

Diabetes Community Group – Thanet

Meeting held on Thursday 7th March 2019 at 4.00pm at the Belle Vue Tavern.

Present:

Colin Smith	
Steve Burgess	
John Hall	
Nigel	

Discussion	Action/lead
1. Apologies from Brian who was unwell. Nigel was welcomed to the group, having recently been diagnosed Type 2.	
2. Notes from the last meeting 07 02 2019: These were agreed as a true record.	
3. Matters arising: a. We noted that the Diabetes UK group meeting in Cliftonville was in the process of closing. Members had been informed of our existence if they wished to attend. b. Letter to Waitrose: John had emailed Waitrose regarding the labelling of locally prepared food and their ingredients. Their response had been that this information was available on their website, although some of this was difficult to find.	
4. Round Robin Steve: Gave an update on his resource list, outlining what he had done to reduce his diabetes. We noted that he had lost 3 stone in weight. John had heard that white basmati rice was supposed to be better for diabetics, but couldn't identify the source. John: Spoke about the Blood sugar diet he had been on reporting that he had lost 20 kilos in weight. Nigel: Talked about his recent diagnosis and how he had been feeling before being diagnosed. His blood sugar was very high. We discussed with him a range of ideas that he could use, giving him some tips on what to avoid.	Colin found this, but not about white basmati: https://www.tilda.com/live-well/basmati-rice-diabetes-dr-sarah-schenker/
5. April visit by Katie Treslove: Katie had kindly agreed to visit the group at its next meeting. We discussed how best to make use of that discussion. We agreed that we would like her to address the topic of how to reverse your diabetes (as this was something we all aspired to). This could be then followed by a more general Q& A session, if people had other	All to do their bit in promoting this.

<p>diabetes/diet related questions.</p> <p>We felt this was an excellent opportunity to promote the group and recruit new members. This could be promoted via local GP practices as well as other outlets such as “Next Door”</p>	
<p>6. Mission, Values and terminology: Deferred until we could have a fuller discussion.</p>	ALL
<p>7. No other business</p>	
<p>8. Date and time of next meeting. Thursday 4th April 2019 at 4.00p.m., at the Belle Vue Tavern, Pegwell, Ramsgate.</p>	This has now been agreed with the BV.