

Points of special interest

Christmas Quiz

Virtual Christmas Quiz

Reiki

Zoom Meetings

Diabetes UK Online Events

Personal Best Online

Nutrition Club Online

Seated Exercise/Tai Chi/Relaxation

Corona Virus

Recipe

A word from the chair

Hi everyone,

Hard to believe that we are nearly at Christmas and still under restrictions! However there is light at the end of the tunnel with vaccines on their way and hopefully people with diabetes will get some priority. It

is going to be a bit of a different Christmas this year but worth it if we can avoid succumbing to the virus at the last hurdle. Might be a silver lining as all the Christmas parties we usually have do nothing for the waistline! However no need to

feel alone – why not join in some of our online activities which I am sure will have a touch of festive spirit this month.

Best Wishes

May Millward

December 2020

News

Christmas Quiz

Just a bit of fun to get you in the mood for Christmas – answers on back page.

1. When Ross can't find a Santa outfit in time for Christmas in *Friends*, what does he dress up as instead to impress his son Ben?
2. Which British monarch delivered the first ever Christmas message?
3. According to 1946's Christmas classic *It's Wonderful Life*, what happens every time a bell rings?
4. What traditional Christmas decoration is actually a parasitic plant?
5. Which March sister opens LM Alcott's *Little Women* by grumbling "Christmas won't be Christmas without any presents?"
6. What well known Christmas Carol became the first song ever broadcast from space in 1965?
7. The custom of erecting a Christmas Tree originated from which country?
8. Which character declares "Merry Christmas, one and all!" in Charles Dickens' *A Christmas Carol*?
9. Which Christmas hit originally released in 1984 has been no 1 in the UK Charts three times?
10. How many gifts were given in The Twelve Days of Christmas carol?
11. In which year did the John Lewis advert feature Buster the boxer dog enjoying a trampoline? 2012 /2014/ 2016 /2018
12. In *Elf*, what's the first rule in the Code of The Elves?



Funded by:



REIKI

We had our third online Reiki session which everyone enjoyed. Reiki is a gentle healing treatment where energy is used to balance the body and assist in making it feel more in alignment. Whilst this is usually done by a qualified therapist, online we were talked through a DIY version to work on our own body, placing the hands on the main energy channels down the centre of the body. If nothing else the session was extremely relaxing and helped clear away some of the stress that most of us are feeling. Our next session is on Thursday 17 December at 7.00pm.



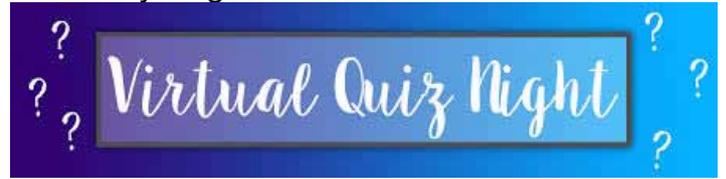
Virtual Quiz

We had our sixth Virtual Quiz on Zoom which once again everyone enjoyed although it was a bit hard! Congratulations to the winning team Ann, Ian, Peter and Angela with a respectable score of 87.

Why not join us for our Christmas special on 18 December when we will try and have a bit of festive cheer!

Everyone welcome including family and friends. If you can't get together at Christmas why not invite them along – you can have your own team if you wish. 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. If you can't access Zoom you will be able to phone in and although you won't be able to see

the picture questions you should be able to join in with everything else.



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

We are all missing our monthly meetings with guest speakers but Diabetes UK is helping to fill the gap with a series of excellent Zoom sessions which are free and open to everyone. In November several of us enjoyed the sessions on Diabetes and Emotional Wellbeing and Diabetes Research – DNA in insulin . We were also able to tap into two sessions , another one on Diabetes Research and DNA (but from quite a different angle) and a Healthy Eating demonstration both provided by Diabetes South West.. It is one of the few advantages of this otherwise horrid situation that we are to enjoy great sessions from all over the country. So far, in addition to Diabetes Scotland we have benefitted from sessions from Diabetes UK Northern, South East and South West – quite apart from the interesting sessions it is great to meet people from other areas and find out what they are doing.

Invitations for all events will be posted on our Facebook pages but if you are not on Facebook just let me know and I will email the details to you. Alternatively you can use this link for the Diabetes Scotland events.

https://www.diabetes.org.uk/in_your_area/scotland/online-events?fbclid=IwAR3Zg_mui40LeNhkd9ThAMYW-EEWQ5_xBn8psC0Bmv9Eok3um7X6U3bgAU

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

KNOW DIABETES. FIGHT DIABETES.

