

DIABETES SCOTLAND

CARE. CONNECT. CAMPAIGN.

West Lothian Group

Points of special interest

Social Evening

TESCO
Volunteers
Required

Inspire Awards

A word from the chair

July 2016

Hi everyone,

Hi Everyone,
Hope you are enjoying the odd sunny day in between the showers! Lots of talk of volunteering this month with Volunteer Week certificates, Inspire Awards and DIAT activity. It is fantastic that we have

at least 28 volunteers who regularly help out in a variety of ways whether as committee members, at group meetings, DIAT tables, diabetes risk assessments, TESCO and other fund-raising events, etc etc. It is very much appreciated and I think it is quite

rewarding and good fun. If you don't already volunteer why not have a go or talk to one of the committee members for ideas on how you could help.

*Best Wishes
May Millward*

NEWS

July Group Meeting

Our July group meeting attracted our biggest attendance so far this year to hear Personal Best trainer Harry Day give us a really interesting and inspiring talk about nutrition and exercise. In addition we had a visit from History PhD student Rachel Meacher with information on her research into dietary advice for diabetes over the past 50 years. It was great to see several new members in addition to more weel kent faces! We also handed out more Volunteers Week certificates to members who volunteer in some way to support the group and Diabetes Scotland



Inspire Awards

You will remember that earlier this year Marilyn Boland, our secretary, won the Diabetes Scotland Inspire Awards for Campaigning and Raising Awareness and Volunteer of the Year. Marilyn attended the UK Inspire Awards in London accompanied by Val Williamson who was nominated for the Scottish Supporting Others award. Unfortunately Marilyn didn't win a UK award but Val has written an

Funded by:



account of their trip. –

Our trip to London to attend the Diabetes UK Inspire Awards

Marylin had come first in Scotland in Scotland for Campaigning and Raising Awareness and was also Scottish Volunteer of the Year so she was put forward for the national awards. I felt very honoured when Marylin asked me to attend these awards with her. We set off early in Wednesday 7th July and the awards were from lunchtime on the 8th. Fortunately we were staying in the same hotel as the awards were being held so we could have a relaxing morning. The ceremony started by us being greeted with a glass of wine. Allan Kirkwood, Volunteer Development Manager for Diabetes Scotland, came forward and welcomed us and showed us which table we were sitting at then introduced us to people who were already sitting at the table. The ceremony went very smoothly and all had a lovely lunch and nice entertainment from singers to people telling their stories of their journey with diabetes to some stories of the different types of fund-raising they had done.

Although there was a lot to get through it flowed very well and seemed to pass really quickly. Unfortunately Marylin didn't come first in her category however the Edinburgh group came 1st for the fundraising category so that was good for Scotland. In the six categories there was a rep from Scotland, Wales and Northern Ireland and from each region in England. Throughout the afternoon we were constantly reminded that we were all winners for everything we do to help in all ways for diabetes. They constantly thanked us all which helped you feel everything we all do is worthwhile.

After many photos and farewells to people we headed off to the lounge to meet Allan who very kindly bought us a drink. Sadly it was time to head for our long journey home. Fortunately our homeward journey ran on

time from the tubes to the train to Stanstead Airport to the flight to Edinburgh.

A very enjoyable trip but over too quickly especially for the amount of travelling we had to do. Fortunately the weather remained good during our time away.



MEETINGS AND EVENTS

Group Meeting

Wednesday 3 August

7.00 – 9.00pm

Inverlamond Community High School

This month our meeting is a bit more of a social evening. We don't have an external speaker but member Shona Murray will give us a short talk about her diabetes journey. Those of you who know Shona will know that she has come a long way since joining the group a few years ago and her story is quite inspiring. We'll then have the opportunity to share our own experiences of diabetes (only if you want to!). When we have done this in the past most people have found it really interesting and have made useful connections.

We will also have a diabetes quiz, a raffle with some special prizes and the opportunity to give your views on what topics we should have at meetings next year. You will also have the opportunity to pose some questions for our Question Time event in September. We will have a few drinks and nibbles to help us along. Joan and Colin Tyler have been

stalwart members of the group for several years – Colin has probably issued with your badge and you may have bought a book off Joan - and I am sure that all of you will join us in raising a glass to them as their 25th wedding anniversary is on that day.

