

Points of special interest

Inspire Awards

Committee Members Wanted

Diabetes UK Professional Conference Insider

Valentines Ball

Kiltwalk

A word from the chair

Hi everyone,

Welcome to the first newsletter of not only a new year but a new decade! I hope you all had a lovely Christmas and New Year. In the end we bought a slightly smaller tree with all the lights and decora-

tions integrated and although the kittens had great fun with it, it survived intact!

If you have made any New Year Resolutions about getting more healthy now would be a great time to join our Lifestyle Project ac-

February 2020

tivities and get a bit of help with motivation from our great trainers and dietician not to mention the very friendly groups taking part.

*Best Wishes
May Millward*

NEWS

Christmas Parties!

Seems like a long time ago but members and volunteers had a great pre-Christmas season with parties galore! In addition to our group party at the December meeting, volunteers enjoyed the Donal O'Brien Memorial Lunch at Oatridge, lifestyle participants had a great night at OSCARS and volunteers who helped out at TESCO events were treated to a lovely afternoon tea at the Bathgate store. Probably just as well we have our Lifestyle Project to help deal with the aftermath!



Funded by:



Diabetes UK Inspire Awards

These awards are held each year to recognise the invaluable contribution of the volunteers and groups that go above and beyond for people living with diabetes, and to thank them for their commitment. Several of our volunteers have received awards in the past but there are many more that deserve recognition and you can also nominate the group. The award categories are -

- Campaigning and Influencing
- Fundraising
- Reaching out and Connecting
- Supporting Others
- Supporting Diabetes UK
- Young Person's Outstanding Contribution
- Local Group and Community
- John Ireland (Scotland only)
- Long Service Award

See the [Diabetes UK website](#) for more information.

Once you've chosen the category, fill in the online form, making sure to give plenty of information on how the person you are nominating fits our award criteria including their activities and the difference these have made to people living with diabetes. I hope to have a paper version at the February meeting.

The closing date for nominations is Friday 6 March 2020 at midnight.



Diabetes Research Opportunity

Sophini Logeswaran, a researcher from Royal Holloway, University of London, is looking for adults with type 1 or 2 diabetes who are taking insulin as part of their treatment and would like to take part in a new on-line 4-week programme for people with diabetes.

The aim of the programme is to support people to improve their wellbeing and diabetes self-care using an approach called Acceptance and Commitment Therapy, which is being increasingly used in the field of long-term conditions.

Please get in touch with Sophini if you are

interested in taking part or have any questions. A video about the project is also available using the following web link: <https://vimeo.com/374373327>

There is a leaflet which is available on our Facebook page and hard copies will be available at the February meeting.

Contact details: Sophini Logeswaran, Tel: 07308151990, E-mail: act-for-diabetes@outlook.com

Your group needs you!

Committee Members wanted!

As you know our group is completely voluntary and is run by a committee of volunteers. We have a great committee but as the group grows and develops we need a steady flow of new committee members to encourage fresh ideas and ensure continuity. The only commitment is to attend a committee meeting once a month, usually on a Wednesday evening in Livingston.

Our Annual General Meeting will be at our 1 April group meeting (unfortunate date!) and we would love to welcome at least two new committee members at that time. In particular we will need a secretary which is one of three official roles within the committee (the others being Chair and Treasurer).

As most of the secretarial roles are already covered by other committee members the only additional requirement would be to produce a brief note of agreements and action points from the committee meetings – in return the secretary will get free membership of Diabetes Scotland!

Don't worry if you have never been on a committee or have not been with the group for long – we are very friendly and informal and will give you any support you need. If you are interested and would like to know more please contact May or speak to any of the committee.

You would also be welcome to come along to our February or March committee meetings to see what is involved.

MEETINGS AND EVENTS

February Group Meeting

Inverlmond Community High School

5 February 2020

At our first meeting of the new year we will be looking at issues around Holidays and Diabetes.

Ian and I have been clearing out our bookshelves so we will bring some along in case anyone would be interested. This is in addition to Joan's excellent selection that she brings along every month. Any donations will go to group funds.

