

Diabetes Community Group – Thanet

Meeting held on Thursday 10th January 2019 at 4.00pm at the Belle Vue Tavern.

Present:

Colin Smith	
Steve Burgess	
John Hall	
Michele Hendey	
Maureen Horsefield	

Discussion	Action/lead
<p>Apologies from Brian Urwin, Paula Farrell</p> <p>Colin reported that Paula felt that as this group was becoming pro-active and dynamic, she felt her role within it was not needed so was deciding to stand down from these meetings.</p> <p>We quickly reviewed the notes from the last meeting, agreeing that our purpose today was to be organisational in determining how we needed to take this group forward.</p>	<p>Colin agreed to take some notes</p>
<p>Brian had emailed Steve to ask him to ask the group for help and advice on his use of a range of food supplements.</p> <p>We felt that there is a lot of advice on food supplements out there some of which can be confusing and sometimes conflicting, and therefore being careful about researching such products was paramount. Furthermore it is important to discuss with your GP (especially if you are taking prescribed medications to ensure there is no conflict between medications and supplements and also to ensure that those supplements are of value). We would be very happy to receive back from Brian any information he receives regarding food supplements.</p>	<p>Group agreed to review the paragraph and amend before responding to Brian</p>
<p>AT this point we decided to focus on how we thought the group should be developed and the areas we felt we could take initiative.</p>	
<p>At this point, Maureen shared her diabetes journey with the group, and reported back on dietary initiatives she was following which had helped her lose weight. Specifically she reported on her Kale and Banana smoothies, which the group was interested in. We noted that other low sugar fruits such as “berries” might replace the banana making it even more “diabetes friendly”. Food and diet information was something the group felt would be useful to develop.</p>	<p>It was agreed that Maureen would begin to document some ideas around this subject for sharing with the group and wider</p>
<p>We noted that diabetes services across GP practices seemed to differ I.e. the Derrick course (on offer at the Montefiore practice) did not appear to be offered at other practices that we knew. We felt that the development of a resource list/catalogue would be of immense value to the group.</p>	<p>Derrick agreed to lead on this issue.</p>
<p>We had a discussion about the development of publicity for the group as we would like to see more people joining the group and for us to begin to link</p>	<p>Colin agreed to put something</p>

<p>with service providers and other areas where we could get the 'message' out. We thought it might be good to target GP practices to ask if they might identify people living with type 2 diabetes who would benefit from joining our group, as well as a more generic leaflets which could be sent round different organisations to encourage more people to take part.</p>	<p>together and share back with the group</p>
<p>Organisationally, we agreed it important to keep an accurate record of our meetings, via the production of notes and at the same time preserving the informal nature of the group.</p>	<p>Michele has agreed to take on this role for the next meeting with the potential of taking this forward</p>
<p>Steve's Journey has been impressive in he has been able to reverse his diabetes with a specific diet. This reversing process is very important so he has agreed to look into this more closely for the group</p>	<p>Steve to develop some research on how to reverse diabetes and report back</p>
<p>We discussed a topic programme for the group, noting that Prevention and Reversing Diabetes were strongly linked. We also discussed the role of the pharmacist in supporting people with type 2. However because of our interest in food and diet at this meeting, we thought it would be useful to invite a dietician to address the group and perhaps we could make this an interactive discussion, which would then be worth advertising</p>	<p>Colin would ask the CCG/ local NHS for help with this</p>
<p>Our area and remit and membership: We felt that as a support and advice it was useful for people with type 2 diabetes, those bordering type 2 as well as those on their reversing journeys. Also we are currently only a small number. We also felt that although we wouldn't 'target' people living with Type 1, we would not exclude them as we felt we may be able to support all those trying to manage their disease and its progression and there were many common areas for support. We also decided to ensure that the group was a Thanet wide group. These could always be revisited if the group grew larger. We felt that as the group grew, some people would want to attend, but some might prefer to be occasional attenders and therefore a membership list could be developed to keep people informed. We felt the group at this stage needed a working name and came up with Diabetes Community Group – Thanet.</p>	
<p>Next Meeting: Thursday February 7th at 4.p.m. at the Belle Vue Tavern.</p>	<p>Colin to put a draft agenda together for circulation and amending</p>