

HEALTHWATCH LUTON – LONG TERM MEDICAL CONDITION DIABETES MELLITUS

Purpose

The purpose is to support each other in self-management. Diabetes Specialist Nurse Cathy Doyle had notified all GP Surgeries in the Luton area of these support group meetings. Cathy arranges educational topics by guest speakers. Carol notifies Facebook members for the Luton area of meeting, see Spotted: Luton Bury Park Community.

Date & Venue

Luton Treatment Centre, Vestry Close, Luton LU1 1AR
Wednesday 18th February 2015 (18.45 to 20.45 hrs)

Agenda

Attended and participated in the **Carbohydrates & Diabetes** meeting. Diabetes Specialist Dietician Rose Butler explained in detail different types of food items. There was a large table display of a plate and we were encouraged to allocate artificial food items in their correct place on the plate: milk and dairy, fats and sugars, protein foods, fruit and vegetables, starchy carbohydrates.

A breakdown was given on the Best Choice Starch Foods regarding the Glycaemic Index (GI). Lower GI was the best choice and works the slowest in releasing glucose and a breakdown of food choice supplied. Medium and higher GI was noted and works the fastest in releasing glucose. We were provided with written information.

We were encouraged to discuss our understanding of carbohydrates and diabetes with Rose and Cathy over refreshments. Cathy provided all participants with leaflets: Carbohydrates - supplied by the Independent Diabetes Trust and So You Want to Lose Weight for Good – supplied by the British Heart Foundation.

Rose provided a sample of another book which is readily available to purchase: Carbs & Cals ISBN 978-1-9082610-6-9.

Throughout the evening there were lively discussions regarding food intake, preferences and ideal measurements using the palm of hand process.

Conclusion

Adverts were widely distributed. More participants attended, this time there were 10 people in total which was pleasing to see. Once again this was a very informative and informal meeting.

Healthwatch Luton to please advertise future Diabetes Support Group meetings in their newsletter and I will advertise on Facebook a week before each meeting via Spotted: Luton Bury Park.

As mentioned previously, will attend all forthcoming Diabetes Support Group meetings at Vestry Close on the following dates and will report back accordingly:

25-03-2015 Portion size and weight management
15-04-2015 Monitoring and meters
13-05-2015 Understanding diabetes medication
17-06-2015 Looking after your feet

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Carol Alldis 20022015