

Points of special interest

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A word from the chair

Hi everyone,

Hope you are all well. It's hard to believe that Christmas is just around the corner even if we already have had some snow and I hope that everyone can have a slightly more festive one than last year!

Covid is still very much around with the com-

ination of winter and new variants meaning that it is still sensible to keep some distance, wear a mask etc but hopefully if you are unlucky enough to catch it the jags and booster will do their job and keep it mild.

Our online and face to face activities are still

going strong although we are unlikely to get back to face to face monthly meetings until next April. Please join in if you can, we are really missing all our old friends!

Best Wishes

May Millward

News

Robertson Trust Wee Grants

We are delighted that we have been given £2000 by the Robertson Trust Wee Grants. This funder has been a great supporter of the group and a similar grant last year helped us keep going through Covid. This grant is for our Lifestyle Project and will secure our exercise and nutrition programmes over the winter.



Diabetes Scotland Online Events

One benefit of Covid is that Diabetes Scotland provides lots of interesting online events. There are two coming up soon. To register for these free events use the Eventbrite links.

'Is it possible to prevent diabetes and its serious health problems?'

Chaired by **Prof Calum Sutherland, Dundee University**

How do we win the fight to prevent diabetes? Hear from experts on how far we have come and what the future is. Will also include a patient story and Q&A

Wednesday 12th January 2022

6 – 7.45 pm

Eventbrite link:

<https://fighttoprevent.eventbrite.co.uk>

'Developing and Harnessing Technology so diabetes can do no harm.'

Chaired by **Dr Ian Salt, University of Glasgow and Professor Gwyn Gould, University of Strathclyde**

Let's get digital! Learn about how using digital interventions in the treatment of diabetes has improved care.

Wednesday 9th February 2022

6 – 7.45 pm

Eventbrite link:

<https://diabetes-harnessingtech.eventbrite.co.uk>

Flash and CGM technology

The National Institute for Health and Care Excellence (NICE) has published draft guidelines which recommend that Flash glucose monitoring or continuous glucose monitoring should be available for all adults with type 1 diabetes.

The draft guideline also recommends all children living with type 1 diabetes use continuous glucose monitoring too.

This is a hugely welcome step towards more people having access to this life changing technology – which improves blood sugar control and makes life easier for people with type 1 diabetes and their parents and carers.

The proposals also recommend access to Flash for people with type 2 diabetes who use insulin intensive therapy (4 or more injections a day) and experience regular hypoglycaemia or severe hypoglycaemia, amongst other criteria.

Although NICE does not apply in Scotland (which has its own SIGN Guidelines) it is hoped that Scotland will follow suit. For more information see the Diabetes UK website https://www.diabetes.org.uk/about_us/news/nice-draft-guidelines-recommend-wider-use-for-flash-and-cgm

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 before April 2022 by which time we will hopefully be back to a situation where cases are falling after the winter peak. I know many of you will be disappointed but I am sure you will understand that the health and safety of our members is our first concern and we would hate to put any of you at risk.

Group Calendar

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

Monthly ZOOM Meetings

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 18 December 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

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 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.

The system awards points that you can contribute to a team and this has already encouraged some of us to take more exercise outside the gym with a special mention to member James Harrower who currently is at the top of the leader board for everyone who attends Personal Best sessions (i.e. not just the diabetes group).

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. **Please note that there will be no Nutrition Club on Mondays 27 December and 3 January.**



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 and the sessions will take into account current Covid restrictions. Please let me know if you wish to attend. **Note that the last Easyline session of 2021 will be on Monday 13 December and the first in the New Year will be on Monday 10 January 2022.**



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 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.

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.

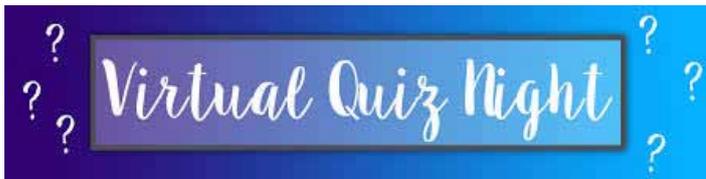
Please note that there will be no Nutrition Club on Mondays 27 December and 3 January.

Virtual Quiz

We had our eighteenth Virtual Quiz with a Christ-

mas Theme. Both teams scored very well but Peter, Angela, Elisabeth, Bryan and Ann just snuck ahead by 1.5 points with an excellent score of 91.5'

We won't have a quiz in December so our next quiz will be on Friday 28 January 2022. 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 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 encour-

agement 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.

Robertson's Trust Wee Grants

As mentioned above we have received £2000 from the Robertson's Trust Wee Grants to support our lifestyle project activities.

Easyfundraising

We are registered with Easyfundraising and so far have raised around £425 for the group. Big thanks to all our members who did the daily Spin to Win during November as I am sure that will have added to our funds.

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. 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 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.



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 of you will already have had your booster and flu jag. 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

And for Scotland

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

Nutty chocolate truffles

Per portion – Cals – 62, Carbs 8g, Fibre 1.1, Protein 1.2g, Fat 2.6 g, saturates 0.4g, sugars 7.2g, salt 0.01g

Ingredients

340g Medjool dates, stones removed

- 80g raw almonds
- 25g unsweetened cocoa powder, plus extra for rolling

- 2 tbsp sunflower oil
- 1 tsp vanilla extract

Method

1. Place all the ingredients in a food processor and process for 2–3 minutes, or until a sticky dough ball forms.
2. Roll 2 teaspoons of the mixture into balls and roll in the extra cocoa powder to coat. Repeat until all the mixture is used.

Recipe tips

You could try coating your truffles with roasted sesame seeds, liquorice powder, desiccated coconut, chopped nuts, matcha green tea powder, or leave them plain.

The flavouring is versatile, too – orange, coffee, peppermint, or even rum, make great alternatives.

These truffles are advised as an occasional treat, but are perfect for sharing or giving as gifts.



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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December 2021

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
48	29	30	1	2	3	4	5
49	6	7	8	9	10	11	12
	3.00 pm Easyline 6.00 pm Nutrition Club 7.00 pm Personal Best	1.00pm Walking Group					
50	13	14	15	16	17	18	19
	3.00 pm Easyline 6.00 pm Nutrition Club 7.00 pm Personal Best	1.00pm Walking Group				3.00pm Monthly Zoom Chat	
51	20	21	22	23	24	25	26
	6.00 pm Nutrition Club 7.00 pm Personal Best	1.00pm Walking Group				Christmas Day	Boxing Day
52	27	28	29	30	31	1	2
	Substitute day	Substitute day				New Year's Day	