GENERAL AGENDA & NEWSLETTER FOR 12TH MAY 2026 MEETING



BRING & BUY TABLE- NEW

Please note that we have started a Bring & Buy" table.

So please bring along whatever you can donate. We hope that this will help us to raise much needed funds to keep us going.

Welcome to the **MAY** 2026 Monthly Meeting.

Welcome Everyone. Thank you for coming… welcome all. I hope you're all well and enjoying the longer days and the rain?

Subscription Renewal WAS DUE ON 1ST February. Please see one of us if you have not already renewed.

Apologies- Nick Hollington and Sally Sinclair have sent apologies.

So, we have a busy meeting today with a lot to get through so here are the main timings that we will aim for: -

- 2.00pm Meeting starts and introduction, update and **any other** matters.
- 2.15pm – We have -**East Sussex Hearing - Mark**
- 3.15pm Raffle, refreshments, and chat
- 4.00pm Finish

Next meeting- 9th June- Neighbourhood Policing Team – Roy Collins- Confirmed

Chat- <u>If there is time</u>, we thought we might have a general chat about anything that is current for members, such as: -

1. **GP Services current state of service.**
2. Diabetic Reviews experience. Update please of the members.
3. Year of Care Document as part of annual review.
4. We need donations and financial help to keep going!
5. We need a major drive for new members!!
6. ESTER – members experience so far. Fairly good overall so far
7. ONE YOU East Sussex any updates? Good service
8. Other speakers or events- suggestions?

Have you all signed in? Have you all bought your raffle tickets?

Don't forget the green donations box over there.

NEWS

Bexhill PCN Health & Wellness Event



We attended this at the De la Warr Pavilion on the 6th May 2026.

Nicky Hodge form the PCN said ""Thank you so much for being part of yesterday's Health and Wellness Event. We are delighted to share that we exceeded last year's visitor numbers with an incredible 315 people coming through the doors throughout the day.

We were also delighted to welcome a record breaking 54 stalls, creating a fantastic opportunity for networking, collaboration and community engagement.

Your support and contribution help make the event a success and we truly appreciate the time, energy and enthusiasm you brought to the day."

Venue-The new RVA Community Hub in Devonshire Road- update is that works should be completed and opening likely to be at the end of this year at the earliest. So, we'll be here at least until then. We are keeping in touch.

Subscriptions 2026- As mentioned at the last meeting we will reluctantly raising the subscription to £25.00 a year. The main reason for this is the venue rental has been raised by 25% and we need to be able to cover this.

Forms are available on the table over there and you can renew today or at the AGM meeting. I'll also include a form with the monthly reminder email as well.

BDSG NEWS

Donations- We've had a very generous donation from Kim Granville who has donated her egg money recently! Many thanks for that Kim. Xx

New Gazebo and Flag- We have a shiny new gazebo and flag. We hope to put it up on Tuesday at our meeting. We will use this when we attend events promoting the work of the BDSG.

New Photographic Competition- Bexhill Diabetic Support Group Photographic Competition.



This year's photo competition will have 2 themes: -

1. Photographs of Bexhill and or Rother area.
2. Photographs of any other area, i.e. holiday snaps or visit to other parts of the world.

Images can be submitted by email, printed or stored on a memory device. Emails to Jon Goddard jon1goddard@aol.com please.

Participants can submit up to 5 images in each section.

Judging will take place at the end of August so all entries must be submitted by August 5th, 2026.



Prizes will be given to the winners and runners up in October Meeting.

(Details of Prizes will be announced prior to closure of entries)

Entries can be taking using any device able to take images ie cameras or phones etc.

We will also be running a local outing/coffee meet up for people to take images and get advice on using cameras and phones to get best results.

Details to follow.

Monthly Raffles- **Many thanks to those who have donated, it really helps. We do still need more donations please.**

Hastings & Rother Diabetes UK Group- we had a meeting with this group after Christmas, and we are discussing ways of working together to promote local support.

BRING & BUY TABLE- NEW

Please note that we have started a Bring & Buy" table.
So please bring along whatever you can donate. We hope that this will help us to raise much needed funds to keep us going.

New Sales Table- we have introduced a sales table at our monthly meetings so any donations you have would be appreciated and raise much need funds for the Group.

We are planning an event at Tesco's this year. More news on this in due course.

Storage at the Scouts Hall

We have permission to store our kit at the Scouts Hall, we are looking for a large cupboard to put these in. If anyone can help, please contact us.

LATEST DIABETES NEWS IN THE UK

More next month.

PCN and Funding Sponsorship Dr Baskaran

Dr Baskaran reported that his contact at potential sponsor had left and he is seeking other sources of funding. Nothing new to report here.

