

## West Lothian Group

### Points of special interest

Zoom Meetings

Inspire Awards

Personal Best Online

Nutrition Club Online

Seated Exercise/Tai Chi/Relaxation

Kiltwalk

Million Step Challenge

Corona Virus

## A word from the chair

## June 2020

*Hi everyone,*

I hope you are all keeping safe and well. Still in lockdown although with a slight relaxation of the rules. This is balanced with the news that around 30% of Covid 19 deaths are people with diabetes so we still need to be vigilant and avoid putting ourselves at risk. It has been a lovely spring and I have certainly

enjoyed my garden with everything flowering beautifully – probably the nicest show we have had. Don't suppose its anything to do with the cleaner air! Our kittens have started to venture out and have found a great hideaway in the big laurel bush which just happens to be under the bird feeder!

The group is still very active with lots of online

activities including our first online committee meeting. However, June is always our busiest month with Volunteers Week and Diabetes Week not to mention the Bathgate Gala so it is sad to miss out on all those activities.

*Best Wishes*

*May Millward*

## NEW

### Volunteers Week

We usually attend a Volunteer Celebration with many of our volunteers and get certificates for everyone. Sadly this is not possible this year. We were asked to provide a short video for West Lothian Volunteers but unfortunately time and capability ran out! Anyway a huge thank you to all our volunteers and hopefully our next volunteer celebration at Christmas will happen as usual! However I did appear briefly in a volunteer video put out by Diabetes UK. <https://www.facebook.com/diabetesuk/videos/2688483468055048/>

There is limited opportunity for volunteering just now but once things are back to normal the range of things that volunteers get involved with

include joining the committee, helping with monthly meetings, manning our Diabetes Information and Awareness Tables, helping with Know Your Risk events and participating in fund-raising for both the Group and Diabetes Scotland. If you haven't volunteered yet but would like to get involved just let us know and we will let you know of any future opportunities.



**Funded by:**



## Online activities.

In addition to weekly Zoom chats we have online versions of Personal Best exercises, our Nutrition Club and Seated Exercise/Tai Chi/Relaxation. See entries under Group Activities below for details.

## Diabetes UK Inspire Awards

Update on our nominations for the Diabetes UK Inspire Awards

### **Fundraising**

Team Still Mad

**Local Group and Community** West Lothian  
Diabetes Scotland Group

**Reaching Out & Connecting** Marilyn Boland

**Supporting Diabetes UK**

Ian Aitken

**Supporting Others**

Ann Lothian

**Fundraising**

David Taylor

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.

Sadly the Awards Ceremony won't take place this year but the winners will be announced in the next couple of week so good luck everyone.



## Diabetes Scotland

Diabetes Scotland are also using Zoom to reach out to people during this period. Committee members from most of the voluntary groups in Scotland have a Zoom chat every Tuesday evening with Diabetes Scotland staff and this is a really good way of keeping in touch and knowing what is going on elsewhere. In some ways this is an improvement on pre-Covid arrangements as we usually only get to meet other groups at the

annual conference. Some of the other groups are trying out local zoom chats similar to our Saturday chats and for one of them it has turned into a bit of a Masterchef/Bake-off with people preparing and sharing their favourite recipes and showing them off! Maybe something we could do? Another group is organising shopping and dog walking for people who are shielding or self-isolating. We haven't done this formally as a group but I know that many of you are already doing this for fellow members.

Some of us have attended Diabetes Scotland Mindfulness and Yoga Sessions and also a really good Diabetes Question Time. The next event is on Footcare on 25 June at 4.00 and will be a webinar. This means that you don't appear on video but can type in questions and comments. I will post the invitation on our private Facebook page when it appears but if you are interested in this or other Diabetes Scotland events and don't use Facebook check out their webpage [https://www.diabetes.org.uk/In\\_Your\\_Area/Scotland](https://www.diabetes.org.uk/In_Your_Area/Scotland) or let me know and I will email you the links as they arise.



## GROUP ACTIVITIES

### 2020 Programme (very provisional!)

Meetings are usually held on Wednesdays at 7.00 pm at Inveralmond School in Livingston. In the current circumstances we have cancelled the April, May, June and July meetings and will keep the others under review.

- 1 July – cancelled
- 5 August – Social Evening
- 2 September – Diabetes Question Time
- 7 October – Complementary Therapies
- 4 November – to be confirmed
- 2 December – Xmas Party

### ZOOM Meetings

As we have had to cancel the group meetings and other activities where members can get together we are holding an online meeting every

Saturday at 3.00pm just for a chat and an update. We have had 11 meetings so far and they have been great for keeping in touch and sharing experiences but most importantly for having a good laugh!

