

Diabetes Community Group – Thanet

Meeting held on Thursday 9<sup>th</sup> April 2019, 2019 at 4.00pm at the Belle Vue Tavern.

Present:

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| Colin Smith       |  |
| Brian Unwin       |  |
| John Hall         |  |
| Nigel Collingwood |  |
| Marion Brown      |  |
| Marion Keppel     |  |
| Sharon Goodyer*   |  |
| Shaun*            |  |

| Discussion   | Action/lead |
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| 1. Apologies from Steve  |             |
| 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 since Dec 18/Jan19.</li> <li>○ Its remit was essentially around managing or reversing Diabetes where possible.</li> <li>○ Our last meeting , we received a presentation from the specialist diabetes nurse from East Kent Community Health NHS Trust</li> <li>○ Group discussions were fairly informal</li> </ul>   |             |
| 3. Each of the group introduced themselves, giving a brief outline of their diabetes history and what they hoped to get from the group. Noted that not all members were diabetic but had an interest in diabetes and/or the group <p>*Sharon was from “our kitchen on the Isle of Thanet” and was interested in developing healthy meals that can support people with diabetes. Nigel would give an short update on this at the end of the meeting. Shaun was from the Public Health Collaboration and would lie to make a presentation on their work to a future meeting.</p> <p>Issues raised by the group during the introduction included</p> <ul style="list-style-type: none"> <li>● Not being given enough information on diagnosis</li> <li>● Lack of resources available to assist healthy eating</li> <li>● The benefits of a low carb diet</li> <li>● Tips on starting exercise and the Feelgood Factory in Margate</li> <li>● Tips on losing weight</li> </ul> |             |
| 4. Notes from the last meeting 07 03 2019: These were agreed as a true record.   |             |

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| <p>5. Matters arising: There were no significant matters arising.</p>   |  |
| <p>6. Diabetes UK. Following a brief discussion it was agreed to invite Eileen Docherty to the next meeting to talk to the group about Diabetes UK and what we would need to do to join that organisation and represent it locally</p>  | <p>Colin to invite</p>   |
| <p>7. Exercise. Following a brief discussion, it was agreed to invite a speaker to address the group about using exercise to prevent or reduce diabetes and its effects. We would hope to use the Feelgood Factory in Margate for this meeting if they have a room available.</p>   |  |
| <p>8. Update on communication and publicity issues</p> <p>John gave an update on the website and asked that group members supply him with any information they feel would be good to share. Also he would appreciate anyone's personal journeys that they feel would be of interest.</p> <p>Colin asked that if people had any issues they felt that members could address, then to do it by email to <a href="mailto:diabetesThanet@outlook.com">diabetesThanet@outlook.com</a> and someone would try to help.</p> | <p>Now visible at <a href="http://diabetesthanet.uk">http://diabetesthanet.uk</a></p> <p>John.</p> |
| <p>9. Nigel reported back that he had been cooked a meal by Sharon from "our kitchen on the Isle of Thanet" and had taken blood sugar readings before and 3 hours after the meal and the second reading had been significantly lower.</p> <p>10.</p>  |  |
| <p>11. Date and time and place of next meeting.</p> <ul style="list-style-type: none"> <li>• June 6<sup>th</sup> at 4pm at the Belle Vue</li> <li>• July 4<sup>th</sup> at 4pm possibly the Feelgood Factory</li> <li>•</li> </ul>  |  |