Edinburgh Diabetes Scotland Group

Open Meeting - “General Practice - the new custodian for diabetes care”

27 September 2016 – 7.00pm

Merchiston Bowling & Tennis Cub, Polwarth Terrace, Edinburgh EH11 1NA

Our colleagues in Edinburgh now hold quarterly meetings to which everyone is welcome. The guest speakers at the next event are Professor John Mcknight, Consultant Physician, Western General Hospital and Dr Kevin Fernando - Diabetes Lead GP for East Lothian & Midlothian CHP (Community Health Partnership).

This sounds like being a very interesting meeting as most of us with Type 2 diabetes are cared for by our GP practice. For more information contact Tel: 01313396723 Email: admevgduk@gmail.com

GROUP ACTIVITIES

Programme

The remaining group meetings for this year are

3 August - Social Evening – see above

7 September - Question Time – If you have questions about any aspect of diabetes this is your opportunity to ask a panel of diabetes experts – either directly or anonymously. We like to have some questions in advance to set the ball rolling so just let May know if you have any questions you would like answered. There will also be question papers at the August meeting.

5 October - Complementary Therapies- Our

Complementary Therapy Night is a chance to have a taster or find out about how they can help diabetes. If you are a therapist or know of any who would be interested in coming along to provide a taster please let May know (contact details on back page).

2 November - Christmas Food – a dietician from St John’s will be coming along to give us a few tips on how to enjoy Christmas despite diabetes!

7 December - Christmas Party – Committee member Val Williamson always arranges the activities for the Christmas Party and this year thought it would be a bit of fun to have a competition to match up photos of people in their youth to the present day. Please put an old photo and a recent one in a sealed envelope and pass it to Val at a group meeting –by November at the latest. Thanks

All meetings are from 7.00 – 9.00pm at Inverlamond Community High School, Willowbank, Ladywell, Livingston, West Lothian EH54 6HW

Walking Group

Our walking group meets every Tuesday afternoon and does a variety of local walks. Our next monthly evening walk is this Thursday 28 July. If you are interested in either or both walks please contact Marylin Boland (contact details on the back page) or speak to her at a group meeting.



Personal Best Exercise Programme

We now have three weekly sessions of Personal Best exercises on Wednesday afternoons and Saturday mornings. If you have diabetes why not take advantage of this great opportunity to try out a range of exercises and get professional support with your exercise routine. The sessions are great for both your physical and mental well-being and support your diabetes self-management. They are really good fun and friendly and not at all intimidating! The sessions are free to anyone with diabetes, limited to around 8-10 participants, and can be tailored to suit a wide range of health and mobility issues. If you would like to find out more please contact May Millward (contact details on back page)



Easyline

Easyline is a form of seated exercise using hydraulic resistance piston technology to provide you with extra support whilst exercising. Basically you sit in lovely comfy chairs which are fitted with special exercise equipment which enables you to exercise very easily despite any mobility problems. The sessions are at Broxburn Excite Sports Centre on Mondays. They are really enjoyable and friendly so why not give it a try. Just let May Millward know if you are interested. (Contact details on back page)

DIAT (Diabetes Information & Awareness Table)

Our DIATs provide lots of information about

diabetes and help to raise awareness of the condition and our group. In June, in addition to our two regular sessions at St John's, we had a DIAT at Blackburn. In August we will be visiting Howden and Strathbrock.

Note to Health Professionals – If you would like to have a Diabetes Information and Advice Table available for patients or any other support please contact May Millward or Marilyn Boland (see back page for contact details).

Facebook - Private page for Members

We have now invited everyone on the membership database who has an email address to join our new closed Facebook group which is only accessible to group members and is not visible to anyone else. Its aim is to provide mutual support and encouragement and a bit of light hearted chat. It is already proving very helpful and it is great to be able to tap into people's experiences when an issue arises. So far we have 71 members and have invited another 142 so if you have received an invitation why not join us? If you are not on Facebook you can set up a Facebook profile and only use it to access the group if you prefer not to use it for anything else. Anything you add to the group page will not be seen by anyone outside the group. If you haven't received an invitation yet and would like to join or want more information just let May know (contact details on back page).

Free Computer support

Member James Westwood owns Tec-Support which is a local business providing technical support for Laptop, Mobile Phone, Tablet, Apple Mac and PC issues. James has kindly offered to provide two one-hour slots each week to provide members of our group with free support on technology issues. The slots are between 2-3pm on Saturday and the same on Sunday and help can be given over the phone, via e-mail and in person. Click on this [link](#) and follow James's Procedure to

book a slot.

