

Diabetes Community Group – Thanet

Meeting held on Thursday 5th September, 2019 at 4.00pm at Unit 26, Centre Management Office,
Westwood Cross Shopping Centre

Present:

Colin Smith	
John Hall	
Steve Burgess	
Brian Urwin	
Barbara Smiler	
Nigel Collingwood	
Maxine Ansell	
Michael Finneran	
Shaun Connell	

Discussion	Action/lead
1. Apologies were received from Sheila Caulfield, Eileen Docherty	
2. As new members were present, people introduced themselves. We noted that after the last meeting we thought it would be a good idea to begin each meeting with some simple exercises. Although this hasn't happened at today's meeting Colin would ask Emma for some simple exercises.	Colin
3. Notes from the last meeting 01 08 2019: These were agreed as a true record. No urgent matters arising	
<p>4. Mission and Values</p> <p>Colin gave a brief introduction as to why this was on the agenda and that Brian and John had agreed to put something together. This was as follows</p> <p>Vision: To support those people in Thanet with Diabetes by contributing to raising their awareness of how making changes to their lifestyle can improve their health and quality of life.</p> <p>Mission: To provide all people in Thanet suffering Diabetes the opportunity to obtain support on how to manage their condition by learning the do's and don'ts related to how they change the personal lifestyle.</p> <p>Values We feel meeting with other diabetics and comparing experiences is a valuable method for controlling and reversing the disease.</p> <p>Everyone broadly supported this statement and agreed to consider and contribute to them via email before the next meeting at which a revised version will be considered.</p>	All

<p>During the discussion, the following points were made.</p> <ul style="list-style-type: none"> • To increase the group’s presence more people were needed and roles needed to be devised and shared to develop and deliver the work. • In particular publicity was very important to develop the group and a role for that should be developed. Agreed to ask our “membership” if anyone had experience and interest. • Learning from other groups had shown that peer learning (sharing experiences, stories and personal expertise) was invaluable. One specific problem was being able to stick with regimes • Ask our contact at Diabetes UK if they had any draft terms of reference that might assist us in developing the group • A formal group structure needed to be developed to support the furtherance of this group. This would be best done outside of the regular hour long meetings in workshop format. • Workshops could be organised on a more regular basis to cover specific areas e.g. asking Sharon to put together a health cooking and eating workshop. However we also note that workshops require a lot of organising which again would need to be factored into the committee structure discussions • The group should encourage participation so that members can share how they are improving their lives, learn from each other and exchange ideas • The group should develop in such a way as to avoid conflict within the governance of the group. 	<p>Colin</p> <p>John/Brian</p> <p>Colin to ask GP friend if they might do this for us</p>
<p>5. Ideas for future meetings. All meeting on 1st Thursday of the month</p> <p>The following timetable was agreed.</p> <p>October: Marianne – a GP practice Diabetes nurse be invited to the meeting to do a Q&A session with group members supplying no more than 2 questions before the meeting.</p> <p>November: Shaun from Public Health Collaboration to do a presentation on their work and how their resources could help this group.</p> <p>December: Healthy eating Christmas Social. Brian to identify somewhere that would provide a healthy eating menu</p> <p>January: to invite Katie Treslove back to give an update on healthy eating and answer any questions.</p> <p>An update on the benefits of exercise needs to be factored in</p>	<p>Colin to chase up/ Brian to ask</p> <p>Shaun</p> <p>Brian</p> <p>Colin</p>
<p>6. Communication and Publicity; Much of this update was covered under item 4. However the following points were made.</p> <ul style="list-style-type: none"> • Important to keep the Website fresh and up to date so 	<p>John and All</p>

<p>new information needed.</p> <ul style="list-style-type: none"> • Personal stories were of most interest; the trials, tribulations and successes in peoples' diabetes experiences are urgently needed. • Book and restaurant reviews are wanted • If people wish to be anonymous on the website this will happen. Stories to be emailed to: info@diabetesthanet.uk 	
<p>7. Date and time and place of next meeting.</p> <p>October 3rd @ 4pm. Colin to ask Westwood Cross if we could meet there again</p>	<p>Colin</p>