

Diabetes Community Group – Thanet

Meeting held on Thursday 4<sup>th</sup> 2019 at 4.00pm at the Belle Vue Tavern.

Present:

Colin Smith	
Steve Burgess	
John Hall	
Brian Unwin	
Stella Campbell	
Barbara Smiler	
Jayne Williams	
Lynne Holbrook	
Eileen Docherty	
Guest Speaker	Katie Treslove: Specialist Obesity and Diabetes Dietician

Discussion	Action/lead
1. Apologies from Nigel	
2. Colin welcomed new members to the group, and gave a brief background to the history and rationale of the group. Namely: <ul style="list-style-type: none"> <li>○ Its first meeting was September 2018</li> <li>○ The group had only started being more organised Dec 18/Jan19</li> <li>○ Its remit was essentially around Managing or Reversing Diabetes where possible.</li> </ul>	
3. Notes from the last meeting 07 03 2019:  These were agreed as a true record.	
4. Matters arising: There were no significant matters arising	
5. Guest Speaker. The group welcomed Katie Treslove to the meeting.  Katie outlined the background to the research that started in 2011 when an 800 calorie controlled diet had shown that people with type 2 diabetes could go into remission. This had followed the discovery that people who had had bariatric surgery had shown signs of diabetes remission. A larger study then followed consisting of 3000 people in GP practices had been put on a pilot diet of 4 “shakes” (low calorie liquid) a day and monitored closely. She also pointed out that the term of remission was used rather than reversing as it was important to continue with measures to prevent diabetes returning.  Along discussion ensued which covered the following issues	

<ul style="list-style-type: none"> <li>• Some surgeries were more engaged with patients around diabetes</li> <li>• People had had very different experiences with health care professionals around their diagnosis</li> <li>• How people can maintain or increase their weight properly</li> <li>• Health passports</li> <li>• Understanding carbohydrates and modifying them (i.e choosing those which are slower to digest e.g. sweet potatoes, eating pasta al dente, fruit and portion size etc)</li> <li>• Hidden sugars in food, particularly low fat or diet products</li> <li>• As you get older or have diabetes longer it can be more difficult to put into remission hence the use of medication</li> <li>• How to access the dieticians</li> <li>• The importance of being proactive with your GP and other healthcare professionals around your self-management of Diabetes</li> </ul> <p>We also discussed the benefits of exercise and the role and support that Ageless Thanet can give with their well-being activities. We thought that at a near future meeting we could invite someone to come and address the group about the need and benefits of exercise.</p> <p>Katie agreed to keep in contact with the group as she felt it could play an important role with the Diabetes community in Thanet. She also provided the group with some useful handouts.</p>	
<p>6. Update on communication and publicity issues</p> <p>John gave an update on the work he was doing to set up a website for the group, and that if anyone had any information for the website to forward to him.</p>	<p>Now visible at <a href="http://diabetesthanet.uk">http://diabetesthanet.uk</a></p> <p>John.</p>
<p>7. Mission, Values and terminology: Deferred until we could have a fuller discussion.</p>	<p>ALL</p>
<p>8. Diabetes UK and potential funding. Eileen addressed the group having been the co-ordinator of the local group. We noted the demise of the DiabetesUK group in Margate which had recently closed. She reported that Diabetes UK were interested in our group and that they would be able to provide support if we wished to become part of their network. We also noted that the Margate group had some funding still which could be passed our way subject to agreement</p>	<p>Agreed to invite Diabetes UK to address our next meeting.</p> <p>Colin/Eileen</p>
<p>9. Date and time and place of next meeting.</p>	

We noted the that meeting in Pegwell would prevent some people from attending the meeting, however we also noted the support that the Landlord of the Belle Vue had given the group in allowing us to meet there free of charge. Some suggestions were made of potentially other venues.

We also discussed the date of the next meeting as some people would find it difficult and agreed to find a date in May which was suitable for as many people as possible

Colin