Diabetes UK Professional Conference Insider Event

21st March 2020 – Glasgow

The Diabetes UK Professional Conference Insider Event is the third edition of an annual one-day event which started in 2018 and is the first to be held in Scotland.

The event is for people living with all types of diabetes and for those at risk, who are interested in hearing more about detailed scientific research, advancements and breakthroughs in treatment and technology, directly from the Healthcare Professionals.

The 2020 edition will be held on Saturday 21st March in Glasgow and you can find out more about this event and register at <https://www.diabetes.org.uk/diabetes-uk-professional-conference/insider-event>

The cost is £10 for Diabetes UK members and £20 for non-members – this includes lunch and refreshments. Marilyn and I will be going so if you are interested you won't be on your own!

Diabetes Scotland Volunteer Conference and Inspire Awards 2020 **30th May 2020**

This annual event is free and is always very interesting with the opportunity to meet Diabetes Scotland staff and volunteers from other groups. Usually the conference is during the day and the Awards ceremony is at a dinner in the evening. This year both events will be taking place in the Stirling Court Hotel, Stirling. Registration has not been opened yet but save the date in your diary!

Livingston 41 Club – Valentines Ball

Livingston Football Club

8 February 2020

Diabetes UK are one of three charities who will

benefit from this annual ball. More information is on their [Facebook page](#). Tickets are £40 but Diabetes Scotland may have some discounted tickets at £35. If you are interested contact May Millward.

<https://www.facebook.com/events/303151957069502/>

GROUP ACTIVITIES

2020 Programme (provisional)

Meetings are held on Wednesdays at 7.00 pm at Inveralmond School in Livingston. We are still in the process of confirming speakers for our 2020 programme so watch this space !

- 5 February - Holidays and Diabetes
- 4 March – Healthy eating - with Edyta our Nutrition Club dietician
- 1 April – AGM
- 6 May – to be confirmed
- 3 June – to be confirmed
- 1 July – to be confirmed
- 5 August – Social Evening
- 2 September – Diabetes Question Time
- 7 October – Complementary Therapies
- 4 November – to be confirmed
- 2 December – Xmas Party

Lifestyle Project

Our Lifestyle Project is a group of activities designed to support you with your diabetes self-management through exercise and healthy eating. All activities are based on small groups led by a professional trainer or dietician. The groups are all friendly and supportive so it's a great way to get to know people as well! The activities are free for anyone with diabetes and their partners or carers although a voluntary donation of £1 a session is appreciated. Why not give it a try!

Walking Groups

Our walking group meets every Tuesday or Friday afternoon in winter (depending on weather forecast!) and usually on both days during the warmer months. We do a variety of walks usually around 3 – 5 miles. It is a great way to spend the afternoon with lots of good chat and laughter so why not join us If you are interested please speak to Ann Lothian. (Contact details on back page)



Personal Best Exercise Programme

Our weekly exercise sessions on Mondays at 6.30 pm and Saturday at 9.00am are held in the Personal Best gym in Armadale. 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 cater for all levels of experience and ability so don't worry if you haven't done much exercise before!

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.

Our sessions are on Mondays at 12:00 and are led by Linda Donoghue at Broxburn Excite Sports Centre. The sessions are free to all our members and 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)

Nutrition Club

Our Nutrition Club is held on Mondays at 5.15 pm at Colinshiel Court in Armadale. The club is delivered by Personal Best and is a weekly nutrition session for people with diabetes giving

the opportunity to have individual, ongoing, support from a dietician and learn more about nutrition and healthy eating alongside others with diabetes in a friendly and supportive environment. 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. We hold regular tables at St John's Diabetes Clinics and in GP surgeries throughout West Lothian. In January we were at Blackburn, East Calder, Blackridge and West Lothian College Well-being Fair. In February we will be at St John's on 13th and 19th and Murieston (11th), Howden (12th) and Strathbrock (26th)

Note to Health Professionals – If you would like to have a Diabetes Information and Advice Table at surgeries please contact Marilyn Boland (see back page for contact details) .We can also provide leaflets and posters about the group and diabetes.

