

Diabetes Community Group – Thanet

Meeting held on Thursday 1st August, 2019 at 4.00pm at AiR, 18 Harbour Street, Ramsgate CT118HA

Present:

Colin Smith	
John Hall	
Steve Burgess	
Marion Brown	
Barbara Smiler	
Nigel Collingwood	
Raushan Ara	
Guest	Emma Chapman- Fitness Instructor
Guest	Ivan Barwick

Discussion	Action/lead
1. Apologies from Maxine Ansell, Vivienne Shelley	
2. Colin asked that in order to ensure his circulation list was up to date, could members forward to him contacts that need to be on the list so they do not get missed off the meeting circulation list	All
3. Notes from the last meeting 07 03 2019: These were agreed as a true record.	
4. Matters arising: Diabetes Networking event. Corienne Bailey-Bearfield had clarified that the meeting was an opportunity for those who do volunteer with Diabetes UK to meet each other and learn new things and she thought extending the meeting to our group as it was a great opportunity to meet their volunteers and learn more about Diabetes UK Swimming Upton School: Marion reported that she had tried to get clarification about the swimming pool being open. We noted that as schools were now closed for the summer, it would probably be best getting this information in September.	
5. We welcomed Emma Chapman from Bee Fitness who introduced the group to why fitness and exercise are so crucial to people with Diabetes. She talked about the importance of exercise in relation to mental health, cardio vascular disease and in general its benefits to other areas of long term health conditions. She stressed the important role it could also play in terms of its social element and making new friends. However she also stressed that people needed to find their own balance of exercise with their own lives, and that to do exercise you did not have to go to the gym but that exercise could begin in your own home. She then took the group through some very simple seated breathing and simple exercises that could be practised at home, that are designed to help people improve their ability. At the end she informed the group of her community Exercise	

<p>Groups that she was running in Broadstairs and that she was offering free taster sessions on 12 August, at Vale Church. (See attached flyer)</p>	
<p>6. Healthy Eating out social event: Brian outlined that he had been enjoying some health meals out and thought it might be an idea for the group to do something together. He had visited Kafeine, a café, in Broadstairs a buy one get one free tea or coffee and were interested in helping out with a social event at some point.</p> <p>We agreed to keep this idea in mind for the near future.</p>	
<p>7. Update on communication and publicity issues</p> <p>John would like to hear from people about their Diabetes Experience and journey so that they could be reported on the website.</p>	All
<p>8. Mission and Values; Brian and John agreed to put something down about these for discussion</p>	
<p>9. Date and time and place of next meeting.</p> <ul style="list-style-type: none"> • 5th of September @4pm. Venue to be confirmed. <p>We noted that Brian was sorting this out, but that we needed to know by the end of next week (9th August) so it can be publicised.</p>	Brian