


Diabetes Community Group – Thanet

Meeting held on Thursday 7<sup>th</sup> November, 2019 at 4.00pm at Unit 26, Centre Management Office,  
Westwood Cross Shopping Centre

Present:

Colin Smith	
John Hall	
Brian Urwin	
Ivan Elsom	
Maxine Ansell	
Rosina Bushell	
Peggy Long	
Paul Whyte	
Gillian Scott	
Nigel Collingwood	
Jeremy Martin	

Discussion	Action/lead
<p>1. Apologies were received from Clifford East, Michael Finneran  Eileen Docherty, Steve Burgess, Barbara Smiler, Maria</p>	
<p>2. With new members present, Colin gave a brief outline of the history of the group.  The meeting opened with some gentle chair based exercises, provided by Emma Chapman from Bee Fitness.</p>	
<p>3. Notes from the last meeting 01 08 2019: These were agreed as a true record.</p>	
<p>4. The meeting welcomed Jeremy Martin from the Public Health Collaboration who gave a presentation entitled Real food – real hope, a presentation about the benefits of low carb eating. Presentation attached.</p>  <p>PHC Presentation to Diabetes Thanet</p> <p>At the end of the presentation the following questions were tabled. Q. How does this diet equate with needing to cut down on fats for heart problems? Need to talk with your dietician about any diet plans to make sure everything is compatible. There is a lot of new advice coming out which is suggesting that fats aren't as bad as first thought. Q Porridge is it a no or yet . A No. lots of carbs in porridge</p>	
<p>5. December Healthy Eating Social</p> <p>Colin reported back on a meeting with the Mayor of Ramsgate, Raushan Ara about her restaurant hosting a lunchtime meal on December 5<sup>th</sup> – a meal that would meet the</p>	

<p>requirements of people living with diabetes.          People were asked to put the date in their diaries and indicate to Colin within the next week, their ability to attend. There will be a charge for this meal</p>	
<p><b>6. My journey with Diabetes – Brian Unwin.</b></p> <p>This to be deferred to February or march meeting</p>	
<p><b>7. Communication and publicity.</b></p> <p>Website continues to need personal stories. Nigel will meet with John to do a patient interview. If anyone wants contact john at <a href="mailto:info@diabetesthanet.uk">info@diabetesthanet.uk</a></p>	
<p><b>8. Any other business.</b></p> <p>Paul spoke about his role in heart failure and the links between diabetes and heart failure. He had come along to this meeting as he is keen to see if this type of group/meeting can be replicated within his service.</p> <p>One of the issues that people have in this group is that the support and advice provided by GP practices in Thanet around diabetes is very varied, and one of the things this group will want to challenge when it is more established is this variety of provision.          We also discussed the benefits of self testing</p> <p>Finally the group as a whole felt the meeting had been very useful.</p>	
<p><b>9. Date and time and place of next meeting.</b></p> <p>December 5th</p>	