

## West Lothian Group

### Points of special interest

Diabetes UK  
Online Events

Zoom Meetings

Walking Group

Personal Best

Easyline

Nutrition Club

Virtual Quiz

Corona Virus

Recipe

### A word from the chair

*Hi everyone,*

Hope you are all well. Everything quite settled with group as our face-to-face activities are ongoing with the only change the new Myzone monitors at Personal Best which I think will get us all a bit more motivated! People have started to get covid boost-

ers and flu jags so hopefully that will see us all safely through the winter.

The big excitement for us was the arrival of two new kittens who have taken over the house and are keeping us on our toes! One surprise was that when we went to the vets

### November 2021

they discovered that "Gemma " is a boy so we now have Rory and Primo!



*Best Wishes  
May Millward*

### News

Diabetes UK Online Events  
One benefit of Covid is that Diabetes UK do lots of interesting online events. There are two coming up soon. To register for these free events go to <https://www.diabetes.org.uk/diabetes-discoveries-present-updates#webinars>

### Diabetes: Getting the diagnosis right? 3rd November 6.00pm

How do we get the right diagnosis? Join a panel of experts as we explore the discovery of different types of diabetes and treatments. Hosted by Professor Mark Strachan and Professor Rebecca Reynolds from the University of Edinburgh, this event will look at the journey of discovery of the different forms of diabetes, particularly type 1, type 2 and genetic diabetes including a first-hand account from someone whose

life has been transformed by more accurate diagnostic techniques.

### Why have I got Diabetes? 1st December 6.00 pm

How does diabetes develop? And how can we improve advice and treatments. Come and explore these issues with us. Hosted by Professor Calum Sutherland, University of Dundee, you'll hear the history of research that discovered how each different form of diabetes develops and why there are health problems associated with having diabetes.

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

### GROUP ACTIVITIES

#### 2021 Programme

Prior to Covid, monthly meetings

were held on Wednesdays at 7.00 pm at Inveralmond School in Livingston. At our last committee meeting we reluctantly decided that because of the continuing uncertainties we will not hold any group meetings this year but will hopefully be able to run with a full programme next year.

## **Group Calendar**

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

## **ZOOM Meetings – now monthly**

As we have had to cancel the group meetings we hold an online meeting once a month on Saturday at 3.00pm just for a chat and an update. The next meeting will be on Saturday 20 November 2021 and I hope many of you will attend.

[Zoom](#) allows everyone to see each other and join in. I will post the invitation to the meeting on our private Facebook page a few days before. 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! All our activities are now back to face to face.

## **Walking Group**

Our walking group meets on Tuesday afternoons weather permitting. Our walk leaders 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 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 around 10 participants. The sessions cater for all levels of experience and ability so don't worry if you haven't done much exercise before! Thanks to a grant from the Scotmid Community Fund participants can now use the Myzone system which not only measures your heart rate but also your effort level and displays it on a screen on the gym and on your phone. It also en-

courages you to take more exercise in between gym sessions.

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.



## Easyline

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. Sessions are at 3.00pm on Mondays at Xcite Craigswood in Livingston. A full risk assessment has been carried out and the sessions will take into account current Covid restrictions. Please let me know if you wish to attend.



## Nutrition Club

Our Nutrition Club is on Mondays at 6.00pm in Armadale. The club is delivered by Personal Best and is a weekly nutrition session for people with diabetes giving the opportu-

nity 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. Please let me know if you wish to attend. Please don't just turn up as numbers are restricted due to Covid so you won't be able to join in if you have not registered. However it is also possible to join in via Zoom .

## Virtual Quiz

We had our seventeenth Virtual Quiz with a winning score of 83. Congratulations to Peter, Angela, Ann, Ian and Bob who were the winning team.

Our next online quiz will be on Friday 26 November at 7.00pm and will have a Christmas theme.

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. Regretfully 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 if 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**

With Christmas on the horizon you may be doing some of your shopping online. Why not take the opportunity to support the group while you are doing that? We are registered with Easyfundraising and so far have raised around £400 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 ( it has taken around 9 weeks in some cases) 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.

*my diabetes + my way*

## 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. Some of you will already have had your booster and flu jab and hopefully most of us will be invited soon. The vaccinations won't stop you getting Covid or spreading the virus but should make the symptoms less severe.

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)

**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

### Lamb dhansak

Per portion – Cals – 417, Carbs 46.3g, Fibre 10.6, Protein 27.7g, Fat 11.1 g, saturates 3.4g, sugars 16.6g, salt 0.59g

### Ingredients

- 2 tsp rapeseed oil
- 1 onion, chopped
- 350g diced lambs leg
- 2 carrots, chopped
- 4 cloves garlic, crushed
- 3cm fresh ginger root, grated
- 100g red lentils
- 1 low-salt lamb or chicken stock cube in 400ml boiling water
- 1 x 400g tin chopped tomatoes
- 1 tbsp mild curry paste
- 1-2 sweet potatoes, (400g) peeled and chopped
- 1 aubergine, chopped
- 20g fresh coriander, roughly chopped

### Method

1. Add the oil to a pan, then add the onion and cook for 3-4 minutes until starting to brown.
2. Add the lamb and cook for a further 4-5 minutes, until well browned. Add the carrots, garlic and ginger and cook for a further 2-3 minutes, stirring regularly.
3. Add the lentils, stock, tomatoes and curry paste and mix well. Bring to the boil, add a lid, reduce the heat, then simmer for 1 hour.
4. Add the sweet potato and aubergine, mix and cover again. Simmer for a further 20 minutes.
5. Check the lamb is tender. If not, simmer for another 10-15 minutes. Stir in the fresh coriander, saving a little for the top, and serve.

### Recipe tips

You can make this dish with any lean meat, such as beef or pork.  
For a speedy version, use cubed chicken or turkey and simmer for 15 minutes instead of

1 hour, before adding the sweet potato and aubergine.

Freezing instructions: Suitable for freezing once cooked. Defrost in the fridge or microwave and reheat until piping hot throughout.



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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# November 2021

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
44	3.00 pm Easyline 6.00 pm Nutrition Club 7.00pm Personal Best	1.55 pm Diabetes UK – What's new in remission ( <i>volunteers only</i> )	1.00 pm Walking Group  6.00 pm Diabetes UK – Getting the diagnosis right				
	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
45	3.00 pm Easyline 6.00 pm Nutrition Club 7.00pm Personal Best	1.00 Walking Group					
	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
46	3.00 pm Easyline 6.00 pm Nutrition Club 7.00pm Personal Best	1.00 Walking Group	3.00 Committee Meeting			3.00 pm Saturday Chat	
	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
47	3.00 pm Easyline 6.00 pm Nutrition Club 7.00pm Personal Best	1.00 Walking Group			7.00 pm Virtual Quiz		
	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
48	3.00 pm Easyline 6.00 pm Nutrition Club 7.00pm Personal Best		6.00 pm Diabetes UK – Why have I got diabetes?				