

Dear Supporter

When we launched The Stephanie Marks Diabetes Appeal in 2003, we did not foresee some of the obstacles which have truly challenged us. We are however thrilled to embark upon 2008 as our final push year, and plans are almost in place to see building works approved later this year on the St. Peter's site. Being allocated an existing site rather than building from scratch, has also lowered our target, and therefore upon reaching £800k will allow us to commence work. We will keep you updated of progress as we work hard to secure the final £150k. More details can also be viewed by visiting www.stephaniemarks.org.uk.

Read on for information about our new recipe book and how you can play a part in its success, or if you are keen to run, now is the time to secure a place for this year's British 10k. Tickets are also now on sale for the popular Living with Diabetes Day, and lastly, if you are able to, or know anyone who would be able to provide a prize for our raffle, we would very much welcome the support!!

We are truly grateful for everyone's hard work over the last year and look forward to further success for the Appeal in 2008.

The Stephanie Marks Team

Do you have a recipe to publish? – foreword by Antony Worrall Thompson



Have your favourite recipe included in this new book to help raise funds for the Appeal. It is essential for us all to follow a healthy eating diet, or certainly be aware of the foods we eat and the impact they have upon us. Inspired by the success of our cookery slots at the Living with Diabetes Day, the book will have five sections – Starters, Main, Puddings, Snacks and Kid's Parties.



If you would like to see your name and any family favourite included, simply email your recipe (and photograph of the dish if available), to zoe.wood@asph.nhs.uk. Please suggest how many the recipe serves and if possible include a little history about where the recipe originated.



COMPETITION TIME (for children up to age 16)

Illustrate one of the five sections of the new recipe book – Starters, Main, Puddings, Snacks or Kid's Parties, and you could win a £10 Waterstone's book token. Please put your child's name, address, age and section, on the reverse of the drawing and send to 'The Dietetics Department, St Peter's Hospital, Guildford Road, Chertsey, Surrey KT16 0PZ'

CLOSING DATE Friday 29th February 2008

Sponsored by Waterstone's

BOOK NOW *Living with Diabetes Day*

10am-4pm
(registration from 9:30am)
Sir William Perkins's School, Chertsey

One of the objectives of the Appeal is to promote awareness of diabetes. Now in its third year, our annual Living with Diabetes Day has become tremendously popular. We are privileged to have heard from such eminent speakers as Becky Botham, Ian's daughter who has lived with diabetes since the age of 20; Richard Lane OBE who was the first person with Type 1 diabetes in the UK to be insulin independent since receiving three Islet Cell Transplants and Professor Simon Howell, Chair, Board of Trustees, Diabetes UK. Aimed at people with diabetes, carers and their families, it is described as a day of information and inspiration.

BOOK NOW - places are limited to 300 and booking in advance is advisable.

CALL 01932 722330, or email val.marks@asph.nhs.uk.

Adults £6, Senior Citizens £4, Hot and cold lunch £4 (packed lunch can be brought in if preferred)

Run the British 10k Sunday 6th July 2008 – London



We are delighted this year to have a key sponsor for the British 10k. David Lloyd Gym in Brooklands, Weybridge. To join in the fun, call us on 01932 722330 (£20 registration fee secures your place) and simply raise £100 in sponsorship money. Sponsorship forms are available; however the online 'Just Giving' (www.justgiving.com) site will allow friends, family and colleagues to donate easily via the website.



BIG Christmas Card SALE

We have a few packs of cards remaining which we would like to clear ready for Christmas 2008. There are three designs to choose from and to ensure all are sold we have reduced them all from £4.99 to only 50p per pack.

(10 cards per pack)

Cards can be collected from the Fundraising Office St. Peter's, Voluntary Services Ashford, or delivered free locally if 5 or more packs purchased.

Please call in advance of collection on 01932 722330.



Either for you or as a handy gift, the '£1 for life' keyrings are also available at £1.50 and can be used in gym lockers and supermarket trolleys.



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