

West Lothian Group

Points of special interest

Virtual Quiz

Zoom Meetings

Diabetes Scotland Online Events

Online Peer Support

Personal Best Online

Nutrition Club Online

Seated Exercise/Tai Chi/Relaxation

Kiltwalk

Million Step Challenge

Corona Virus

A word from the chair

Hi everyone,

I hope you are all keeping safe and well. I can't believe that we are moving in to Autumn and still living with Covid 19 restrictions. I did have an outing to the National Gallery in Edinburgh and a birthday meal out and

it felt good to be out and about a bit but we are still being very careful. I would hate to have gone through the last 6 months and end up getting the virus now! I suspect that our face to face activities are unlikely to resume before the New Year but fortunately we are

managing to keep in touch and provide support through our online activities. If you haven't tried any of them why not have a go – it is very easy and safe and it's good to see some friendly faces!

Best Wishes

May Millward

September 2020

News

Virtual Quiz

We had our Third Virtual Quiz on Zoom which once again everyone enjoyed. It was a very close run result but congratulations to members Marilyn, Elizabeth and Brian plus Mary and Ian (May's family) who were on the winning team.

The next quiz will probably be on Friday 18 September at 7.00pm. Everyone welcome including family and friends. Details will be posted in Facebook but if you don't use Facebook and would like to join in just let me know and I will email you the link.



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 Scotland Events

If you are missing our monthly meetings with expert guest speakers you may be interested in these events which Diabetes Scotland are providing online (Zoom).

- Diabetes and Dental Care - Wednesday 2 September.
- Research & Covid-19 – Wednesday 16 September (to be confirmed)

Up and coming events include

- The Learning Zone,
- Diabetes Medication,
- Eye Health,
- Diet,
- Footcare,
- BAME
- Mental Health.

Invitations will be posted on our Facebook pages but if you are not on

Funded by:



Facebook just let me know and I will email the details to you. You should be able to dial in on the phone if you are not able to access Zoom. If you have any other suggestions for topics let us know as they really want to provide events that are of real interest.



Diabetes Scotland Online Peer Support

Diabetes Scotland has introduced digital support groups where people can come together in a weekly online video chat. The discussions are supported by two facilitators but everyone is encouraged to speak, share their experiences and ask questions. The idea is to bring together people going through similar experiences to offer each other support and friendship, all from the safety of your own home.

Groups are kept small to allow conversation to flow more easily. Catering for demand, they aim to offer different groups for people of different ages living with, or caring for someone with, type 1 diabetes, type 2 diabetes, and parents and carers of children with type 1 diabetes.

Groups meet over Zoom. Anyone who is interested in joining should email scotland@diabetes.org.uk to be invited to a group and given instructions on how to access Zoom. You do not need to register for a Zoom account. (For our own group weekly Zoom chats – see below)

GROUP ACTIVITIES

2020 Programme

Meetings are usually held on Wednesdays at 7.00 pm at Inveralmond School in Livingston. Because of the continuing uncertainties we have decided to cancel all 2020 meetings although we will keep this under review and may arrange something if circumstances allow.

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 23 meetings so far and they have been great for keeping in touch and sharing experiences but most importantly for having a good laugh! However if you have any concerns or questions about your diabetes the chats are also a good opportunity to raise and discuss them. If there is anything we can't answer we will find out! [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 don't want to use Zoom video you can also dial in on the phone - you won't be able to see others or be seen but at least can listen and join in. (note that this is a normal Edinburgh telephone call so you may be charged if it is not covered in your phone package)

If you are not a member of our Facebook Group but would like to join in the Zoom meeting or any of our other Zoom based activities 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! Most activities are available online until the current restrictions are lifted.

Walking Group

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

The group has been suspended but will hopefully be back soon

as restrictions relax.

Personal Best Exercise Programme

Our weekly exercise sessions are usually on Mondays at 6.30 pm and Saturday at 9.00am at the Personal Best gym in Armadale. We have now had four Personal Best live exercise sessions on Saturday mornings at 9.00 am and everyone has really enjoyed these. The sessions cater for all levels of experience and ability so don't worry if you haven't done much exercise before! Using Zoom means that the trainer can give individual advice as well as leading the session. The Zoom invitation is posted every week on our private facebook page. (see Zoom Meetings above for more information on using Zoom)

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 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 6.00 pm. The Zoom invitation is posted each week on our private Facebook page. (see Zoom Meetings above for more information on using Zoom)

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 did our first online Diabetes Awareness talk this month and it got great feedback. We are very happy to provide Diabetes Awareness Talks to any local groups or organisations. If you know of any organisation or group that would like an online talk 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 we incorporated it into our Diabetes Awareness Talk very successfully so we would be happy 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 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.

