

# Grŵp Trawsbleidiol ar Diabetes Cross Party Group on Diabetes

12.10.22. 12:15 – 13:15

Minutes

**Cadeirydd | Chair:** Jayne Bryant MS

**Is Cadeirydd | Vice Chair** Rhun ap Iorwerth MS

**Ysgrifennydd | Secretary:** Diabetes UK Cymru, Mathew Norman, Policy & Public Affairs Manager

## Ymddiheuruadau | Apologies:

- Peredur Owen Griffiths MS
- Samuel Kurtz MS
- Scott Crawley National Diabetic Foot Co-ordinator

## Attendance

- Jayne Bryant MS
- Mark Isherwood MS
- Libby from Jayne Bryant MS' office
- Rhys from Rhun ap Iorwerth MS' office
- Lee Gonzalez from Joel James MS' office
- Rachel Burr, Director of Diabetes UK Cymru
- Mathew Norman, Policy and Public Affairs Manager Diabetes UK Cymru
- Tess Saunders, Policy and Public Affairs Officer, Royal College of Podiatry
- Dr Rob Lee, Vice Chair AWDPRG
- Michelle Mosley, RCN Wales Education and Lifelong Learning Advisor
- DR Carys Marshall, Principal Clinical Psychologist, Cardiff and Vale UHB
- Dr Rose Stewart, Consultant Clinical Psychologist & Diabetes Psychology Lead, Betsi Cadwaladr University Health Board

## Presenoldeb | Agenda:

Time   Amser	Pwnc	Topic
12:15	1. Cyflwyniadau	1. Introductions
12:20	2. Materion yn codi o gyfarfod 5ed Gorffennaf 2022	2. Matters arising from 5 <sup>th</sup> of July 2022 meeting.
12:25	3. Arolwg gyda pobol yn byw gyda Diabetes gan DUK	3. Missing to Mainstream Diabetes UK PLWD Survey

	Cymru ar “Missing to Mainstream”	
12:45	4. C&A	4. Q&A
12:50	5. Drafodaeth Agored: Pryderon ynghylch Costau Byw a Phwysau'r Gaeaf	5. Open Discussion: Concerns relating to the Cost of Living and Winter Pressures
13:10	6. UFA	6. AOB
13:15	7. Cau	7. Close – <a href="#">We have agreed dates now for the next 3 CPGs</a>

**1. Arolwg gyda pobol yn byw gyda Diabetes gan DUK Cymru ar “Missing to Mainstream” | Missing to Mainstream Diabetes UK PLWD Survey (20 min)**

<ul style="list-style-type: none"> <li>• Cyflwyniad gan Mathew Norman o Diabetes DU Cymru</li> </ul>	<ul style="list-style-type: none"> <li>• Presentation from Mathew Norman from Diabetes UK Cymru</li> </ul>
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**Main Findings:**

- 81% of respondents said they have struggled to manage their diabetes.
- 71.8% of respondents said they have never accessed psychological support to help manage their diabetes
- 20.4% of respondents who said they have accessed support are currently accessing psychological support for their diabetes.
- 90% of respondents currently accessing support said they are either satisfied or very satisfied with their support.
- 38.5% of all respondents said they had experienced difficulty accessing psychological support.
- Many of the frustrations voiced centred around there being no psychological support available, lack of appointments/GP contact, never being offered the support or it never being discussed.
- 50.6% of respondents said they do not know where to go if they needed support.
- 51.2% of respondents said if they needed support for their mental health associated with diabetes, they would speak to the NHS first, followed by 28.7% who said they would speak to family, then 10.3% who said they would speak to Diabetes UK.
- 37.4% of respondents said they had experienced stigma associated with their diabetes.
- 77.6% of respondents said that they think the general public doesn’t understand diabetes at all or not very well. Only 1.2% said they thought the general public had a good understanding of diabetes.
- 25.9% of respondents said that they think health professionals (general) don’t understand diabetes at all or not very well. 47.1% think they have some understanding. 27.0% think they have a good or great understanding.

**Top Line Points:**

- We need increased access to psychological support and an understanding of where to find help.
- Many of the frustrations voiced centered around there being no psychological support available, lack of appointments/GP contact, never being offered the support/it never being discussed.
- When Psychological support is accessed, they are satisfied/very satisfied.
- Over a third of respondents experienced stigma associated with their diabetes
- A greater general understanding diabetes at HCP level is needed.
- Increased level of understanding needed by the General Public, especially regarding different types and management of condition.
- Consideration of the impact on family, friends and work-places is needed.