NHS PRIMARY CARE NETWORK (PCN)

Help from Bexhill PCN- No news this month

Speaker- This Month

12th May 2026 2-4pm

Please come to our next meeting: 12th May 2026 2-4pm

East Sussex Hearing- 12th May 2026 2-4pm.

John Cole will introduce East Sussex Hearing and tell us all about what they do.

Providing support and assistance to individuals who are deaf, hard of hearing, or deafblind in the East Sussex area. We offer a range of services including advice, communication support, and equipment provision to help people overcome the barriers they face due to their hearing loss. East Sussex Hearing is a vital resource for individuals with hearing difficulties in East Sussex and continues to provide high-quality, personalized services and support to those who need it most.

W: https://www.eastsussexhearing.org.uk

John Cope

E: hello@eastsussexhearing.org.uk

T: 01323 722 505

Please come to the meeting, you'll find it very helpful.

Speaker- Last Month

Last month's Speaker was –14th April 2026- Slimming World- Susie-



Slimming® WORLD
touching hearts, changing lives

Slimming World

Susie took us through all the features and benefits that Slimming World offers.
Subjects such as setting out a balanced diet, eat fruit and veg, avoid food that leads to weight gain, go for lower sugar food, build a healthier diet.
Celebrate success, have family plans, list weekly events,
Cost £11.95 to start then £6.95 a week. No cost once you hit your target weight.
They are working together with Diabetes UK.
There are some good Slimming World Recipe books available.

"Slimming World was founded in Alfreton, Derbyshire in 1969 by Margaret Miles-Bramwell, who remains the driving force behind the company today.
Over the years, so much has changed – and so much has stayed the same. Our founding principles haven't changed. There's Food Optimising – our uniquely satisfying way of eating, based on the liberating concept of Free Food. And more importantly, there's our passion for treating every member with genuine care, empathy and respect – putting them and their success at the heart of everything we do.



https://www.slimmingworld.co.uk/

- Rep: Susie
- M: 07710 212133
- E:slimmingworldsusie@yahoo.co.uk

real food, real support, real results

Slimming World

Speaker Next Meeting 19th June-Neighbourhood Watch- Roy Collins- Confirmed

2026 Programme

- **10th March- 20/20 Health with Jaz or Sue. (this month!)**
- **14th April-** Slimming World- Susie 07710 212133
- **12th May-** NHS Retinopathy TBC
- **9th June-**Neighbourhood Watch- Roy Collins- Confirmed
- **14th July**- Bexhill Care & Community, Jackie Haggarty
- **August**- no meeting
- **8th September**- NHS Retinopathy from Bexhill Hospital, Shani & Claire Webb- Confirmed
- **13th October**- Dr Baskaran NHS Annual visit- Confirmed
- **10thNovember-** Guide Dogs for the Blind - Nicola Pankhurst- telephone 07740 798947 and email is nicolapankhurst@icloud.com
- **8th December-** Christmas Party

Other Speakers for 2026/27 may be: -

- Jon Goddard with Medical Detection Dogs Charity,
- Tracy Trimmer- Trimfeet Podiatry
- Dentists and Diabetes
- Guide Dogs for the Blind
- PCN Primary Care Network

- NHS Dieticians
- Dietitians from the PCN.

Donations

Thank you to those who have donated in any way, it really helps. If you can offer a donation of any sort, please contact us. We need help to keep the support group going.

Events-

Upcoming:-

- Bexhill Men's Shed – 31st March 2026 1200-1300 Jo and Chris will be attending. Done and went well.
- Stroke Association- Viv Hurley- us to give a talk at Pebsham Community Centre at 1115 Now booking for 26th June 2026 onwards. Jon will liaise.
- PCN Health & Wellness Event 2026 at De La Warr Pavilion- Wednesday 6th May 2026 All done very good.
- Talk at United Reform Church in Cantelupe Road, Bexhill on Sea-19th May 2026 at 215pm
- 15th August – Bexhill Day- Health & Wellbeing event.
- Pelham- open table?
- Town Council Window – Diabetes Week 8-14th June

Anything else?

Website

Small update still being planned currently. We just need to find the time! Some updating done. Please have a look and comment to Chris.

We're including copies of meetings, presentations, stories, outings, information, photos etc. available to members, making the whole thing more useable and relevant. This is available now.

If you have any ideas, suggestions, or items to contribute please contact us.

Flyers & Posters

New flyer reprinted for 2026 and available now.
We need to send out these to Surgeries, initially via the PCN.
Also, Dr Bhaskaran will ensure that our new leaflets are included in the review information sent out re diabetic reviews and PCN education programme



Can you help with circulating these flyers-
Amanda has a list.
Tesco's need a new poster. Any other supermarkets?
All other surgeries
Bexhill Hospital
All pharmacies
All other community notice boards
Anywhere else.

