

West Lothian Group

Points of special interest

Virtual 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,

I hope you all had as good a Christmas and New Year as you could do under the restrictions. Although sad not to see family and friends I sneakily enjoyed a peaceful and stress free Christmas for a change! Just when we thought that we were over the worst with Covid these new strains have emerged and are spreading so quickly that I for one feel even more vulner-

able than I did at the start of lockdown last year.

However, there is light at the end of the tunnel with some of our members (including Ian) already having had their first vaccination and the hope that most of us will get it in the next couple of months. However even if restrictions are relaxed I don't anticipate us being able to have face to face meetings or activities until the latter

February 2021

part of the year at the earliest.

Our online activities have been great for keeping us in touch and lightening up some of the darkest moments and we intend to maintain them as long as is necessary. If you haven't tried them yet, why not give them a try – see the calendar included with this letter.

Best Wishes

May Millward

News

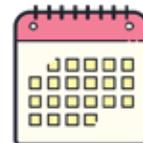
Group Annual Report

Our Annual Accounts and Report was sent off to Diabetes UK in January. Our greatest achievement this year has been to keep so many activities going online to support our members. At the end of the year we had a very healthy £6919.08 in the bank which is a small increase on last year and which will allow us to keep our Lifestyle Activities going either online or, eventually, Face to Face for around 6 months without seeking further funding.

Group Calendar

I have set up a monthly calendar to help us keep track of all our activities!

This will be updated with Diabetes Scotland events and posted on our member's Facebook page between monthly letters. Hope you find it helpful.



FakeAway Feb

This February Diabetes UK is encouraging us to ditch pre-packaged food for a month.

Their quick, healthy recipes and decades of dietary expertise will make it easy to go totally homemade.

Funded by:



A FakeAway can be for anything from a Friday night curry, to grabbing a meal deal or a microwave dinner. So whatever kind of packaged food you want to cut out, FakeAway can fit for you. They've got healthy take-away alternative recipes, lunches, desserts and snacks so there's loads of new things to try, and ranged for all abilities. You don't need to be a chef! Just willing to give it a go.

You can also help to raise funds for Diabetes UK if you get sponsorship for the month. For information see the Diabetes UK website

https://www.diabetes.org.uk/get_involved/fundraising-events/fakeaway-feb



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. We also have a monthly Reiki session and online Quiz Night. See entries under Group Activities below for details.

Diabetes Scotland Events

We are all missing our monthly meetings with guest speakers but Diabetes Scotland is helping to fill the gap with a series of excellent Zoom sessions which are free and open to everyone. Since the last newsletter several of us have enjoyed Diabetes Scotland sessions on Diabetes and Emotional Wellbeing, Diabetes Research – DNA in insulin and most recently a Q&A on the Covid 19 vaccine.

We were also able to tap into sessions from other Diabetes UK regions, another one on Diabetes Research and DNA (but from quite a different angle) and a Healthy Eating demonstration both provided by Diabetes South West and recently another Emotional Wellbeing session from Diabetes South East which was recorded and

shared on our members' Facebook page.

It is one of the few advantages of this otherwise horrid situation that we are able to enjoy great sessions from all over the country. Although I have been listening to our expert talks for years I still always find something of interest in these talks – it's surprising how different talks which appear to be on the same subject can be. 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 CGroup Calendar and 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=IwAR3Zgmui40LeNhkd9ThAMYW-EEWQ5xBn8psC0Bmv9Eok3um7X6U3bgAU

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).

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 not planned any meetings for 2021 although this will be kept under review.

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 43 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 but we hope to get started again once the warmer weather arrives and hopefully most of us will have had our vaccinations!

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)

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)

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)

REIKI

We have an online Reiki session every month which everyone enjoys. 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 sessions are extremely relaxing and helped clear away some of the stress that most of us are feeling. Our next session is on Thursday 18 February at 7.00pm.