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>



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 £240 for the group receiving the latest £25 this month. 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

Sadly all of this year's Kiltwalks have been cancelled however people are being encouraged to do an individual challenge as part of a virtual walk. This is still 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.

Join the Virtual Kiltwalk Weekend 11th – 13th September.

<https://www.thekiltwalk.co.uk/events/virtual-kiltwalk->

Over the Virtual Weekend get that tartan on and take on any Kiltwalk Inspired challenge you wish from home. Go for a walk of any length you wish, cycle or even jump on a trampoline ... it can be anything and The Hunter Foundation will **top up any further funds you raise by at least 50%**

Members Marylin Boland, David Taylor and Ian Aitken have already signed up so if you can't join in yourself please consider sponsoring them.

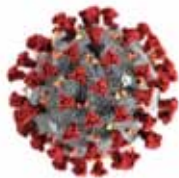


11-13 September

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 is doing the Challenge and would appreciate any sponsorship.

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

And for Scotland

https://www.diabetes.org.uk/in_your_area/scotland/covid-19

In Scotland we are in Phase 3 of the Scottish Government's route map

For full information see –

<https://www.gov.scot/publications/coronavirus-covid-19-framework-decision-making-scotlands->

[route-map-through-out-crisis-phase-3-update/pages/2/](https://www.gov.scot/publications/coronavirus-covid-19-framework-decision-making-scotlands-route-map-through-out-crisis-phase-3-update/pages/2/)

and for information specifically about diabetes see - <https://www.gov.scot/binaries/content/documents/govscot/publications/advice-and-guidance/2020/03/coronavirus-covid-19-tailored-advice-for-those-who-live-with-specific-medical-conditions/documents/diabetes/diabetes/govscot%3Adocument/Patient%2BInfo%2BLeaflet%2B-%2BDiabetes%2BCoronavirus%2BGuidance%2B-%2BFINAL%2B180620.pdf>

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

Barbecue pork steaks with apple and garlic

Serves 4

Per serving – Cals 198 Carbs 23.5 g, protein 24.6g, fat 4.2, saturates 1.4 g, sugars 12.3g, salt 0.2g

Ingredients

- 4 lean pork loin steaks (approx 400g)
- 6 cloves garlic, crushed
- juice 1 lemon
- good pinch black pepper
- 2 apples
- 2 red onions
- tsp balsamic vinegar

Method

Add the pork, garlic, lemon juice and pepper to a food bag, seal, then mix well. Add the pork and mix until thoroughly coated. Leave in the fridge for at least 20 minutes or overnight.

1. Cut the apples into quarters and remove the cores. Cut each quarter in half so you have 16 wedges in total.
2. Slice the onions into ½cm rings. leaving the skin on as this holds them together on the barbecue.

3. Put the apples and slices of onion on the BBQ or griddle pan, use a spatula to carefully turn the onion slices. Cook for about 5-10 minutes depending on the heat of your barbecue.
4. Once the onions are cooked, remove the skin, drizzle with balsamic vinegar and shake them up.
5. Cook the pork steaks for 3-5 minutes on each side, depending on thickness. Cut into them to check they're cooked through, remove from the barbecue and cover with foil. Leave to rest for 3-4 minutes, before serving with the onion and apple, plus plenty of salad.

- Freezing instructions: Suitable for freezing once cooked. Portion for freezing. Defrost in the microwave then reheat covered in foil in a moderate oven. Reheat until piping hot.



Chefs tips

- This also works well with lamb steaks, chicken breast or turkey escalopes.
- You could also cook this on a griddle pan or under the grill. If you don't have a large griddle pan, cook the onions and apples first and keep them warm while you cook the meat.
- If you want to prepare the apples beforehand ready for grilling, drizzle the wedges in a little lemon juice to stop them browning.

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.

If you have a favourite healthy meal why not let us know and we may publish it in a future newsletter!

Committee

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