

### Points of special interest

Walking Group

Personal Best Online

Nutrition Club Online

Seated Exercise/Tai Chi/Relaxation

Virtual Quiz

Reiki

Kiltwalk

Get Moving

Corona Virus

Recipe

## A word from the chair

### May 2021

*Hi everyone,*

At last it looks like restrictions are starting to ease and we can start to get out and about again. Many of us have now had our second vaccination and I expect that most of you will have had yours by

the end of May.

It's still a bit soon for us to get back to face to face activities but hopefully it won't be too long before we will feel safe to do so. In the meantime we are still carrying on with our online activities and it's not too late to join in.

On a personal note a bit sad this month as we lost one of our Siamese cats but at least we still have Leo who quite enjoys joining in our Zoom sessions!

*Best Wishes*

*May Millward*

## News

### Kiltwalk

Well done to member Ian Aitken who, with Copper, completed 16 miles of the Shale Walk as part of the virtual Kiltwalk to raise funds for Diabetes Scotland. You can still 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 it's a great way to support Diabetes UK.



### Walking Group

Still on the subject of walking we were delighted to relaunch our walking group which has been suspended during the restrictions.

At the moment the walks are classified as Health Walks under the auspices of Paths for All. This means that our walk leaders, who have been trained by Paths for All, follow very strict guidelines to ensure the safety of walkers and ensure that Covid guidance is fully followed. This allows up to 15 people to walk together, socially distanced of course. It does also mean that the walks are restricted to one hour for the moment but that isn't a bad thing as some of us are a bit stiff after the rigours of the last year!

We are very much looking forward to soon being able to end with a coffee as usual even if it will need to be outside for a while! The walks are publicised on our private Facebook page and if

Funded by:



you would like to attend please respond in the comments there or contact Ian Aitken (contact details on back page).



## **50 years with diabetes**

Congratulations to member Sandra Munro who has just received her medal from Diabetes UK for having diabetes for 50 years. What a huge number of changes Sandra will have seen in that time! Hopefully with modern research and new technology is a lot easier now than it was when she was diagnosed. It just re-inforces the view that diabetes is a long haul and not a sprint and that we shouldn't beat ourselves up if we lapse from our self-management from time to time!



## **Enabling Neighbourhoods Fund**

We were delighted to receive £2500 from the Enabling Neighbourhoods Fund to help the group maintain its online activities and relaunch face to face activities when appropriate. This is a great help at a time when our usual fund-raising activities have not been possible and in particular will help us to maintain our Lifestyle Project activities.

## **Get Moving**

This Diabetes UK course is a 10 week series of once a week exercise classes on Zoom. It is aimed at people with diabetes who take less than 30 minutes physical exercise a week. From

boxercise to Tai chi to movement to music, each weekly class will focus on a different gentle activity - giving you the chance to try out new ways to get active and find what suits you.

Plus, there will be Q&A sessions at the end of each class, so that you can find out more about managing your condition and get tips and advice from clinical experts and guest speakers. If you don't fancy our local exercise and seated exercise sessions why not give this a go.

Anyone interested should see

[https://www.diabetes.org.uk/about\\_us/news/get-moving-courses](https://www.diabetes.org.uk/about_us/news/get-moving-courses)

Or contact the Get Moving helpline on 0345 123 2399 or e-mail [livewellmovemore@diabetes.org.uk](mailto:livewellmovemore@diabetes.org.uk).



## **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£50 per sensor) 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 tried the free sample and I found it really useful and interesting to be able to see how my

blood sugars fluctuate during the day and how different foods and exercise affects them. Just using it for two weeks has made me make some minor changes to my diet which I hope will help to bring my levels down.

Here is the link to the offer

<https://www.freestylelibre.co.uk/libre/free-trial.html>



## **Research**

As you know the group is often asked to help with studies and research into diabetes and it is good to know that we have been able to continue to do this despite Covid. Some of you will remember Anna Patel an MSc Health psychology student with the University of Stirling who contacted us and joined one of our Saturday Chats earlier in the year. We have had the following message from Anna –

*Just wanted to say thanks very much for allowing me to do my coursework on the wonderful West Lothian service! I just got my coursework feedback today and they commented saying it was really good being able to have contact with yourself and joining the group. I know others weren't as fortunate and had to base theirs off only online information! Thanks very much for being so accommodating and answering ALL my questions and letting me join in on your weekly meeting - it was greatly appreciated!! hope you and all the members are well and enjoying the lovely sun!*

*Kind Regards  
Anna*

## **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](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 currently meets on a Wednesday afternoon. At the moment it is classed as a Health Walk and therefore is restricted to one hour and 15 walkers. Strict Covid guidelines are followed to ensure everyone's safety. If you would like to join us for a local, fairly level walk with great company please see our private Facebook page where the walks are advertised or contact Ian Aitken (contact details on back page).



