

West Lothian Group

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A word from the chair

April 2021

Hi everyone,

Another lockdown
Easter coming around!
I certainly never imagined we would still be under so many restrictions a year on but hopefully there is some end of sight now. Let's hope we can have a slightly more relaxed and sociable

late Spring and Summer. In the meantime all our online activities are continuing - it has been a great way to keep in touch but even if you haven't joined in before there is probably still some time to give it a try! March has been a fairly quiet month so not much to report – feels very

much like just passing the time and staying safe until things hopefully start to open up in the next month or so. Hope you all have a lovely Easter.

Best Wishes

May Millward

News

Shona's and Kyle's Wedding

Last month we celebrated members Shona and Kyle's wedding and this month we are wishing Shona well and hoping that her recent eye surgery does the trick. At least she has managed to retain her sense of humour! Best wishes from us all.



Freestyle Libre 2

The Freestyle Libre is a sensor that

you stick on your arm and it measures blood glucose levels for 14 days without the need for finger prick testing. The sensor is very expensive (c£100 per month) but is available on prescription for people with Type 1 and some people with Type 2 who are on insulin. Although self-testing is not recommended for people with Type 2 it can be useful for short periods to give you a better understanding of how your blood levels react during the day and how different foods affect your levels. To launch their new version which also gives you an alarm if your levels go too high or low, they are offering a free two week sample to anyone with diabetes who has not previously tried the Libre. A number of members, including myself, have asked for the free sample and I am sure it will give us something else to talk about on our Saturday chats! Here is the link to the offer <https://www.freestylelibre.co.uk/libre/free-trial.html>

Funded by:





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.

Group Calendar

Our monthly calendar of group events is included with this newsletter. Hope you find it helpful.

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. 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 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) **Note that there will be no Nutrition Club on Easter Monday 5 April 2021**

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 15 April at 7.00pm.



Virtual Quiz

We had our tenth Virtual Quiz on Zoom which

once again everyone enjoyed

Our next quiz will be on Friday 23rd April 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).

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 around £280 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!



Kiltwalk

There is going to be a virtual Kiltwalk in April this year and committee member Ian Aitken will be doing it (with Copper!) to raise funds for Diabetes UK. You can support Ian at <https://virtual.thekiltwalk.co.uk/fundraising/ScotlandsVirtualKiltwalk2021-IanAitken>

Whatever he raises will have at least 50% added to it, by the Hunter Foundation, so this is a great way of raising funds.

If you would like to join in you can find out all about it at <https://www.thekiltwalk.co.uk/events>



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.

Invitations for all events will be posted on our Group 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=IwAR3Zg_mui40LeNhkd9ThAMYW-EEWQ5_xBn8psC0Bmv9Eok3um7X6U3bgAU



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.



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.

So it is really important to get the vaccination when it is offered. Most people with diabetes should have had their first vaccination by now and those in the older age groups should be getting their second dose very soon.

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

Caesar salad with chargrilled chicken

Serves 4

Cals – 218, Carbs 14.7g, Fibre 1.1g, Protein 23g, Fat 7.2 g, saturates 1.8g, sugars 1.9g, salt 0.60 g

Ingredients

For the dressing:

20g Parmesan cheese, finely grated
2 tbsp low-fat yogurt
1 tbsp extra-virgin olive oil
1 tsp Dijon mustard
juice quarter lemon
1 tsp Worcestershire sauce
pinch white pepper

For the salad:

80g little gem lettuce
2 skinless, boneless chicken breasts
1 tsp olive oil

For the croutons:

1 clove garlic, crushed
1 tsp olive oil
pinch black pepper
100g baguette/ciabatta, cubed

Method

1. Heat the oven to 180° C/gas 4. Mix all of the dressing ingredients together and leave to infuse.
2. For the salad, break the lettuce into individual leaves, wash and thoroughly drain.
3. Slice the chicken breasts in half to make them thinner, rub with a little oil then cook on a hot griddle pan for 2-3 minutes on each side, or until thoroughly cooked through. Allow to cool slightly, then cut into strips.
4. To make the croutons, add the garlic and olive oil to a bowl and crush further with the back of a spoon. Add the black pepper, mix well and coat the insides of the bowl with the mixture.
5. Add the bread cubes and mix so all the bread is coated with some of the oil. Spread the cubes onto a baking sheet and bake in the preheated oven for around 8-10 minutes, turning a couple of times with a spatula and being careful not to burn.
6. To assemble, layer the lettuce in a shallow bowl, saving the smaller leaves until last, so you create concentric circles. Drizzle with the dressing, sprinkle with the croutons and chicken, and top with the Parmesan shavings.



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>



Chefs tips

If you have time, plunge the lettuce in ice-cold water just before using, to crisp up and refresh the leaves.

Committee

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West Lothian Group

April 2021

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	29	30	31 Seated Exercise, Tai Chi and Relaxation 11.00 am	1 Seated Exercise, Tai Chi and Relaxation 11.00 am	2 Good Friday	3 Saturday Chat 3.00pm	4
14	5 Easter Monday	6	7 Seated Exercise, Tai Chi and Relaxation 11.00 am	8	9	10 Saturday Chat 3.00pm	11
15	12 Nutrition Club 6.00 pm	13	14 Seated Exercise, Tai Chi and Relaxation 11.00 am	15	16	17 Saturday Chat 3.00pm	18
16	19 Nutrition Club 6.00 pm	20	21 Seated Exercise, Tai Chi and Relaxation 11.00 am	22	23	24 Saturday Chat 3.00pm	25
17	26 Nutrition Club 6.00 pm	27	28	29	30	1	2