Online Diabetes Resources

If you are newly diagnosed or just want to find out more about diabetes and how to manage it there are two excellent web sites that will help.

Diabetes UK

<https://www.diabetes.org.uk>

This is a comprehensive website which includes a [Learning Zone](#) with lots of information and online courses about diabetes. It also offers [Diabetes and Me](#) which gives tailored advice and lets you save the information most relevant to you.

Mydiabetesmyway

<https://www.mydiabetesmyway.scot.nhs.uk/#gsc.tab=0>

Everyone in Scotland with diabetes should register with Mydiabetesmyway (MDMW) as this will give you access to all your diabetes results – eg blood tests – and provide advice tailored to you. (some people have difficulty registering as this has to be through a government website for security but access has been improved and it is worth persevering and contacting MDMW for help if necessary). I have recently had my annual blood test with a follow up phone call the next week and it was great to be able to look up my results and understand them before taking the phone call.

However you don't need to be registered to access their information services including lots of videos and e-learning.



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 had to cancel all 2020 meetings.

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 36 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.

To find out more about joining a Zoom meeting go to

https://diabetesukvolunteers.clcmoodle.org/pluginfile.php/4779/mod_resource/content/1/Zoom%20-%20How%20to%20join%20a%20meeting%20-%20quick%20guide.pdf



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 is currently suspended.

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 now have Personal Best live exercise sessions on Zoom 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) **Note – there will be no session on 26 December and 2 January**

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 the Tai Chi and Relaxation 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) **Note – there will be no session on 23 & 30 December**

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) **Note - There will be no session on 28 December and 4 January**

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 online 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 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.

Easyfundraising

With Christmas on the Horizon and the current restrictions many of us are buying more than usual online so 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 £255 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. You can even use it for Just Eat Takeaways!

It doesn't cost you or the group anything. If you don't buy online maybe some of your friends and family do so spread the word!

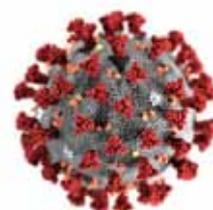


Co-op Local Community Fund

We are delighted to have received a final payment from the Co-op Local Community Fund which brings their contribution in 2020 to a magnificent £1243.28. Many thanks to all Co-op members who chose our group as their Co-op cause this year. This wonderful contribution will help us relaunch our face to face Lifestyle Project activities once the current restrictions are over.



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 .

As I write this West Lothian is in Tier 4. You can find information on the Tier levels here

<https://www.gov.scot/publications/covid-19-scotlands-strategic-framework/pages/9/>

The following links are updated regularly.

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

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 want to see the statistics for your neighbourhood go to

https://public.tableau.com/profile/phs.covid.19#!/vizhome/COVID-19DailyDashboard_15960160643010/Overview

And select West Lothian from the drop down list.

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



Sage Onion and Sweet potato stuffing

Serves 6

Cals – 72, Carbs 12.7g, Fibre 2.0g, Protein 1.5g, Fat 1.2 g, saturates 0.1 g, sugars 6.1g, salt 0.10 g

Ingredients

- 2 large onions, roughly chopped
- 2 tsp rapeseed oil
- pinch pepper
- 1 tsp dried sage
- 1 slice wholemeal bread, in breadcrumbs
- 100g mashed sweet potato

Method

1. Add the onions to a pan with the rapeseed oil and cook gently for 6–7 minutes until softened and starting to brown.
2. Add the pepper and sage. Then add the breadcrumbs, sweet potato and 200ml water from the boiled potato.
3. Mix well, place the mixture in a lightly oiled ovenproof dish and bake for 20 minutes until the top has browned.

Chefs tips

- If you don't like sage, try adding a tablespoon of freshly chopped parsley and a teaspoon of dried thyme or use oregano or tarragon instead.
- Freezing instructions: Freeze in portions then defrost in the fridge, or defrost in a microwave and reheat until piping hot.

Enjoy Food

Diabetes UK has a great website all about food with lots of information and hundreds of healthy recipes including the one above – 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!

Diabetes UK have now partnered with Whisk.com to bring you exclusive first-use of their new meal planning technology. Get hundreds of new recipes and try the tool out for yourself - it's all free! You can also help with Diabetes research at the same time if you wish.

<https://www.diabetes.org.uk/food-research>

Quiz Answers

1. Holiday Armadillo
2. George V in 1932
3. An Angel gets its wings
4. Mistletoe
5. Jo March
6. Jingle Bells
7. Germany
8. Tiny Tim
9. Do they know its Christmas
10. 364
11. 2016
12. Treat Every Day like Christmas



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