

**WOLVERHAMPTON ACTION 4 DIABETES**  
**MINUTES OF ANNUAL GENERAL MEETING SATURDAY**  
**18<sup>TH</sup> APRIL 2009, CIVIC CENTRE, WOLVERHAMPTON**

**WELCOME AND INTRODUCTION.**

The welcome was given to all attendees of the 7<sup>th</sup> AGM by Lesley Goodwin chairperson. She introduced Dr Singh our President to the group who was to oversee the election of a new chairman and members of the committee. All present had been given an agenda, the minutes of the last meeting, a list of attendees of the last meeting and the annual report, printing paid for by the PCT. She informed the group members that they are personally responsible for their belongings and should they leave any possession behind it will be given to the keepers to keep it until the owner collects it, they close down at 1pm, we are not responsible for personal possessions. Lesley then explained the election procedure to everyone present.

**ANNUAL REPORT.**

Lesley explained that the AGM should have taken place last week but was delayed to this week because it was Easter. She pointed out the new cards identifying the group containing its contact details encouraging members to take more to distribute to any interested parties promoting the group, encouraging new members. Sylvia Cowling has done an excellent job as usual as demonstrated by the interesting program of events planned for next year and the success of speakers this year. Lesley explained that this was the last meeting that she would be acting as chairperson, she has resigned from the post. She explained that she was thrust into the post from vice chairman when Hughie left precipitately, that she and the committee have worked together like a well oiled machine. She praised the team and said how much she had enjoyed working with them and was sure Mick would feel the same. The team works on a very light budget as efficiently as we can and the work can be both stressful and challenging, but worthwhile when the feedback is positive. The encouragement of others within the group and the knowledge given by the speakers gives the group members confidence and empowers them.

Lesley and committee members have had a very busy year attending various meetings actively helping to shape the care of people with diabetes in Wolverhampton. They have represented the views and needs of individuals and highlighted worries for example rationing of blood testing strips, care of elective patients in hospital. Mick will continue to attend the meetings which affect our care.

**ANNUAL ACCOUNTS.**

Our treasurer Margaret Preece hand out yearly accounts to interested parties and discussed the years income and expenditure. The opening balance for February 2008 was £1727.17p The income from that time to January 2009 was £1171.91p expenditure was £1160.96p so the closing balance January 2009 is £1738.12p. The expenses this year have been reduced by £600 due to 4 things:-

1. £176 less in insurance for equipment as we have omitted the all risks clause. The committee decided on this because the equipment is getting old.
2. We didn't donate a large sum of money to Diabetes UK this year, last year we gave them all the income from one of our meetings.
3. We saved £75 on refreshments this year.
4. We no longer have to pay for a room for committee meetings.

Our income is up by £180 this year from payment for refreshments, raffle tickets, provision of raffle prizes and general donations of £81 and a donation of £80 by Liz from a sponsored event to raise money for us. The money put in the refreshment jar has paid for the refreshments. The rest of our income came from the tabletop sales, skittles night. From the raffle the money taken paid for the PO Box and insurance costs. Margaret thanked all the group members for their contributions.

**APPOINTMENT OF AUDITOR**

Thanks were given to councillor Geoff Foster in his absence for auditing this years accounts. He is willing and has agreed to audit next years accounts.

**ELECTION OF COMMITTEE.**

Lesley explained as she is standing down as chair Mick Richards has been nominated to stand for chairman. For re-election to the committee Joyce Vials, Ken Meeson, Rachael Purcell and Lesley Goodwin were nominated. A new member was proposed by Ken Meeson and seconded by Sylvia

Cowling, Bob Lower. He was a former member of the staff of the civic centre, one of the keepers. Election would be decided by a show of hands. The election proceeded with each individual being nominated all were elected unanimously. So the new committee is as follows:-

Mick Richards (chairman)	Margaret Preece (Treasurer)	Sylvia Cowling (secretary)
Joyce Vials (minutes sec.)	Ken Meeson (membership sec.)	Lesley Goodwin
Jim Cowling	Sharon Mason	Eva Small
Rachael Purcell	Liz Slater	Bob Lower
Eve Richards	Bin Upple.	