## 2. C&B | Q&A (10 min)

<ul style="list-style-type: none"> <li>• Cwestiynau i DUK gan y mynychwyr yn bersonol ac ar-lein</li> </ul>	<ul style="list-style-type: none"> <li>• Questions to DUK from the attendees in person and virtually</li> </ul>
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- Health care professionals in attendance noted their disappointment that some people living with diabetes felt that health care professionals didn't emphasised with their condition.
- Mark Isherwood MS raised that responses from PLWD was reminiscent of those who live with rarer and lesser known conditions. He noted that some of the concerns raised around employment was in breach of the law and support/understanding of PLWD rights is needed.
- Rob Lee raised the concerns around stigma, especially for those living with type 2 diabetes.
- The CPG agreed that a letter should be written to the Deputy Minister Lynne Nealge MS to highlight the survey/research results to support calls for further access and awareness of mental health services in Wales.

## 3. Drafodaeth Agored: Pryderon ynghylch Costau Byw a Phwysau'r Gaeaf | Open Discussion: Concerns relating to the Cost of Living and Winter Pressures (20 min)

<ul style="list-style-type: none"> <li>• Bydd pawb sy'n bresennol yn rhannu eu pryderon am argyfyngau costau byw i'r rhai sy'n byw gyda diabetes. Gallai'r drafodaeth arwain at gamau i'r Grŵp eu cymryd a/neu Diabetes DU Cymru.</li> </ul>	<ul style="list-style-type: none"> <li>• All attendees will share their concerns about the cost of living crises for those living with diabetes. The discussion could lead to actions for the CPG to undertake and/or Diabetes UK Cymru.</li> <li>•</li> </ul>
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- Rachel Burr from DUK Cymru opened the discussion and raised concerns from PLWD around the cost of eating healthily and managing their diabetes during these difficult and stressful times.
- Concerns raised around understanding good value foods that help to manage diabetes, Lee Gonzalez raised items such as porridge and cinnamon which he feeds his son and helps to manage blood glucose levels.

- It was raised that items to help with low sugar levels such as favourite/known soft drinks that help are becoming too expensive
- Concerns around the impact of free school meals were raised, especially the quality of food as prices continue to increase and budgets remain the same.
- A new/weird type of diabetes was noted which has been linked to people living with long covid, where the type is not clear.
- Vegetarian diets and diabetes were discussed, some noted that support for varying diets was not widely accessible and more would be welcomed to assist people with different dietary needs.
- It was raised that in the CPG on Diabetes, payments to discuss the higher costs associated with conditions has been raised as a means to support people living with long term health conditions.
- Concerns were raised for people who received a diagnosis of diabetes during Covid-19, support and understanding of the condition for the newly diagnosed was not clearly given. Trauma informed care and parity of care is welcomed to support people who are newly diagnosed during difficult times.
- Support around conditions which can result from diabetes is also welcomed. Discussions around access to good opticians and access to tests at community pharmacies.

#### 4. AoB

<ul style="list-style-type: none"> <li>• Digwyddiad y Senedd “Peter Baldwin 21<sup>st</sup>” ar y 6ed o Ragfyr gyda'r nos (18:00 – 20:00).           <ul style="list-style-type: none"> <li>○ Ddiweddariad Ymgyrch 4Ts</li> <li>○ Gyflwyniad Astudio ELSA</li> <li>○ Gweinidog Iechyd a Gwasanaethau Cymdeithasol i'w gadarnhau</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Peter Baldwin 21<sup>st</sup> Senedd Event on the evening of the 6<sup>th</sup> of December (18:00 – 20:00).           <ul style="list-style-type: none"> <li>○ 4Ts Campaign Update</li> <li>○ ELSA Study Presentation</li> <li>○ Minister for Health &amp; Social Services tbc</li> </ul> </li> </ul>
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#### 5. Cau |Close

<ul style="list-style-type: none"> <li>• Cyfarfod nesaf - Dyddiad yw:           <ul style="list-style-type: none"> <li>○ 18.01.23</li> <li>○ 26.04.23</li> <li>○ 28.06.23</li> </ul> </li> <li>• Ewch ag unrhyw fwyd dros ben yn ôl gyda chi i'r swyddfa/cartref os yn bersonol</li> </ul>	<ul style="list-style-type: none"> <li>• Next meeting dates are:           <ul style="list-style-type: none"> <li>○ 18.01.23</li> <li>○ 26.04.23</li> <li>○ 28.06.23</li> </ul> </li> <li>• Take any left-over food back with you to office/home if in person</li> </ul>
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- World Diabetes Day on the 14<sup>th</sup> of November, Jayne Byrant MS plans to introduce an SoO for the day (a week before) and there possibly might be some

action from DUK Wales in the Senedd in the week before, working with Jayne Bryant MS' team to organise.