

Diabetes Community Group – Thanet

Meeting held on Thursday 6th June 2019, 2019 at 4.00pm at the Belle Vue Tavern.

Present:

Michael Finneron	
Brian Unwin	
John Hall	
Nigel Collingwood	
Sheila Caulfield	
Angela Fretwell	
Marion Brown	
Barbara Shuler	
Eileen Docherty	
Corriene Bailey-Bearfield	

Discussion	Action/lead
1. Apologies from Colin, Steve & Shaun	
2. Brian welcomed new members to the group, and gave a brief background to the history and rationale of the group.	
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.	
4. Notes from the last meeting 09 05 2019: These were agreed as a true record with the following proviso: <ul style="list-style-type: none"> ◆ The typo of Nigel's name rather than Brian's. It was he who benefited from Our Kitchen Thanet 'healthy lunch' provided by Sharon Goodyear. His blood sugar reading 3 hours following the lunch was 4.9. 	
5. Matters arising: There were no significant matters arising.	
6. Diabetes UK. Corrine talked to us about the options available to us if we wished to have a collaboration with Diabetes UK. Full membership would involve us in forming a strong committee and being prepared to engage with the whole of Thanet's diabetics. A Community Group could also have a connection with Diabetes UK but without a bank account and access to the funds left in the coffers of the Margate based group previously led by Eileen. She pointed out there are workshops available for members	An all day networking event is planned for 27 th June in Maidstone when people with diabetes and their spouses are welcome. Funds

<p>which would help us run our organisation, plus help with advertising, help with the web site and links from the Diabetes UK website to us. She and Eileen promised to send us links to various upcoming events. The group decided the gradual community group route would be more suitable for us, with the aim of full integration with Diabetes UK in the future. Corrine agreed to keep the funds and bank account in limbo for when we wanted to move on.</p>	<p>are available for travel if required. Details will be on the website and emailed to those on our mailing list.</p>
<p>7. Eileen, the former chairperson of Diabetes UK Margate Group, mentioned that our meeting venue was not ideal. She suggested somewhere more central & easy access (bus route) would be more appropriate. Brian offered to approach the Management of Westwood Cross to see if they could help with a central. venue.</p>	<p>Brian</p>
<p>8. We had a discussion on the benefits of our sort of self-help group. We agreed that sharing our experiences and suggestions was very useful. Corrine mentions that recipe books, diet and exercise routines are available on the Diabetes UK website and we are all welcome to take advantage of them.</p>	
<p>9. We discussed the upcoming meeting in the Feelgood Factory in Margate which will introduce us to its facilities and help us design our exercise regimes.</p>	
<p>10. NIGEL suggested a future Agenda layout change with an open session after 5pm for those wishing to raise personal issues related to Diabetes for help and advice. He noted the fact that there is no COPD support group in Thanet and he has to go to Dover for support.</p>	
<p>11. Date and time and place of next meeting.</p> <ul style="list-style-type: none"> ● July 4th at 4pm at the Feelgood Factory in Margate High St 	