

Points of special interest

Shona & Kyle

Diabetes and Dementia

Mental Health Grant

Diabetes Research

Monthly meetings

Walking Group

Personal Best

Easyline

Nutrition Club

Kiltwalk

Covid

Recipe

A word from the chair

Hi everyone,

Well, it's been quite a stormy start to the year so I hope you got through the wind and snow unscathed! Thankfully there was at least one sunny day for Shona and Kyle's blessing and wedding reception which was a

joyful occasion.

We are also feeling a bit more positive as our face to face meetings should resume in April and it looks like we might even get to the Bathgate Gala!

With all our other activities now back to face to face and lots

March 2022

of opportunities to get involved in a variety of Diabetes Research there's no excuse not to get involved – you could even sign up for the Kiltwalk!

Best Wishes

May Millward

News

Shona and Kyle

Ian and I had a lovely day celebrating with long time members Shona and Kyle just a year after their wedding which had to be very restricted due to Covid regulations. This time they were able to have a blessing, drinks reception, dinner and dance with all their friends and family. The venue at Linlithgow Burgh halls was lovely and the sun shone so they got lots of photos in the picturesque surroundings. Lets hope this signals a better year for both of them and a long and happy life together.



Communities Health and Wellbeing Fund

We were delighted that the group

has received a grant of £6500 for our Lifestyle Project from the Communities Mental Health and Wellbeing Fund. This will guarantee our current activities i.e. Personal Best, Nutrition Club and Easyline for another year. It is great to get the recognition that the impact of these activities is just as much on mental health as on physical health.

Diabetes UK Online Events

One benefit of Covid is that Diabetes UK provides interesting online events. The next free & online event is being run in conjunction with the Alzheimer's Society and asks 'What aspects of type 2 diabetes might lead to dementia?' Join Dr Eszter P Vamos as she explores this important subject. Register at: <https://orlo.uk/AT3Sd> Thursday, 17 March 2022, 1pm - 2pm on Zoom



Help with Diabetes Research

We have had quite a few requests to help with a number of research projects covering a variety of areas of diabetes. No-one understands what it is like living with diabetes as much as those of us who are living with it and these are great opportunities to share your experiences.

Long Covid Research

Some of you may remember Rachel Meach who met with some members a few years ago when she was conducting interviews with people with Type 2 diabetes for her PhD on the history of diabetes. Rachel has now finished her PhD and is a postdoctoral researcher at the University of the West of Scotland on a Long Covid project. Rachel sends her thanks to everyone who helped her before. She is particularly interested to hear from people who have Long Covid to learn more about the impact of this on pre-existing health conditions. If you are interested in taking part in this research which will involve interviews with Rachel, please do get in touch with her on Rachel.Meach@uws.ac.uk

Research into impact of Type 2

Nirada Habanananda is a fourth-year Medical Sciences BSc (Honours) student at The University of Edinburgh. She is undertaking a qualitative project exploring the lived-experiences and illness narratives of individuals living with Type 2 Diabetes in Scotland. Nirada hopes to go on and read Master's in Public Health and MBBS Medicine, and this project is a key part of her Medical Sciences degree. Through interviews, Nirada hopes to understand how people from different backgrounds understand what Type 2 Diabetes is and how this illness might or might not impact on their lives. This can be problematic because health advice and approaches can be based on research that does not represent the experience of people from an ethnic minority background. Anyone of any ethnic background who has first-hand experience of Type 2 Diabetes is invited to take part.

If you are interested in taking part or would like to find out more about the study, please contact Nirada Habanananda, at n.habanananda@sms.ed.ac.uk

Macular Disease Research

Acumen is currently organising research on be-

half of a charity that supports people affected by central vision loss. The purpose of this research is to understand the unmet needs and opinions of people with macular disease, and those involved in their care, the impact that the condition has on daily lives, and what help and support services would be most helpful to both patients and to those close to them.

For the research they are looking to speak to people affected by vision loss and macular related conditions. They would also like to speak to family and friends of people affected by these conditions. The research would take 20 minutes and everybody contributing to the research would receive £20 as a thank you for their time. The research can be completed online through an on-line survey or they can arrange for a researcher to give people a call to conduct the survey over the telephone. People interested in the study can follow the link below to complete the initial screening questions:

https://survey.researchopinions.co.uk/index.php/165915?lang=en&fbclid=IwAR1bzNUzvtq9RwBNAtHMeHSePdtjlt-ZrF99_BhFKXFdXgBmnZf5MA-sYEtvA

Acumen would then be in touch regarding the next steps, either providing the survey link or getting in touch to arrange a suitable time for a telephone call.

This research is not intended to be promotional in anyway and the data will be used to help inform a non-profit organisation to provide the appropriate support and services to people with macular disease.

GROUP ACTIVITIES

Monthly Meetings

I am delighted that we have now confirmed that we can resume our monthly meetings in the same room at Inveralmond Community High School in Livingston at 7.00 on the first Wednesday of the month starting in April.

We intend to have an informal session without a speaker as it will be the first time many of us will have met for a couple of years! We will take the opportunity to find out what speakers and activities you would be interested in for the remainder of the year. I hope that many of you will be able to come along.

Saturday Chats

As people are getting out and about a bit more and the face to face meetings are starting up again we have decided to drop the online Saturday Chats. These informal chats which started off weekly and latterly monthly have been a life-line throughout lockdown and beyond and have provided some light relief through some very difficult times.

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 face to face.