Publications

We are in touch with another Organization called the **IDDT – the InDependent Diabetes Trust- https://www.iddt.org/**

InDependent Diabetes Trust

They have many publications available to download, and we have a selection of these available or check it out and download your own.

In addition to quarterly Newsletters, IDDT publishes a range of information leaflets and Information Packs. All IDDT publications are free of charge so that no one is denied information on the basis of cost. We are happy to supply them individually or in bulk to health professionals to supply to their patients.

- Type 1 Diabetes – Know the Facts
- Passport for Diabetes in Care Settings
- Type 2 Diabetes – Management and Medication
- Diet and Diabetes
- Diabetes – Everyday Eating
- IDDT Hospital Passport
- Diabetes – Stress, Anxiety and Depression
- Diabetes – What Schools Need to Know
- For Family Carers (online only)
- For Parents of Children With Diabetes (online only)
- Exercise And Diabetes
- The Eye & Diabetes
- Hypoglycaemia
- The Importance of Sleep
- Joint and Bone Problems and Osteoporosis
- Kidney & Diabetes
- Looking After Your Feet
- Parents Passport for Schools
- Pregnancy and Gestational Diabetes
- Sexual Dysfunction in Men & Women
- Understanding Your Diabetes
- 'Your 9 Key Checks', What They Are and Why They Are Important

- Holiday Tips
- Diabetes at Christmas
- 30 years of Synthetic Insulin (online only)
- Information Packs
- Leaflets

We also have restocked pamphlets from **Diabetes UK** and have some new titles. Currently we have: -

Download from here free- https://shop.diabetes.org.uk/collections/information-for-you/booklets-leaflets

We have a selection available at our meetings: -

- Food Labels Made Easy
- Understanding Your Risk of Type 2 Diabetes
- Diabetes Health Check Poster
- Newly Diagnosed with Diabetes?
- Diabetes and Looking After Your Feet
- 4T'sFlyer A5 Poster
- What Care to Expect if you have Type 1 Diabetes
- What Care to Expect if you have Type 2 Diabetes
- Why Diabetes Checks Matter- Easy read
- Your Guide to Moving More.
- Your Guide to Type 1 Diabetes
- Your Guide to Type 2 Diabetes
- Type 2 Diabetes: What to Do If You're at Risk
- Eating Well with Diabetes
- Some NHS PCN leaflets

- Various other organisations leaflets

Copies are available at the meetings along with other publications current.

I think these are all worth a look to check out the new leaflets if you haven't already.

Suggestions

We are keen to keep things as relevant as we can, and I would like to invite suggestions for future publications, topics, and speakers for next year.

Facebook

The Facebook page, https://www.facebook.com/bexhilldiabetes is fully functional. Just search for "Bexhill Diabetes Support Group" and like. Feel free to contribute as you wish and share with your friends. Jonathon is now doing regular posts now and is always looking for content if you can help. Email info@bexhill-diabetes.co.uk

Newsletter

We are now incorporating this into the monthly meeting agenda. News, exercise and food articles have been added this month.

Any help or contributions of articles, help etc. would be most appreciated asap please. Email to info@bexhill-diabetes.co.uk or call Chris Cooper on 01424 218401.

Contact

Please let us have your email addresses as we are trying to reduce the amount of paper we use and postage costs.

Raffle

We need some help running this please. Any other volunteers to help with this?

We need raffle prize contributions for our monthly raffles. So, if you could contribute an item or two that would help us to raise much needed funds.

Other Information

Nil

New Section- Useful Contacts

Introduced this month and then updated every month. Thanks to Jon Goddard for this.

