

Points of special interest

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A word from the chair

Hi everyone,

Hope you are all well. July has been a great month for sunshine so I hope you all managed to get out in it a bit! I have really enjoyed getting out with the waking group and doing some of the Personal Best sessions out of doors.

Looking forward to

Easyline starting again this month and hopeful for the Nutrition Club if restrictions ease during August. Its still too early to say when we can return to face to face meetings and many of us are still wary of large gatherings indoors but at least with all the smaller activities many of us get the chance to chat and support each

other.

We still have the online Saturday Chat and Quiz and hope to continue with those at least until we can get the monthly meetings up and running.

Best Wishes

May Millward

News

Easyline Returns!

Easyline is a form of seated exercise using hydraulic resistance piston technology to provide you with extra support whilst exercising. This is a great way to get into exercise especially if you have mobility problems or have not exercised for a while.

We are delighted to be able to get back to Easyline starting on Monday 9 August 3.00pm at Xcite Craigswood. Please note the change of time and venue. A full risk assessment has been carried and the sessions will take into account current Covid restrictions. Because of this we will be restricted to 10 participants for the moment.

Please let me know if you wish to attend. Please don't just turn up as you

won't be able to join in if you have not registered. I have contacted those who have already expressed an interest individually with details.



AGM

We have held back on our AGM again as we were hoping to get back to face to face meetings however as we don't know yet when this will be possible we have decided to hold anonline AGM for the second year. This will be on Zoom in our Saturday Chat slot at 3.00 pm on Saturday 4 September. This will tide us over again until we can have the next AGM on schedule early next year

Funded by:



by which time we will hopefully have resumed face to face meetings.

As usual we will have a review of the year (2020) which will of course cover the move to online activities. We will also give an update on what we have done so far in 2021.

I hope that many of you will join us. 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.



Reiki

During lockdown we have enjoyed a monthly online Reiki session which has proved very relaxing. These sessions have now finished but I am sure Linda will come along to our next Complementary Therapy evening if she is available. (no dates yet!)

Diabetes Awareness Talk

At the request of Diabetes Scotland we provided an online Diabetes Awareness talk to Falkirk & Clackmannanshire Carers Centre and got great feedback – *“Just wanted to thank you and Marilyn for your presentation last week. It was brilliant.”* It is great to be able to raise awareness of diabetes when so many of our awareness raising activities have been curtailed by Covid.

GROUP ACTIVITIES

2020 Programme

Prior to Covid, monthly meetings were 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 is being 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 we hold an online meeting every Saturday at 3.00pm just for a chat and an update. We have had 68 of these 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 (or if I forget Saturday morning!). 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! Currently activities are a mix of face to face and online depending on Covid restrictions.

Walking Group

Our walking group meets on Tuesday afternoons and Friday morning . We try to accommodate both walkers' availability and potential weather! Our walk leaders, who have been trained by Paths for All, follow strict guidelines to ensure the safety of walkers and ensure that current Covid guidance is fully followed. 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

Our Personal Best exercise sessions are at 7.00 pm on Mondays at Personal Best's new gym in Armadale which has both indoor and outdoor facilities.. A full Covid Risk Assessment has been carried out to ensure that everyone is perfectly safe. Part of this means that for the time being the sessions will be restricted to 10 participants.

The sessions cater for all levels of experience and ability so don't worry if you haven't done much exercise before! If you are interested please contact May (contact details on back page). Please do **not** just show up at the gym as you will not be allowed to participate if you have not registered in advance.



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 currently have a Zoom version on Mondays at 5.30 pm. The Zoom invitation is posted each week on our private Facebook page.

If you are not a member of our Facebook Group but would like to join in just send me an email and I will send an individual invitation. We hope to return to face to face meetings during August.

Virtual Quiz

We had our fourteenth Virtual Quiz which once again everyone enjoyed although it seemed a bit harder than last month's with the winning score down from 76 to 74. The result was quite close but well done the winning team of Ian (May's brother in law), his sister Mary and members Marilyn and Bob Our next online quiz will be on Friday. 27 August at 7.00pm.

