

Minutes for Tendring Diabetes Patients' Group
7 August 2014
Held at Imperial House, Clacton

Attendees:

Vic Miller (Acting Chair), Brenda Miller, Tony Onswick, Tony Goldsmith, Dave Avins, John Kavanagh, R Miller

Minutes

Chrissy Mummery Ross

Apologies

Alan Penney (Chair)
John Brigden

Guest Speakers

Janette Streeting, and Helen Thompson, Diabetes Specialist Nurses for NEEDS

Vic Miller was thanked for chairing the meeting in Alan Penney's absence. He opened the meeting and introduced the guest speakers.

Janette Streeting and Helen Thompson presented an interactive session called Managing My Diabetes Conversation Map. A large pictorial/commentary educational map was laid out across two tables covering the following topics:

- Managing my Diabetes
- Diabetes and a Healthy Lifestyle
- Starting Insulin
- Experiencing Life with Diabetes

The Map has been reviewed by Diabetes UK but not delivered to any patients. The purpose of the session was for members to trial the Map and give their comments and feedback. Various questions and answers, both myth and fact, were discussed during the session.

Janette distributed an Action Plan Card to members to complete with their feedback and return to her, but the following comments were made:

- Members thought it was enjoyable and learnt more about diabetes
- Suitable for newly diagnosed patients
- Designed for groups of 10 patients
- Designed to last for approximately 2½ hours
- Designed as another educational tool not replacement of existing diabetes courses

Members comments:

- NEEDS (North East Essex Diabetes Service) is an outside contractor not affiliated to NHS therefore not covered by the CCG data protection act. Is it appropriate for members name and address details to be on the website? The NHS logo should not be shown on leaflets. Helen Thompson would investigate but suggested member address this comment to the Chairman to present to the next NEEDS Board Meeting.
- Above concerns were shared by other members, but the Tendring Diabetes Patients group meetings provide very helpful information about diabetes.
- Problems with controlling blood glucose levels but has been discharged from Diabetes Nurse. Janette and Helen would discuss this with member at end of the meeting, but advised that you can be referred back to Diabetes Nurse if you still need help. Simple Carbohydrate courses are to be introduced which would be helpful.

- What is a Pre-diabetes condition?
Janette advised that if results of diagnostic test is 6.1 – 6.9 it indicates that glucose tolerance is impaired, and the person is at risk of diabetes. Results of 7.0 and above over two readings will indicate you are diabetic.
- GP's will be educated in Diabetes to identify those people who are at risk and to give them help before the condition develops.
- Various sugar substitutes available, member recommended Stevia.

Vic Miller reported the following from CVST:

- Walking group called Get Moving runs every 1st and 3rd Sunday of the month, 10am-12noon, and meets at Imperial House.
- Jaywick Bereavement and Friendship Café opens on 1 July to run fortnightly 10am-12noon. At Jaywick Resource Centre in Brooklands Hill.
- Town Centre Community Fair takes place on Thursday 21 August, 10am-5pm, in Clacton Town Centre.
- Victorian Christmas Market takes place on Saturday 8 November 9.30am-3pm at Princes Theatre in Clacton

Date of next Meeting is Thursday 4 September 2014.

The meeting closed at 8.20pm