Diabetes Awareness Talks

We are very happy to provide Diabetes Awareness Talks to any local groups or organisations. Just contact us and we can tailor the talk to the needs of your audience.

Type 2 Diabetes Know Your Risk (KYR) events

We are happy to provide Know Your Risk events for any local groups or organisations, just contact us and we will tailor the event to your needs. The process involves the completion of a simple questionnaire including height, weight and waist measurements and provides an assessment of low, increased, moderate or high risk of developing Type 2 Diabetes.

Trained volunteers provide information and advice relating to the relevant risk score and those at moderate or high risk are referred to their GP - usually at least 35% of those assessed.

Facebook – Private page for Members

Our closed Facebook group 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.

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 and would like to join or want more information just let May know (contact details on back page).

Free Computer support

Member James Westwood has kindly offered to provide two one-hour slots each week to provide members of our group with free support on technology issues on pcs, laptops, tablets etc. The slots are between 2-3pm on Saturday and on Sunday and help can be given over the phone, via e-mail and in person. You can contact James at mrbroons@gmail.com or 07515 686 648

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

Although we are governed by Diabetes UK we do not receive funding from them or any other public funds. The group is run by volunteers and in order to maintain all our great activities we need to raise at least £10,000 every year. We do this through a mixture of grants from external funders, fundraising by group members and adhoc donations. A huge thanks to all our members who have contributed in one way or another.

Robertson Trust

We are very grateful to have received £2000 from the Robertson's Trust Wee Grants for Wee Groups to support our Lifestyle Project.



Co-op Local Community Fund

The West Lothian Diabetes Scotland Group has been selected to take part in the Co-op Local Community Fund. Any funds raised will support our Lifestyle Project. You can see our page on their website below. If you are Co-op member all you have to do is choose our cause and then a percentage of what you spend in any Co-op store is passed on to the group. (Note – this does not include Scotmid).

In addition we have been linked with the staff in Whitburn Co-op, and Funeral care in Bathgate and Whitburn so will be in touch with them soon to discuss how they can support our fundraising.

<https://membership.coop.co.uk/causes/39340>



Local Community Fund

Easyfundraising

We are registered with Easyfundraising and so far have raised over £190 for the group.. All you have to do is go to the Easyfundraising website and select the West Lothian Diabetes Scotland Group as your cause. Once you have registered, the group will get a small donation every time you buy anything online at a huge range of shops including Amazon, John Lewis and Marks & Spencer as long as you go through the Easyfundraising website.

It doesn't cost you or the group anything. If you don't buy online maybe some of your friends and family do. On the Easyfundraising page you will see a button for Easysearch. If you click on this and select our group then use it instead of google or other search engines the group will get a halfpenny every time you do a web search.



Kiltwalk

For the last two years group members have participated in the Kiltwalk and raised over £4000

for Diabetes UK. This year's Edinburgh walks are on Sunday 13 September and some members have already signed up for The Wee Wander (5 miles) so if you would like to join them register on the [Kiltwalk website](#)

It is a very enjoyable day especially if the weather holds up and a great way to raise money for the wider work of Diabetes UK as 40% is added to donation raised by sponsorship.



RECIPE

Apple and muesli smoothie

Serves 1

Cals 301, Carbs 49.8g, Fibre 3.8g, protein 15.8g, fat 4.2, saturates 1.6g, sugars 32.7g, salt 0.5 g

Ingredients 1 apple, peeled, cored and chopped

2 tbsp muesli

- 150g carton low-fat yogurt
- 150ml (quarter pint) cold skimmed milk

Method

Simply place all the ingredients in a food processor/blender and blend until smooth. Serve immediately.

Chefs tips

Leave your muesli to soak overnight, then add the yogurt and apple before blending.

This smoothie is also very tasty with pear instead of apple.



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/Managing-your-diabetes/Healthy-eating>

You can also sign up for a regular email newsletter with tips and recipes to help you shop, cook and eat with diabetes.

Committee

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