Balance Magazines

Not everyone who attends our meetings is a member of Diabetes UK so if you are and you don't want to hold on to your copy of Balance, why not bring it along to the group meetings so that others can benefit from the excellent articles that appear in it.

FUNDRAISING

TESCO Partnership

We were asked at two days notice to provide a DIAT table and collection buckets at TESCO in Bathgate on Saturday 23 July so a big thanks to Ian, Hilda, Ann, Val and Sandra who came out at such short notice. As always the Bathgate customers were very generous and we ended up with a very heavy bucket. We also helped to sell raffle tickets for a summer hamper. We had lots of good conversations with people with diabetes or who might be at risk and gave out plenty of leaflets and information.

We will back at the store on Saturday 13 August and then again at the BIG Collection on 16 and 17 September when collections will be held at TESCO stores throughout the country for Diabetes UK and the British Heart Foundation. If you can spare an hour or more on any of these dates just let May know. You don't need any experience – just a friendly smile! (Contact details on back page)



Million Step Challenge

We are three weeks into our Million Step Challenge with ten members participating. We have already done a million steps between us and are well on our way to our team target of five million. It is amazing how just keeping a count of your steps encourages you to walk more – even if you are not participating why not get a pedometer for a couple of pounds, count your steps for a week and then set yourself the target of walking a few steps more each week? Even if you can't get anywhere near the recommended 10,000 steps a day, any increase will do you good! If you want to sponsor our team you can do so at group meetings or on our Justgiving Page <https://www.justgiving.com/fundraising/West-Lothian-Diabetes-Scotland-Group>

Recipe of the Month

Vegetable ragu

Serves 4, calories per portion 138

Ingredients

- 1 tsp rapeseed oil
- 1 large onion, finely diced
- 1 pepper, any colour, finely diced
- 1 medium carrot, finely diced
- 1 courgette finely diced
- 100g mushrooms, finely diced
- 2-4 cloves garlic, crushed
- 2 heaped tsp dried oregano
- 1 vegetable stock cube dissolved in 200ml water
- 2 fresh tomatoes, finely diced
- 1 x 400g tin chopped tomatoes
- Good grind black pepper
- 1 tbsp tomato purée
- 1 x 400g tin green or Puy lentils, drained

Method

- Put the oil in a pan and gently cook the onion until well browned, stirring regularly.
- Add the diced pepper, carrot, courgette and mushrooms to the pan

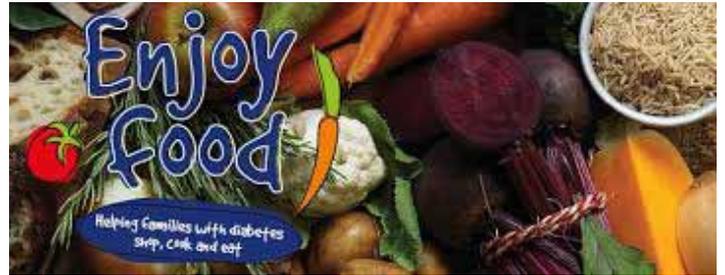
- continue cooking gently for 5 minutes, still stirring regularly.
- Add the garlic and oregano. Stir for 1 minute, add the stock and the fresh and canned tomatoes, black pepper and tomato purée.
- Bring to a gentle simmer, cover and cook for 15 minutes, stirring occasionally, and add a little water if it starts to stick.
- Finally, add the lentils, simmer for a further 5 minutes, and serve.



For a gluten free alternative this sauce is ideal served with polenta or baked sweet potatoes.

Enjoy Food

Diabetes UK has a great website all about food with lots of information and hundreds of healthy recipes including this one – see <https://www.diabetes.org.uk/Guide-to-diabetes/Enjoy-food/>



Tips

The secret to this dish is dicing all the vegetables really finely, so they're the same size. so they will coat your pasta evenly.

Try serving with wholemeal pasta such as pappardelle.

Fund-Raising Group

Marylin Boland

01506 854 665

07753 615 687

marylinj45@hotmail.co.uk

Val Williamson

01506 884 386

07582 653 618

Isobel Taylor

01506 891 440

07533 823 511

ictaylor52@gmail.com

Contact:

May Millward

2 Main St., Philpstoun,

Linlithgow

West Lothian, EH49 6RA

Tel: 01506 834 877

Mob: 07708 919 064

Email:

may@dukwl.info

www.west-lothian.diabetesukgroup.org