USEFUL TELEPHONE NUMBERS

Diabetes and Medical Numbers

Diabetes UK Helpline 0345 123 2399

Diabetes Care UK 0333 122 6506

Insulin Dependent Diabetes Trust 01604 622 837

Helping Hands for Diabetes 0333 122 6506

Diabetes Unit Conquest Hospital 0300 131 5070/5069/5932

Diabetes Unit Eastbourne DGH 0300 131 4500 ext 773746 or 773745 or 773747

East Sussex Podiatry 0300 131 4500

Diabetic Eye Screening 0300 131 4399

Samaritans 116 123

Emergency Dental Treatment 01323 449 170

Age UK 01273 476 704

Domestic Violence Helpline 0808 200 0247

MacMillian Cancer line 0808 808 2020

Emergency and Safety

Police, Fire, Ambulance & coastguard 999

Police non Emergency 101

NHS 111

GAS Emergency 0800111 999

UK Power Network (powers cuts) 105

Environment Agency Floodline 0345 988 1188

Other useful Numbers

Crimestoppers 0800 555 111

Citizens Advice Bureau 0808 278 7892

Action Fraud 123 20 40

Highways (Roads , Pavements etc) 0345 608 0193 24 hours

Adult Social Care 0345 608 0191

Waste & Recycling 0345 608 0194

Childline 0800 1111

Rother District Council 01424 787 000

East Sussex County Council 0345 608 0190

Doctors Surgeries

Little Common Surgery 01424 847575

Old Town Surgery 01424 739420

Collington, Pebsham and Sea Road Surgeries 01424 320222

Ninfield Surgery 01424 892569

Sidley Surgery 01424 230025

Pharmacies

Boots Devonshire Road 01424 210364

Boots Ravenside 01424 819338

Tesco's Ravenside 01424 521020

Sidley 01424 220424

Pebsham 01424 736135

Payden's St Leonards Road 01424 211341

Little Common 01424 843080

RECIPES! Back this Month!

CRISP SALMON SALAD

Potatoes, tomatoes and salmon combine to make this hearty salad.



Serves 2
Prep 20 minutes
Cook 20 minutes

Nutrition information

Each 338g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit/Veg Portion
343	23.0g	4.2g	24.3g	16.1g (Medium)	2.9g (Low)	5.3g (Low)	0.44g (Low)	1

Ingredients

- 250g new potatoes
- 8 cherry tomatoes, halved
- 90g mixed salad leaves
- 2 pieces skinless salmon fillet (approx. 100g each)
- 1 tbsp coarse ground black pepper
- grated rind and juice 1 orange
- 1 tbsp wholegrain mustard

Method

Step 1
Boil the potatoes for 10–15 minutes until tender then refresh in cold water, cool a little and slice.

Step 2
Toss together the potato slices and tomatoes and divide between 2 serving dishes. Pile the salad leaves on top and set aside.

Step 3
Coat one side of each salmon fillet with pepper.

Step 4
Heat a non-stick frying pan or a griddle until hot. Place the salmon pepper-side down and cook for 3–4 minutes, then turn and cook a further 3–4 minutes until thoroughly cooked through.

Step 5
Lay the salmon on top of the salad leaves, mix together the orange rind and juice with the mustard, drizzle over the salad and serve.

Recipe tips

✓ This salad works well with other fish, such as mackerel fillets, fresh tuna or with king prawns. You could also use thinly sliced chicken breast.

✓ For a vegan alternative try strips of tofu instead of salmon. Simply fry in a non-stick pan until crisp then toss with a little sesame oil, soy sauce and Chinese five spice.

Exercise is Back! Food for thought this month!

Keeping active, staying safe: a guide to exercise and footcare for people living with diabetes

Staying active is one of the most powerful things you can do to support your health when living with diabetes. Regular exercise helps improve blood glucose control, supports heart health, boosts mood and energy levels and reduces the risk of long-term complications. But while movement is essential, it's equally important to look after your feet - particularly as diabetes can increase the risk of foot problems.

With the right approach, you can enjoy the benefits of exercise while keeping your feet healthy and protected. Here's what you need to know.

Why your feet need extra care

Diabetes can affect the feet in two key ways:
Reduced sensation (peripheral neuropathy) - damage to nerves can make it harder to feel pain, heat, rubbing or small injuries. This means blisters or cuts may go unnoticed.
Reduced circulation - poor blood flow can slow healing, making even minor injuries more likely to develop into more serious problems.
Because of these factors, a proactive approach to footcare is essential-especially if you're increasing your activity levels.

Choosing the right exercise

The best exercise is the one you enjoy and can maintain, but some activities place more pressure on the feet than others. Here are some considerations:
Low-impact - ideal if you have neuropathy, balance issues or a history of foot problems.

- Walking (with supportive footwear)

• Cycling
• Swimming
• Chair-based exercises
• Pilates or yoga

Higher-impact activities

Running, court sports, gym classes and hiking can all be enjoyed safely - provided your footwear is suitable and your feet are checked regularly. If you already have active foot problems, speak to a podiatrist before starting higher-impact exercise.

Footwear matters more than you think

Good footwear is one of the most important
tools in preventing complications.



What to look for:

• A secure fit - not too tight, not too loose
• A deep, roomy toe box to stop rubbing
and pressure
• Cushioning and shock absorption for comfort
• Laces or straps for stability
• Breathable material to reduce moisture
• A supportive heel counter for improved alignment

If you're unsure whether your shoes are right for you, consider bringing them to your next podiatry appointment. A professional can check the fit, wear pattern and suitability.

Thank you.

Chris Cooper
Administrator

Bexhill Diabetes Support Group
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