

It is all about recognising disability and maximising choice.

The aim of DisabledGo is to give disabled people, their friends, family, colleagues and carers confidence to go out and enjoy and contribute to their community.

They give people the information they need to make confident choices.

They have developed the website by consultations with over 800 groups of disabled people and disability organisations, which after all are the disabled people at the heart of the process.

The uniqueness of DisabledGo is that every venue on their website has been visited by a trained surveyor, to ensure information is as accurate as possible.

By looking at the website of DisabledGo you can find what you require quickly using a simple search engine.

For example, you can search for a bank that has a hearing loop, a restaurant with large print menus, a solicitor who offers a home visiting service or a restaurant with an accessible toilet.

DisabledGo was launched in February 2006 with the pioneering support of the Isle of Man Government.

And here is where the problem now is.

We are enclosing a form which we would ask you to please complete and return to the address indicated on the back of the form.

The problem that exists is that DisabledGo is now on its fourth and final year of contract and the DHSS in its wisdom, even though the website is working efficiently and extremely well, and being used by a considerable amount of people disabled and otherwise, want opinions to help them consider the renewal of the contract so that they can assess if DisabledGo should continue or be used in some other form.

*The Diabetic* is of the opinion that the contract should continue as this is a fantastic website that cannot be allowed to die.

It will take you a minute to complete the enclosed form so please help.

If you have not seen the website before please go to [www.disabledgo.info](http://www.disabledgo.info)

For more information click on the 'contact us' button or call 01438 842710, and DisabledGo will be delighted to help you.

It will give you an indication as to how important it is to maintain this website for the benefit of the Manx Disabled in its present form, and by DisabledGo

During the period Dec 2007 to Jan 2009 (14 months) there have been 215,428 page views and 71,042 visitors to the website.

The total visitors on the DisabledGo Isle of Man site in the last 14 months have been 71,042, that is an average of 5,074 visitors per month nearly 167 hits per day.

How can we stop this, or even consider amendments, these figures speak for themselves.

Whatever the DHSS might say or do, it would be crazy to do away with DisabledGo, give it to someone else or put it in booklet or paper form.

5,074 visitors per month on the website, well it just beggars belief.

But then again anything is possible with our DHSS.

Is the DHSS now prepared to cut off the only means that disabled people on the Island and others from across have to access the Island facilities for disabled people?

DisabledGo have 60,000 guides in 58 areas of the UK. Does the DHSS know better that all these places across?

We now have over 1,000 sites on the Island website alone.

We cannot provide this facility in any other way other than electronically, which is the up to date and efficient way of communication.

We must leave it alone and renew the contract, we must instil on the DHSS that things that are working properly must be left alone, and must not be tinkered with for the sake of saving a few pence, when wastage at the DHSS in other areas not working so well is rampant.

Please, please complete the form and return the form to the address indicated by Friday 5<sup>th</sup> June which is the extension date that the DHSS has granted *The Diabetic*.

It does not matter if you are not Disabled this website is good for the Island.



[www.DisabledGo.info](http://www.DisabledGo.info)

DisabledGo produces Internet access guide to over 1,000 goods and service providers in the Isle of Man. It is available absolutely free and designed to answer the access questions that disabled people want answered.

[kimberley.dixon@disabledgo.info](mailto:kimberley.dixon@disabledgo.info)



**The Friends of the Manx Diabetic  
are here to help you.**

**But in order to do this we also  
need your help, so become a  
member of our Group which is in  
your interest**

**All monies collected from  
whatever source is spent on the  
Island for the benefit of Diabetics  
and their medical carers.  
We do not send any monies off  
Island.**

**If you want to join us please write  
to our membership secretary: -**

**Mr Michael Lewin  
Membership Secretary  
Friends of the Manx Diabetic  
The Firs, Pinehurst Avenue,  
Douglas IM2 1PQ**

**Or ring for a membership form  
On Tel: - (01624) 624696**