## **Personal Best Exercise Programme**

We currently 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). As restrictions lift we hope that it will not be too long before we can meet face to face at Personal Best's new gym in Armadale.

## **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 13 May at 7.00pm.

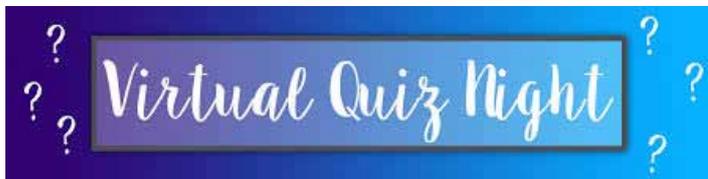


## Virtual Quiz

We had our eleventh Virtual Quiz on Zoom which once again everyone enjoyed. Well done to Ian (May's brother in law), his sister Mary and members Marylin and Elizabeth who won with a very creditable 78 points.

Our next quiz will be on Friday 21<sup>st</sup> May 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 (or indeed a face to talk when Covid allows) 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 (for example the Enabling Neighbourhoods Fund mentioned in News) , 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 £285 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!



### 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

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 many in the those in the older age groups have already had their second dose.

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](https://www.diabetes.org.uk/about_us/news/coronavirus)

And for Scotland - [https://www.diabetes.org.uk/in\\_your\\_area/scotland/covid-19](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](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

### Aubergine 'meatballs' with tomato sauce and courgette

Serves 4 Cals – 260, Carbs 30.2g, Fibre 11.1g, Protein 10.3g, Fat 8.5 g, saturates 1.5g, sugars 15.3g, salt 0.00 g  
250g peeled sweet potato, chopped 600g aubergine

### Ingredients

- 1 red onion, finely chopped
- 2 garlic cloves, crushed
- Finely grated rind of 1/2 lemon
- 1/2 red chilli, deseeded and chopped
- 1tsp chopped fresh rosemary
- 3tbsp sesame seeds
- 1 white onion, roughly chopped
- 1tsp olive oil 400g can chopped tomatoes
- 1tbsp balsamic vinegar
- 1tsp sugar
- 4 large courgettes
- 1cal spray sunflower oil

### Method

1. Boil the potato for 8-10 mins until tender, drain, mash and set aside.
2. Cut the aubergine into 1cm cubes. Spray a non-stick frying pan with olive oil and add the aubergine, onion and garlic. Cover and cook over a low/medium heat for 15 mins, stirring occasionally. Remove lid and cook for 5 mins.
3. Tip into a food processor and pulse for 5 secs to chop finely but not blend; the meatballs are nicer with a little texture. Spoon into a bowl, add the potato, zest, chilli and rosemary and mix well. Divide and roll into 12 balls. Scatter the sesame seeds on a plate and roll each ball in the seeds to coat. Chill for 10 mins to firm up.
4. Preheat the oven to 180C/gas 4. Put the balls in an ovenproof dish, spray lightly with oil and cook for 20-25 mins until crisp.

5. Meanwhile make the sauce. Heat a small frying pan and cook the onion in the oil over a low heat until soft. Add the tomatoes, vinegar and sugar, cover and simmer for 10 mins, stirring occasionally.
6. Meanwhile, cut each courgette lengthways into 5mm slices. Spray on both sides with a little 1cal sunflower oil and cook on a griddle for 4-5 mins each side until charred and softened. Slice into thin strips, divide between the serving plates, top with the sauce and aubergine balls and serve



### 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>



## May 2021

Calendar<sup>co.uk</sup>  
Your source for calendars

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17	26	27	28	29	30	1 Personal Best 9.00 am Saturday Chat 3.00 pm	2
18	3 Early May Bank Holiday Nutrition Club 6 pm	4	5 Seated Exercise, Tai Chi and Relaxation 11.00 am	6	7	8 Personal Best 9.00 am Saturday Chat 3.00 pm	9
19	10 Nutrition Club 6 pm	11	12 Seated Exercise, Tai Chi and Relaxation 11.00 am	13 Reiki 7.00 pm	14	15 Personal Best 9.00 am Saturday Chat 3.00 pm	16
20	17 Nutrition Club 6 pm	18	19 Seated Exercise, Tai Chi and Relaxation 11.00 am	20	21 Quiz 7.00 pm	22 Personal Best 9.00 am Saturday Chat 3.00 pm	23
21	24 Nutrition Club 6 pm	25	26 Seated Exercise, Tai Chi and Relaxation 11.00 am Committee 3pm	27	28	29	30
22	31 Spring Bank Holiday Nutrition Club 6 pm	1	2	3	4	5	6

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### Committee

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Douglas Taylor	Treasurer	01506 823 511	07535 250 305	<a href="mailto:dougie47@btinternet.com">dougie47@btinternet.com</a>
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