[Zoom](#) allows everyone to see each other and join in. I post the invitation to the meeting on our private Facebook page every Friday. Then all you need to do is click on the link at 3.00 pm on Saturday and you can join in. You don't need to join Zoom to do so although it can help if you download the Zoom App. You can use a PC, Laptop, tablet or smartphone although some PCs don't have cameras or microphones so check first.

I know that some of you don't want to join Facebook but ZOOM is a completely different platform. If you are not a member of our Facebook Group but would like to join in the Zoom meeting just send me an email and I will send an individual invitation.



## **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! While most activities are cancelled for the duration we still have some that can provide support for those with online access.

## **Walking Group**

Our walking group usually meets every Tuesday or Friday afternoon in winter and usually on both days during the warmer months. Sadly we have

had to cancel this but hopefully something to look forward in the summer! Nothing to stop everyone from going out on a walk by themselves but it's not quite the same!

## **Personal Best Exercise Programme**

Our weekly exercise sessions on Mondays at 6.30 pm and Saturday at 9.00am are usually held in the Personal Best gym in Armadale. In the current situation Personal Best are delivering exercise sessions for us through their private Personal Best Online Facebook Group. Access to Personal Best Online is free and it provides live video sessions which you can join in or watch at your convenience. Members also have access to many other videos and to expert advice from the PB trainers with the opportunity to get support from a community of exercisers.

The sessions cater for all levels of experience and ability so don't worry if you haven't done much exercise before! Whilst this is a great alternative to the members who have been attending the Armadale sessions it is also a good opportunity to join in if the timing and location of the sessions didn't suit or you just lack confidence in joining a group. To access Personal Best Online go to <https://www.facebook.com/groups/544625572838603/?ref=share>

## **Easyline**

Easyline is a form of seated exercise using hydraulic resistance piston technology to provide you with extra support whilst exercising. Our sessions are usually on Mondays at 12:00 but have been cancelled for the duration.

## **Seated Exercise, Tai Chi and Relaxation**

Instead of Easyline, this is an online zoom meeting every Wednesday at 11.00 am. It is suitable for all levels of fitness and mobility and Tai Chi and Relaxation sessions are excellent for beating the stress of isolation and social distancing. The Zoom invitation is posted on our private Facebook page on Tuesdays so why not join in. (see Zoom Meetings above for more information on using Zoom)

## **Nutrition Club**

Our Nutrition Club is usually held on Mondays at 5.15 pm 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. We now have a Zoom version on Mondays at 2.30pm. The Zoom invitation is posted on Sunday or Monday morning and all members are welcome to join in,

## **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 usually hold regular tables at St John's Diabetes Clinics and in GP surgeries throughout West Lothian. Regrettably we have had to cancel these for the duration.

***Note to Health Professionals – As you will see the group is very much still active so please feel free to signpost patients with diabetes especially those newly diagnosed . Just let us know if you need any leaflets or posters. If there is any other way that you think we can support you in this difficult time just let us know.***

## **Diabetes Awareness Talks**

We are very happy to provide Diabetes Awareness Talks to any local groups or organisations although in the current circumstances it would need to be online. Just contact May Millward and we can tailor the talk and delivery to the needs of your audience.

## **Type 2 Diabetes Know Your Risk (KYR) events**

We are normally happy to provide Know Your Risk events for any local groups or organisations. 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.

We can't do these events currently but might be able to provide an online solution. Just contact May Millward to discuss.

In the meantime there is a good online risk assessment on the [Diabetes UK website](#)

## **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. In the current situation it is really coming into its own and is our major channel of communication with members. 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](mailto:mrbroons@gmail.com) or 07515 686 648

## **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 ad hoc donations. A huge thanks to all our members who have contributed in one way or another.

## **West Lothian Covid 19 Fund**

We are delighted to have received a grant from the West Lothian Covid 19 fund to help us to continue with our activities using online and other resources at this challenging time.

## **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 a 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 and have been in touch with them to discuss how we can support the partnership after the current restrictions are lifted.

