

Diabetic Association of South Hertfordshire (affiliated to Diabetes UK)



WELCOME TO DASH'S SUMMER 2010 NEWSLETTER

FUNDRAISING NEWS

Hospital Diabetic Equipment

WELL DONE to Sophie Washington and her family who have now broken the £6k fund raising mark. (Brilliant as the target was £2.5k!)

Sophie and her family have been working hard to raise money, so that two IPro2 continuous monitoring machines can be ordered for the QEII. The rest of the money raised will be going to the Bluebell Children's Ward at Lister to purchase outdoor play equipment for a garden that is being created.

Money had been pouring in from numerous fundraising events. Local primary schools have been involved, cake sales organised, and The Barn Theatre had a charity performance of 'The Blood Brothers' in which Sophie had a cameo role.

London Marathon

Another DASH member who needs to be congratulated is Hayley Clancy. She joined a team of JDRF (Juvenile Diabetes Research Foundation) runners for the Virgin London Marathon. 2010 which took place on the 25th April.

She ran in support of her daughter, Rachel (aged 9), who was diagnosed with Type 1, in October 2008.

We just love the banner that her husband, Bill made for Rachel and her brother, Josh to hold up on the day.

Below is a picture of Hayley, Rachel and Josh showing off the banner and her well-deserved medal.



Well done to Hayley on completing the 26.2 miles without stopping, as although she struggled with an injury for the last 10 miles, she battled right through to the end in under 5 hours.

Hayley, with the support of her family and friends managed to raise an impressive £2,361. This money will help JDRF in finding a cure for Type 1 Diabetes.

DIABETES UK FAMILY SUPPORT WEEKENDS

Rachel Clancy not only joined the JDRF supporters at the London Marathon, she also had a fun-packed weekend, when she attended the Diabetes UK Family support weekend in Telford, Shropshire, thanks to some funding from DASH.

Rachel and her family stayed in a lovely 4 star hotel which was set amongst 170 acres of idyllic Shropshire countryside. The weekend consisted of both a parents and children's programme. Siblings without Type 1 also joined in and were also given special time to talk about their feelings/concerns.

The parents programme was both educational and supportive. All aspects about diabetes were covered, and time was spent in groups with the dietician, doctors and nurses.

The children were taken out on a day trip and the helpers were either nurses or volunteers who have diabetes themselves. The hotel also benefited from a superb leisure and spa facilities, so all the children had great fun in the pool.

If you are interested in attending one of the family weekends, have a look on the Diabetes UK website and please feel free to chat to Hayley at The AGM and she will be happy to share her experiences of the weekend.

EVENTS FOR YOUR DIARY

AGM

The DASH AGM is on the May 20th at Onslow St. Audrey's school, Hatfield @ 8pm.

Please make every effort to come, as we have also arranged for a guest speaker.

Suzanne Lucas, a nurse and diabetes specialist, will be discussing how to

manage and control diabetes with a nutritious diet. Her presentation will be followed by an open discussion at which she is willing to address any queries relating to Type 1 Diabetes.

DASH' S ANNUAL BBQ – 26th June. More details to follow soon.



PICNIC/GAMES IN THE PARK – when the weather warms up, we will be sending an email out to arrange an afternoon in the park.



If you would like to share your news and views for the next DASH newsletter then please contact Hayley @ Hayley.clancy@sky.com



The charity for people with diabetes
Registered charity no 215199

DASH Website www.dash-uk.org