GENERAL AGENDA & NEWSLETTER FOR 9TH JUNE 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 **JUNE** 2026 Monthly Meeting.

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

Subscription Renewal WAS DUE ON 1ST February. Although most of you have renewed, please see one of us if you have not already renewed, or are a new member.

Apologies- Nick Hollington and Mary Louise Nichol 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 - **Neighbourhood Policing Team – Roy Collins and have Dawn Bamforth from NHS Sussex discussing Proposal To Close the GP Practice on Sea Road in Bexhill.** We will combine the second item with our refreshments.

- 3.30pm Raffle, refreshments, and chat
- 4.00pm Finish

- **Next meeting- 14th July- Bexhill Care & Community, Jackie Haggarty**

Chat- If there is time, 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

19th May 2026- Talk at United Reform Church, Bexhill on Sea

Jon spoke to the members of the URC Church in Cantelupe Road about our work. This was vey well received and were given a donation of £20.00! Thanks to Jon.

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.”

Energise Sussex Coast Community Service





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.**

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.

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.

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.

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.

Amanda attended a meeting on Friday 5th June 2026 and talked about the BDSG, also issuing an open invitation to come to our meetings. Heres what she said:-

Amanda Bracken

I went to the Hastings Diabetic Group meeting today and told them about our meetings and gave Emma some of our leaflets.
Some of the members were interested in coming to our meeting on 8 September to hear the diabetic retinopathy talk. I said anyone is welcome to come along to one meeting before joining us!
The main subject of discussion was Diabetes Awareness Week and also some statistics from Diabetes UK following a survey about the stigma of having diabetes. The rest was me talking about our group, our speakers etc.
Emma is trying to get Erwin to speak at one of their meetings on an alternative Friday to the first of the month and will let us know if she is successful, so our members can attend too. Apparently he is now at Hill Surgery in Hastings.
Emma is having an awareness stand at Hollington Tesco on Monday 8 June 12:45 - 4:30 pm and Wednesday 10 June 6:15 - 7:30 pm. She will also be at Hastings ASDA in the morning of Thursday 11 June. She has some of our flyers and I have 2 of their posters that I will drop into Chris, if we have room for them in our window display. Perhaps you could give this information to our members at the meeting on Tuesday.

13:20

Here's a couple of event flyers:-





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

Speakers- This Month

JUNE MEETING- 9th June 2026 2-4pm

Speaker 1- Neighbourhood Policing Team – Roy Collins

The Rother Neighbourhood Policing Team (NPTs) serves Bexhill, focusing on community engagement, high-visibility patrols, and tackling antisocial behaviour and drug-related crime.

Local Policing is organised into 3 divisions, each comprising Neighbourhood Policing Teams (NPTs) based within district teams. NPTs provide community engagement, foot patrols and assist local and partnership problem-solving.

NPTs are led by a District Commander and comprise sergeants, police officers and PCSOs.



These work with youth, licensing and enforcement officers. Also, investigators, specialists, and police staff within divisions and across Sussex Police support NPTs to protect communities and catch criminals.

Roy Collins e: roy.collins@sussex.police.uk t: 101 Ext 865226

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

Speaker 2- Dawn Bamforth NHS Surrey and Sussex

Proposal To Close the GP Practice on Sea Road in Bexhill

We also have Dawn Bamforth from NHS Sussex coming to talk to us about the proposed closure of the Sea Road Surgery. The objective is to explain the proposals and obtain members views on this difficult and possibly contentious proposal.

“Though a patient survey has already been completed, a decision on whether to approve this application has been paused until we are able to hear more from local residents about the effect this closure may have on them and whether there are any actions that could be taken to mitigate any negative impact.”

Contact: Dawn Bamforth | Working with People and Communities Manager

NHS Surrey and Sussex - dawn.bamforth@nhs.net

This is a very important matter and I urge you to come along and give your views.

Speaker- Last Month

Last month’s Speaker was –12th May 2026 2-4pm

EAST SUSSEX HEARING
HERE TO HELP YOU HEAR

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

Mark Dimmock introduced East Sussex Hearing and told us all about what they do.

EAST SUSSEX HEARING
HERE TO HELP YOU HEAR

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
Mark Dimmock E: hello@eastsussexhearing.org.uk
T: 01323 722 505
Please come to the meeting, you'll find it very helpful.