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



## Local Community Fund

### Easyfundraising

As many of us are currently buying more than usual online it is a great time to support our group at no cost to yourself. We are registered with Easyfundraising and so far have raised over £220 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

Although some Kiltwalks have been postponed, at the moment the Edinburgh walks are on Sunday 13 September and some members have already signed up for Wee Wander (5 miles) or

the Big Stroll (15.5 miles) so if you would like to join our team (assuming we are all safe to do so by then) please speak to Marilyn Boland. (Details on back page) 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 at least 50% will be added this year to all donations raised by sponsorship. Some of our members have also signed up for the Glasgow walk which was cancelled but hopefully it will be rescheduled.



### Million Step Challenge

Diabetes UK are holding their Million Step Challenge from 1st July -30th September. Basically you get sponsored to take a million steps over the three months. Marilyn Boland has already signed up so if anyone would like to join her please register on the Diabetes UK website at <https://step.diabetes.org.uk/>

### Corona Virus

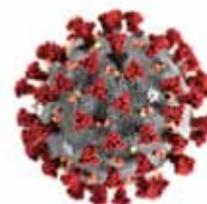
Diabetes doesn't increase your chances of getting the corona virus but it can make the symptoms more severe

#### At Risk

Everyone with diabetes is at increased risk of severe illness from coronavirus (COVID-19) and needs to be particularly stringent in following social distancing measures. This also applies to anyone over 70 even if they don't have any health conditions.

#### High Risk

Some people are at even higher risk of severe illness from COVID-19 and will have been contacted by NHS with the more stringent measures they should be taking.



For the latest information on the corona virus and diabetes check out the Diabetes UK website where this page is kept constantly updated.

[https://www.diabetes.org.uk/about\\_us/news/coronavirus](https://www.diabetes.org.uk/about_us/news/coronavirus)

In Scotland we have now moved to Phase 1 of the Scottish Government's route map which provides some relaxation of the restrictions including

- More outdoor activity permitted – such as being able to sit in the park, as long as physically distanced
- Meeting up with another household outdoors, in small numbers (max 8), including in gardens, but with physical distancing required
- Permitted to travel short distances for outdoor leisure and exercise but advice to stay within a short distance of your local community (broadly within 5 miles) and travel by walk, wheel and cycle where possible.
- Gradual re-opening of drive through food outlets
- Garden centres and plant nurseries can reopen with physical distancing. Associated cafes should not reopen at this stage except for takeaway,
- Unrestricted outdoors exercise adhering to distancing measures
- Non-contact, outdoor activities in your local areas e.g. golf, hiking, canoeing, outdoor swimming, angling.
- Household Waste Recycling Centres open
- No public gatherings permitted except for meetings of two households, outdoors and with physical distancing

For full information see - <https://www.gov.scot/publications/coronavirus-covid-19-framework-decision-making-scotlands-route-map-through-out-crisis-phase-1-update/pages/3/>

IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE VIRUS AND SOCIAL DISTANCING WHY NOT POST THEM ON OUR PRIVATE FACEBOOK PAGE TO DISCUSS AND WE WILL TRY TO GET UP TO DATE AND ACCURATE ANSWERS IF POSSIBLE.

## RECIPE

### Crisp Salmon Salad

Serves 2 per serving - Cals 353 Carbs 25.3 g, Fibre 4.2 g, protein 22.4g, fat 16.1, saturates 2.9g, sugars 7.7g, salt 0.4g

#### Ingredients

- 250g new potatoes
- 8 cherry tomatoes, halved
- 90g mixed salad leaves
- 2 pieces skinless salmon fillet (approx. 100g each)
- 1 tbsp coarse ground black pepper
- grated rind and juice 1 orange
- 1 tbsp wholegrain mustard

#### Method

1. Boil the potatoes for 10–15 minutes until tender then refresh in cold water, cool a little and slice.
2. Toss together the potato slices and tomatoes and divide between 2 serving dishes. Pile the salad leaves on top and set aside.
3. Coat one side of each salmon fillet with pepper.
4. Heat a non-stick frying pan or a griddle until hot. Place the salmon pepper-side down and cook for 3–4 minutes, then turn and cook a further 3–4 minutes until just cooked.
5. Lay the salmon on top of the salad leaves, mix together the orange rind and juice with the mustard, drizzle over the salad and serve.

#### Chefs tips

- This salad works well with other fish, such as mackerel fillets, fresh tuna or with king prawns. You could also use thinly sliced chicken breast.
- For a vegan alternative try strips of tofu instead of salmon. Simply fry in a non-stick pan until crisp then toss with a little sesame oil, soy sauce and Chinese five spice.



## 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>

## Committee

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