

Diabetes Community Group – Thanet

Meeting held on Thursday 4th July, 2019 at 4.00pm at the Feelgood Factory, High Street, Margate..

Present:

Colin Smith	
John Hall	
Steve Burgess	
Marion Brown	
Barbara Smiler	

Discussion	Action/lead
1. Apologies from Brian and Eileen.	
2. We discussed blood sugar levels and what the results meant. We noted that 4.7 was the NICE guidance for normal. Some people might think that high. We noted that up to 5.9 was “normal”.	
3. Notes from the last meeting 07 03 2019: These were agreed as a true record.	
4. Matters arising: There appeared to be some misunderstanding about the Diabetes networking event in Maidstone, as its focus seemed to be on volunteering. As a result no one attended	
5. We noted that staff from the Feelgood Factory were not aware that we were meeting today, and there was no-one to guide us through the benefits of exercise. A staff member did come up and gave a brief overview of the toning machines they had, along with membership fees. Fees were £27.50 a month for six months or a flat fee of £29 if taken on a monthly basis. We further noted that Upton School swimming pool was available to the public 1 night per week.	
6. Exercise. We agreed to try and find someone to take us through the benefits of exercise for the next meeting. Colin agreed to approach Emma Chapman from “Beewise” to see if she could attend.	Colin
7. Update on communication and publicity issues John informed us that we now have a twitter account to add to our social media presence	
8. Date and time and place of next meeting. <ul style="list-style-type: none"> 1st of August @4pm. Venue to be confirmed. We noted that Brian had a potential meeting venue for us at Westwood Cross. Brian to confirm if this is available to us	Brian