## **REFRESHMENTS AND RAFFLE**

### **VOTE OF THANKS**

Dr Singh gave a vote of thanks to the Council and carers for allowing us to meet in the Civic Centre free of charge. He also thanked the committee for it's work this year and particularly Lesley for her unflagging devotion to the group. He also thanked group members for attending and making the group viable.

### **DEV SINGH - CLOSING REMARKS.**

Dr Singh stated there was two ways of looking at what WA4D does. First when the health authority is asked if they have a patient user group they can say yes but this is not the most important thing. This user group really raises the voice of diabetes in Wolverhampton. The last Living with Diabetes day included the head of diabetes care from the government and was amazed at the number of attendees saying it was the largest meeting of it's kind in the UK. People power means your voices are heard, which is very important. He praised Lesley saying what a good chairperson she has been saying the right thing at the right time and always listened too. At this point the presented Lesley with a bouquet of flowers and then Jim with a token for his 70<sup>th</sup> birthday.

Dr Singh then went on to talk about what is happening in Wolverhampton regarding diabetic care for example retinal screening has really become established now. One group member who lives in Willenhall complained that she has her diabetic care at Newcross Hospital but the optometrists in Wolverhampton refuse to do retinopathy screening. She was informed that her PHC team and GP were from Willenhall so her test must be done by a Willenhall optometrist so that she and her GP get the results, she can then take these to Newcross Hospital.

The foot care program is gaining pace all podiatrists in Wolverhampton have been trained to look after the feet of people with diabetes.

The program that is not working as well as Dr Singh would like is the education program, giving patients information. He thinks this is very patchy no being carried out as it should be. He is still seeking the ideal way to give the newly diagnosed the information they need, and has making a structured education program to offer any patient. This is despite the big push to educate people on life style.

The problem we highlighted regarding care after hospital admission is being tackled. Emergency admission of people with diabetes are now checked and their diabetes reviewed, though not at the weekend. The big issue is elective admission they are poorly prepared from the people with diabetes point of view. Dr Singh has to show there is a need and exactly what the need is which may take 6-12 months. There is a new National Campaign this year called Think Glucose, to ensure inpatient services are up to scratch. They will report back in a year.

Blood testing, Dr Singh fully realizes that it is not just for Hb1c but about self care, confidence etc but some people test irresponsibly or do nothing with the results and blood testing costs more than all the drugs used for diabetes. If a group member thinks and Dr Singh agrees that the GP is being unreasonable he can phone them and sort it out.

There has been a large step forward the PCT and Hospital services have joined to work together jointly managed so communication and care should be better.

### **QUESTION AND ANSWER SESSION**

Mr Rai said there are many undiagnosed people with diabetes in the UK , that many people are put on the wrong drugs. Dr Singh said Mr Rai's information is 5-10 years out of date that as the criteria has been changed in fact there is over diagnosis of diabetes. Regarding drugs people should ask why they are being given them, side effects etc.

One lady in the group complained that she had been given 6 tablets by one Dr they were then reduced

by a second Dr who told her they were damaging her kidneys, then put back on them again by the first Dr. When asked she told Dr Singh the drug was frusimide. She was told this drug does not damage the kidneys but he will look into her case.

The next member who stood up complained of the portrayal of people with type 2 diabetes as obese and inactive, that we were responsible for becoming ill, he was slim and very active so he shouldn't have it. Dr Singh said it was part of the campaign for the young who overeat and do not exercise to raise awareness of a poor life style.

The question and answer session came to an end.

### **CLOSING REMARKS**

Given by Mick Richards who thanked Dr Singh for his contribution to the meeting and his support over the last year and the members of the committee for their endeavours. He said he will try to steer the group has Lesley steered it over the last few years with the help of the committee who he is certain will support him. He presented Dr Singh with two bottles of wine and announced the next meeting as:-

**9<sup>th</sup> May 10am- 12md** - when the speakers will be Liz Wilson and Brett Heally diabetes specialist nurses.

The meeting closed at 12.05pm