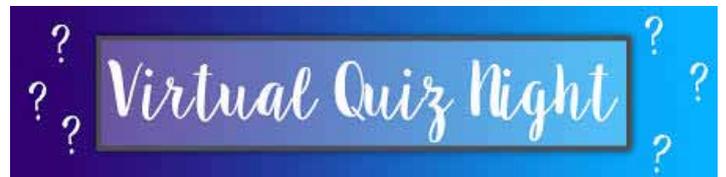


Virtual Quiz

We had our eighth Virtual Quiz on Zoom which once again everyone enjoyed although it was a bit hard and we even had a tie break! Congratulations to the winning team of Allan and Dorothy from Diabetes UK and Ian, my brother-in-law and his sister Mary.

Our next quiz will be on Friday 26th February 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.



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 although we have provided GP surgeries with fresh supplies of leaflets and posters.

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

We are registered with Easyfundraising and so far have raised about £270 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!



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 .

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 , VACCINATIONS OR 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

This month we will try one of the recipes from Fakeaway February

Pizza is one of the most tempting takeaways, but it can also be quite high in carbs, saturated fat

and salt

The base of the pizza is where most of the refined carbs come from, so cauliflower pizza uses a cauliflower base for a lower-carb alternative. It also contains plenty of vegetables, so you can get seven portions of fruit and veg per serving.

You could also make the pizza base using wholemeal flour which has a higher fibre content. Also think about your choice of toppings - go for more veggies in place of red and processed meat and you'll have a pizza that's also lower in saturated fat and salt.

Cauliflower Pizza

Serves 2

Cals – 340, Carbs 27.1g, Fibre 11.4g, Protein 23.6g, Fat 12.7 g, saturates 4.1.7 g, sugars 21g, salt 0.50 g

Ingredients

- 1 cauliflower
- 1 tsp rapeseed oil
- 75g red onion, thinly sliced
- 150g red pepper, thinly sliced
- 150g courgette, diced
- 2 fresh tomatoes, chopped
- 2 cloves garlic, crushed
- 1 heaped tsp dried oregano
- 1 egg, beaten
- 15g Parmesan, finely grated
- 50g reduced-fat mozzarella, thinly sliced
- 6-8 fresh basil leaves, torn
- half tsp chilli flakes (optional)

Method

1. Preheat the oven to 180°C/gas mark 4. Remove the stalks from the cauliflower, break into large pieces and hand grate or blitz in a food processor.
2. Add the cauliflower to a bowl, cover with clingfilm and pierce the film a couple of times. Cook in the microwave on high for 4-5 minutes. Allow to cool.
3. Once completely cooled, place the cauliflower onto a clean tea towel and squeeze over the sink to remove the excess water.
4. Meanwhile make the pizza topping. Heat the

oil in a frying pan and fry the onion, red pepper and courgette for 4-5 minutes until starting to brown. Add the tomatoes, garlic and oregano and cook for another 2 minutes. Mix well and set aside.

5. Add the cauliflower to a bowl with the egg and Parmesan. Mix well.
6. Line a round baking tray or pizza sheet approximately 25cm in diameter with non-stick baking paper. Spread the cauliflower, to a thickness of 3/4cm, onto it. Bake for 15 minutes, remove from the oven and top with the vegetables and mozzarella slices. Bake for a further 10 minutes. Serve sprinkled with the basil leaves and chilli flakes, if using.

Chefs tips

If you don't have a microwave, steam the cauliflower, in step 2, for 2 minutes.

Add some finely chopped fresh chilli to the vegetables, in step 4, to really spice it up.

With any pizza, if you cook the vegetables first then add them to the base you can get more onto your pizza.



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>



Committee

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February 2021

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	1 6.00 pm Nutrition Club	2	3 11.00 am Seated Exercise	4	5	6 9.00 am Personal Best 3.00pm Saturday Chat	7
	8 6.00 pm Nutrition Club	9	10 11.00 am Seated Exercise	11	12	13 9.00 am Personal Best 3.00pm Saturday Chat	14
6	15 6.00 pm Nutrition Club	16	17 11.00 am Seated Exercise	18 7.00 pm Reiki	19	20 9.00 am Personal Best 3.00pm Saturday Chat	21
	22 6.00 pm Nutrition Club	23	24 11.00 am Seated Exercise	25	26 7.00 PM Quiz	27 9.00 am Personal Best 3.00pm Saturday Chat	28
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