

TYPE 2 DIABETES COMMUNITY GROUP MEETING 22.11.18

SAINSBURY'S WESTWOOD CROSS.

PRESENT:

MICHELE

COLIN

JOHN

PAULA

BRIAN (LAST 5 MINUTES !!!)

It was decided that the group should move forward as a self-help, psycho-educational, collaborative effort with set aims and objectives. Our work should empower us and others to manage our lifestyles by developing a pro-active, preventative and positive self-management attitude to the illness.

The work should be evidence based and we aim to publish our results.

- Some ideas for our work were put forward as follows:
- Develop a self-management pathway.
- Produce a self-help workbook.
- Promotion of the group.
- Formation of sub-groups- funding, promotional leaflet, workbook.
- Improving GP awareness and automatic testing if weight is a problem.
- Focus on prevention/halting progression/reversing symptoms.
- Session on medication; invite a pharmacist to give a talk.
- Healthwatch involvement.
- Exercise on prescription.
- Use of the 'Bluewave' pool and gym or 'Your Leisure', with concessions for group.

It was decided that the next meeting will be an 'ideas' meeting to make firm decisions about what we will focus on and how. The group will meet monthly.

Colin will approach the manager at the Belle Vue to ask if we can use the restaurant upstairs when it is closed.

- Next meeting: 10.01.19 @ 16.00hrs. Belle Vue Hotel, Pegwell Village.