Everyone is 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 dia-

betes 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. In addition to July's talk to Falkirk & Clackmannan Carers Centre (see News) in August we will be doing one of our regular talks to OPAL volunteers. OPAL (Older People Active Lives) supports older people to increase their independence and well-being across West Lothian. They support those aged 60+, connecting them to a team of volunteers who offer encouragement, companionship and assistance through one to one support and /or group activities. We have been providing regular Diabetes Awareness talks for their new volunteers and for their groups for some years.

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.

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 £310 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!



Million Step Challenge

We have at least two members who are undertaking the Million step Challenge to raise funds for Diabetes UK .

Shona Murray Mackinnon. Shona is a long standing member of the group and is currently going through a very challenging time with diabetic retinopathy. Despite this she is still thinking of others and is taking the Million Step Challenge with her dog Peaches to raise money for Diabetes UK.

Abhay Kerjwal has been a member for some years and has really engaged with our online activities this year.

If you would like to support Shona and Peaches and/or Abhay you can do so online –

<https://step.diabetes.org.uk/fundraising/shona956>

<https://step.diabetes.org.uk/fundraising/abhay>



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 on-line courses about diabetes. It also offers [Diabetes and Me](#) which gives tailored advice and lets you save the information most relevant to you.

DIABETES SCOTLAND

KNOW DIABETES. FIGHT DIABETES.

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. Hopefully most of you will have had your 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

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

Steak & pepper quesadillas – serves 4

Per portion – Cals – 246, Carbs 28g, Fibre 5.1g, Protein 18, Fat 6g, saturates 2.9g, sugars 6.9g, salt 0.6g

Ingredients

- Calorie-controlled cooking spray
- 175g lean, thin-cut steak
- 1 red & 1 yellow pepper, deseeded and sliced
- 1 red onion, sliced
- 1 garlic clove, finely chopped
- 1/2tsp dried chilli flakes
- 50g half-fat Cheddar, grated
- Handful fresh coriander leaves
- 4 Weight Watchers Wraps*

*You can use any wrap of your choice, but remember the carb content may vary from product to product.

Method

Mist a frying pan with the spray and put over a medium heat. Cook the steak for at least 2 minutes on each side.

Mist the pan again, cooking the peppers and onion for 6-8 minutes. Add the garlic and chilli and cook for 1 minute. Cut the steak into strips and mix in the peppers and onion.

Scatter half the cheese over 2 wraps. Top with the steak and veg, then the remaining cheese and coriander. Gently press 2 more wraps down. Mist the pan again and put over a medium heat. Cook one at a time for 3-4 minutes on each side, misting the pan each time. Quarter and serve.



Committee

May Millward	Chair	01506 834877	07532 739 925	enquiries.dswl@gmail.com
Marylin Boland	Secretary	01506 854 665	07753 615 687	marylinj45@gmail.com
Douglas Taylor	Treasurer	01506 823 511	07535 250 305	dougie47@btinternet.com
Ian Millward	Membership Sec	01506 834 877		
Isabel Taylor	Committee	01506 891 440	07533 823 411	ictaylor52@gmail.com
Val Williamson	Committee	01506 884 386	07727 136 611	valzee2207@gmail.com
Sandie Harley	Committee	01506 205 589	07525 716 990	harley48@sky.com
Ian Aitken	Committee	01506 460 288	07484 104 796	ianmca.aitken@btopenworld.com
Ann Lothian	Committee	01506 591 919	07849 050 894	ann.lothian@hotmail.co.uk

Contact:

Enquiries:
West Lothian Diabetes Scotland Group
2 Main Street, Philpstoun
Linlithgow EH49 6RA

Tel: 01506 834 877
Mob: 07532 739 925
Email: enquiries.dswl@gmail.com

