

Minutes for Tendring Diabetes Patients' Group
6 November 2014
Held at Imperial House, Clacton

Attendees:

Alan Penney (Chair)

John Bridgen_Vic Miller, Val Miller, Hazel & Derek Bruce, Doreen Reader, David Reader (driver), Marianna Collado, Carrie Hall, T K Butti, Marilyn McCree (driver), John Kavanagh, Tony Onswick, Glenys Wear, J Bloom, Tony Bloom (driver), Joy Cross, Peter Cross (driver), Mike Coleman, George Tomlingson, Pam Turley, Ken Marriott, Alfie Pym, Nicola Leeks (mother to Alfie), Graham Ferris Donna Dearman (CVST)

Minutes

Chrissy Mummery Ross

Apologies

None

Guest Speakers

Craig Myles and Caroline McWilliams – NHS Podiatrists

Alan Penney opened the meeting and welcomed the two guest speakers.

Caroline and Craig involved the attendees in discussions on the how diabetes can affect feet and the risk factors. The main risk factors are neuropathy, poor blood circulation, infection and ill fitting footwear. Colour photographs showing various foot problems were distributed to the attendees. Discussions took place on recognising these foot problems (such as varukas, oedema, neuropathy, fungal infection, ulcers and venus disease), why they happen, prevention and recommended treatment.

Craig read out a number of statistics relating to amputations resulting from diabetes over the past year. This highlighted significant improvements in terms of less amputations, better education of diabetes, increased staffing levels, and better appointment system. Since NEEDS involvement the diabetic foot clinics have also greatly improved.

Caroline and Craig showed attendees a number of shoes discussing those that were appropriate/not appropriate and why. Appropriate shoes would be trainers, Cosy Feet, or any shoe that has a good sole with shock absorption, laces or adjustable straps, and heel support.

Before they left the meeting the following were distributed:

- leaflet on Foot Care for People with Diabetes
- Cosy Feet brochure
- Feedback forms

Alan advised the following:

- Living With Diabetes Days next free one day event on Diabetes Type 2, is at Colchester Football Club on Mon 17 November. To Book ring 0345 123 2399. Transport can be organised.
- Victorian Christmas Market, at Princes Theatre Town Hall in Clacton on Sat 8 November 9.30am – 3.00pm. Tendring Diabetes Patients' Group will have a stall there to promote the group.

The next meeting is on Thursday 4 December 2014 and it will be a Christmas social evening. John Bridgen will ring all members the day before.

Raffle tickets were sold during the meeting to raise funds for the above social evening. The raffle was drawn at the end of the meeting.

The first meeting in the New Year will be 5 February and guest speaker to be confirmed

AOB

Alfie Pym, a teenager with diabetes attended with his mother. Alfie is interested in setting up a group for teenagers with diabetes. Alan has referred him to NEEDS.

The meeting was closed at 8.30pm.