Walking Group

Our walking group meets on Tuesday afternoons weather permitting. Walks are usually local but recently we have also ventured a bit further to the Kelpies and from Edinburgh down to Leith using the old railway line through the Rodney Street tunnel. 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 facili-

ties. 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 .

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. Please let May know if you wish to attend.

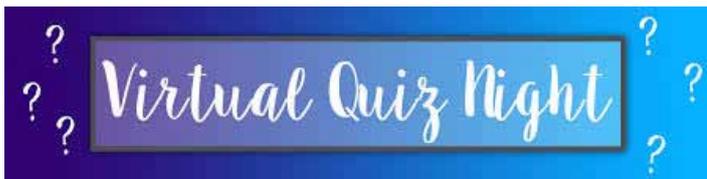


Nutrition Club

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 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 May know if you wish to attend. If you prefer it is also possible to join in via Zoom.

Virtual Quiz

We had our last virtual quiz which was won by a healthy margin by Mary, Ian H, Ian A and Ann. These quizzes have been a welcome bit of fun during the Covid restrictions and we may run them again at some point but for now thanks to everyone who joined in.



Group Calendar

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

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 just let us know.

Diabetes Awareness Talks

We are very happy to provide online Diabetes Awareness Talks to any local groups or organisations. In February we gave a talk to a new Diabetes UK Peer Support Group for Shia Muslim

Women in Edinburgh and in March 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 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. It is our major channel of communication with members between these newsletters. 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 around £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.

Bathgate Gala

Prior to Covid we had taken our Gazebo along to the Bathgate Gala to raise funds with a Tombola and to raise awareness of Diabetes. The Gala has been cancelled for the last two years but hopefully it is going ahead this year on 4 June and if so we will be there. More information nearer

the time but we will be looking for Tombola items – almost anything as long as it is new and in date! Please start collecting so that you can bring items along to our April or May group meeting.



Easyfundraising

We are registered with Easyfundraising and so far have raised around £486 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

The Kiltwalk is a unique way to raise funds for Diabetes Scotland. You raise 100% for your chosen charity and The Hunter Foundation adds 50%. In 2022 there will be Kiltwalks in Glasgow, Aberdeen, Edinburgh and Dundee and also a virtual walk! Several of our members have already signed up for the Wee Wander (approx. 3.5-4.5 miles) in Edinburgh on Sunday 18 September 2022 so why not join them or even be bold and go for the Mighty Stride (24 miles) or Big Stroll (14.6 miles)! Go to the Kiltwalk website to regis-

ter. <https://www.thekiltwalk.co.uk>



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.

DiABETES UK
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 –



Although restrictions are being relaxed Covid is still out there so we still need to be a bit cautious. 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 jab. 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

RECIPE

Thai Chicken Stir Fry

Serves 2

Per portion – Cals – 234, Carbs 10.0g, Fibre 3.0g, Protein 38.9 g, Fat 3.6 g, saturates 0.6g, sugars 7.5 g, salt 0.92g

Ingredients

- 1 tsp sunflower/rapeseed oil
- 2 boneless, skinless chicken breast, thinly sliced
- 2 cloves garlic, sliced
- 2.5cm fresh ginger, peeled and grated
- 1 red chilli, finely sliced
- 1 bunch spring onions, sliced
- 1 red pepper, seeded and cubed
- zest and juice 1 lime
- large bunch basil
- 1 tbsp reduced-salt soy sauce

Method

1. Heat the oil in a frying pan or wok, until it begins to smoke. Add the chicken and fry for 2–3 minutes until golden, remove from the pan with a slotted spoon and set aside.
2. Add the garlic, ginger and chilli and fry for 1 minute, add the spring onions and pepper and continue to fry for 2 minutes.
3. Return the chicken to the pan with the remaining ingredients and heat through, until piping hot. Serve.

Recipe tips

- This recipe also works well with thinly sliced lean pork or beef, prawns, salmon, turkey or tofu instead of chicken.
- Great wrapped up in a tortilla or roti with salad.
- If you don't have all the veggies to hand, you could use packets of stir fry veg, tinned bamboo shoots in water or sliced carrots.



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>

There are also lots of meal plans which are really

helpful

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/meal-plans>

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 are 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.dia->

Committee

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March 2022

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	28 3.00 Easyline 6.00 Nutrition Club 7.00 Personal Best	1	2 3.00 Committee Meeting	3	4	5	6
	7 3.00 Easyline 6.00 Nutrition Club 7.00 Personal Best	8	9	10	11	12	13
10	14 3.00 Easyline 6.00 Nutrition Club 7.00 Personal Best	15	16	17 1.00 Diabetes + Dementia	18	19	20
	21 3.00 Easyline 6.00 Nutrition Club 7.00 Personal Best	22	23	24	25	26	27
11	28 3.00 Easyline 6.00 Nutrition Club 7.00 Personal Best	29	30	31	1	2	3
	7 3.00 Easyline 6.00 Nutrition Club 7.00 Personal Best	8	9	10	11	12	13
12	14 3.00 Easyline 6.00 Nutrition Club 7.00 Personal Best	15	16	17 1.00 Diabetes + Dementia	18	19	20
	21 3.00 Easyline 6.00 Nutrition Club 7.00 Personal Best	22	23	24	25	26	27
13	28 3.00 Easyline 6.00 Nutrition Club 7.00 Personal Best	29	30	31	1	2	3
	7 3.00 Easyline 6.00 Nutrition Club 7.00 Personal Best	8	9	10	11	12	13