Speaker Next Meeting

14th July- Bexhill Caring Community, Jackie Haggarty

Bexhill Caring Community- Jackie Haggarty

Bexhill Caring Community

"We are a team of staff dedicated to offering a multitude of services for the elderly, housebound and lonely of all ages, including volunteer befrienders, a free home library service for the housebound, the sale of equipment aids and form filling. We also have an approved list of self-employed outworkers for odd jobs, cleaning and gardening as well as domiciliary carers. We also offer a Community Car service for medical appointments as well as our Dial-A-Ride bus for trips around town. If you would like an information pack on all the services we provide, including a membership application form, please contact our office.

We rely heavily on volunteers and support from the local Community – without them there would be no Bexhill Caring Community."

W: https://www.bexhillcaringcommunity.org/

T: 01424 215116 E:

A: 17 Western Road, Bexhill-on-Sea, East Sussex, TN40 1DU

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: -

- Town Council Window – Diabetes Week 8-14th June 2026
- 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.
- Sunday, 28th June 2026- Sidley Hub Grand Opening and Summer Festival. We have booked a pitch for this event and will be putting out new gazebo and flag in to use. Please support this by coming along. Location- Sidley Recreation Ground Canada Way- See flyer at the back of this document.
- 15th August – Bexhill Day- Health & Wellbeing event.
- Talk at United Reform Church in Cantelupe Road, Bexhill on Sea-19th May 2026 at 2.15pm This went very well.
- PCN Health & Wellness Event 2026 at De La Warr Pavilion- Wednesday 6th May 2026 All done very good.
- Bexhill Men's Shed – 31st March 2026 1200-1300 Jo and Chris will be attending. Done and went well.
- Pelham- open table?

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 recently and 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! Paella this Month! It's really nice… I've tried it!



Easy paella

Named after the large cooking pan it's made in, paella is one of Spain's best-known dishes

Serves 2 | Prep: 10 mins | Cook: 35–40 mins

GLUTEN FREE

- Pinch saffron threads (see Cook's tip)
- ½ low salt, gluten-free chicken stock cube
- 350ml boiling water
- 1 tbsp olive oil
- 140g skinless chicken breast, cut into chunks
- 1 onion, peeled and roughly chopped
- 1 small red pepper, cored, deseeded and chopped
- 1 small orange pepper, cored, deseeded and chopped
- 2 garlic cloves, peeled and crushed
- 1 small courgette, trimmed and cut into chunks
- 1 tsp paprika
- 100g paella rice
- 227g can chopped tomatoes
- 40g frozen garden peas
- 4 cooked jumbo prawns with shells on, thawed if frozen, and rinsed (140g total weight)
- Small handful fresh flat-leaf parsley, chopped
- Lemon wedges to serve

1 Place the saffron and stock cube in a jug, pour over the boiling water and stir until dissolved.
2 Heat the oil in a large, deep frying pan. Add the chicken to the pan and cook for 6 to 7 mins until the meat begins to brown and is cooked through, with no pink meat visible in the middle and the juices run clear. Remove with a slotted spoon and set aside.
3 Add the onion and peppers to the pan and cook for 3 to 4 mins until softened. Stir in the garlic, courgette and paprika and fry for 2 to 3 mins, stirring.
4 Add the rice and pour over the saffron mixture, scraping up any crispy bits from the bottom of the pan. Add the chicken and tomatoes. Bring to the boil, cover the pan and cook over a low heat for 20 mins. Stir well and add the peas and prawns. Cover and cook for a further 5 to 10 mins until the rice is plump and tender and nearly all the stock has been absorbed. The prawns are cooked when they are completely pink in colour. Remove from the heat and scatter over the parsley. Serve with the lemon wedges to squeeze over.

COOK'S TIP

Saffron threads add the golden colour to the rice, but they are expensive. So, as an alternative, add ½ tsp ground turmeric and fry with the courgettes.

PER SERVING 730g

CARBS	CALS
58g	445

Sugars	Fat	Sat Fat	Salt	Protein	Fibre
14.2g	7.9g	1.3g	0.86g	31.8g	7.7g

Exercise is Back next month!

Event To Go- To Sunday 28th June 2026



Thank you.

Chris Cooper
Administrator

Bexhill Diabetes Support Group
https://bexhill-diabetes.co.uk/
info@bexhill-diabetes.co.uk
Tel: 01424 218401
Facebook Page on- https://www.facebook.com/bexhilldiabetes