

Urology Support West Kent AGM
3rd September 2024 7-9pm.
Gillingham Golf Club

The Chair Paul Rainer welcomed the members and guests, he gave a review of the past years progress and programme; the boat trip and garden party were a success as usual, the weather at the garden party being particularly fine. He thanked Bruce Winters, our entertainer, who had waived his fee.

He spoke of Zoe Cairns who is a Digital Media Consultant who will guide the group in promoting the support we offer to a wider audience. We are already attending 'Well Being' clinics, posting leaflets in public places and attending other public events.

He thanked the members for coming and the committee for their continued hard work.

The Treasurer John Deadman gave an overview of the finances, details for all attendees on the tables, we are quite financially healthy, much the same as last year. John also thanked the committee and especial thanks to Paul and Val who open their home and garden for the garden party each year.

The speaker was Teresa Golding BSC NMC speaking on healthy eating. She reminded up of portion size and daily nutritional requirements; touched on Ultra Processed Foods and Veganism. Teresa also demonstrated an NHS app on her phone which could scan a product barcode and display the Salt, Sugar and Fats content of the item; this is to help to make healthy choices when shopping. A member of the group had a different app and they compared results with some of the products that she had brought with her.

Also were some books that she brought with her.

The Health Delusion by Glen Matten

Genius Foods Max Lugavere

The Glucose Goddess Method Jessie Inchauspe

Ultra Processed People Chris Van Tulleken

Thanks to Teresa for an informative talk.

Paul thanked everyone again for coming and the meeting finished around 9pm.