

Diabetes Community Group – Thanet

Meeting held on Thursday 7<sup>th</sup> February 2019 at 4.00pm at the Belle Vue Tavern.

Present:

Colin Smith	
Steve Burgess	
John Hall	
Brian Urwin	
Maureen Horsefield	

Discussion	Action/lead
1. Apologies from Michelle who had decided not to attend future meetings as she now knew she was not diabetic. However she asked to remain on the circulation list as she had found the group very informative and dynamic and in case her health circumstances changed in the future.	
2. Notes from the last meeting 10 01 2019:  These were agreed as a true record.	
3. Matters arising: a. Dietary initiatives: Maureen had done some further experimenting with kale smoothies. In order to get the thickness bananas were necessary. Kale and blueberry had turned out well; raspberry flavoured ones less so. She was using unsweetened soya milk. Brian suggested trying it with oat milk, with John suggesting “Oatley semi” for a better flavour. We also noted using 10cal jellies to use as “jam” for toast as well as using it to flavour plain and Greek Yoghurt.  b. At this point we discussed Brian’s issues around his diet and his current health problems. We felt that perhaps he needed to follow a more balanced diet, as he said he had lost too much weight and that he did need to take on board some carbs to put on a bit of weight. He asked if members of the group were familiar with “flexitarians”. He had had contact with a dietician and we felt that a dietician could provide him with a balanced diet. Colin reported that he had emailed twice dieticians at QEQM, but had no response from them. He will follow this up.  c. Resource list: John had put together a list of resources available on the internet and it was agreed to circulate this via email. We also asked that he perhaps could add a short sentence paraphrasing each link which would help the group be more informed. We noted there used to be a diabetes UK group based in Cliftonville. He would do some further research to see if they were still active. Morellis in Broadstairs had been reported as particularly unhelpful when asked about the sugar and carb content of their products.	<p>*The <b>Flexitarian Diet</b> is a style of <b>eating</b> that encourages mostly plant-based <b>foods</b> while allowing meat and other animal products in moderation</p> <p>Colin to chase dieticians</p> <p>John to paraphrase resource list</p> <p>John to chase up diabetes UK in Cliftonville</p>

<p>d. Reversing Diabetes: Steve had put a very useful article together on reversing diabetes, which listed some salient points when attempting this. This list was also accompanied by some tips from Steve based on his own experiences. We agreed this would be very useful when we set up our own Facebook page. We noted his significant change of diet and in particular his low alcohol regime.</p> <p>Steve had also been experimenting with copying our leaflets including making them small poster size. These looked good in colour and it was agreed that they need to include any new contact details when available</p> <p>e. Colin reported that he had emailed twice dieticians at QEQM, but had no response from them. He will follow this up.</p>	<p>Colin to chase up dieticians at QEQM</p>
<p>4. Round Robin No one had anything further to add</p>	
<p>5. Emotional lifestyle changes. At Brian's request, deferred until next meeting</p>	
<p>6. Mission, Values and terminology: Deferred to next meeting but everyone to have a think about what this group means for them</p>	<p>ALL</p>
<p>7. No other business</p>	
<p>8. Date and time of next meeting. Thursday 7<sup>th</sup> March 2019 at 4.00p.m., at the Belle Vue Tavern, Pegwell, Ramsgate.</p>	