

### Points of special interest

Monthly  
meetings

Film

Walking Group

Personal Best

Easyline

Nutrition Club

Kiltwalk

Covid

Recipe

## A word from the chair

## May 2022

*Hi everyone,*

I hope everyone is well. Now that Covid restrictions have been lifted it feels that things are slowly getting back to normal although Covid is still out there and is unlikely to go away completely. We have decided to bite the bul-

let and try again with our face to face meetings so I look forward to seeing you all in May.

Our exercise and nutrition sessions have been face to face for some time and from 7 May our Personal Best sessions are returning to their traditional

Saturday morning slot. Could be good opportunity to give it a go if you haven't tried to before.

*Best Wishes*

*May Millward*

## News

### Group Meeting 4<sup>th</sup> May

After more than 2 years we are really looking forward to getting together face to face again. The meeting is at 7.00pm on Wednesday 4 May at Inveralmond Community School (see below for details). We don't have a guest speaker as we thought everyone would have lots to catch up on but we will take the opportunity to find out what topics you would like to have for the rest of the year.

It is very important to us that we make the meeting as safe as possible for everyone so would be very grateful for your cooperation.

**Lateral Flow Tests** – If you have access to a LFT it would be appreciated if you tested before attending the meeting as we have vulnerable members.

**Masks** – masks are optional. You may wish to wear one at least until you have settled at your place.

**Tables** – tables will be sanitised before the meeting.

**Hand sanitisers** – will be available on entry and at every table.

**Social distancing** – chairs are free-

standing so you can move to whatever distance is comfortable for you. Please be aware and respect that some members may wish to maintain a social distance.

**Mugs** – we supply paper cups for tea and coffee but please bring your own (regular sized!) mug if you wish because of Covid and/or to be eco-friendly!

Finally please do **not** attend if –

- You have received a positive COVID test result in the last 10 days.
- You have been asked to self isolate or live with someone who has been asked.
  - You have Co Covid symptoms –
  - A high temperature.
  - A new continuous cough.
  - A loss of, or change to, your sense of taste or smell
  - Symptoms of other Covid variants similar to colds or flu.

If you test positive for Covid within 5 days after the meeting please let us know.

**Raffle prizes** – any donations of raffle prizes would be gratefully accepted

– anything is welcome as long as it is new and in-date!

**Tombola prizes** – any donations for the Tombola at Bathgate Gala are also appreciated.

## Personal Best

With the lifting of Covid restrictions Personal Best have the opportunity to rearrange their exercise slots and we have agreed that from Saturday 7 May our exercise sessions will move from Mondays to Saturday mornings at 11.20 am. Prior to Covid our main sessions were always on a Saturday so hopefully this will give more people the opportunity to attend. Please note there will be no Personal Best Session on Monday 2 May. The Nutrition Club will remain at 6.00pm on Mondays.

## Open University Film

Earlier this year some of our members spent a day filming for an educational project about Public Health UK for The Open University which explores attitudes and access to healthy lifestyles for adults. You can see our contribution by going to this link <https://vimeo.com/686334095/267a88e74f> The password is PublicHealth. Thanks to everyone who contributed.



## GROUP ACTIVITIES

### Monthly Meetings

We hope to resume meetings in May. Our meetings are on the first Wednesday of each month (except January) at 7.00 – 9.00pm at Inverlmond Community High School, Willowbank, Ladywell, Livingston EH54 6HW. We use a hall on the ground floor so it is fully accessible and there is parking. The school is served by First Bus number 26/26A which runs circular from Bathgate to Fauldhouse/West Calder/Livingston Centre/St.

Johns/Livingston North Station/Bathgate and Lothian County 275 from Bathgate to Broxburn via Seafield/Livingston Centre/St. Johns/Uphall. Prior to Covid we usually had between 25- 35 people attending. There is the opportunity to meet and chat over a tea or coffee with others who have diabetes and to pick up information leaflets. We usually have a guest speaker and Q &A session on a subject related to diabetes. We are a very friendly group and everyone is welcome.

### 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 and around 2 – 4 miles. 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

From 7 May 2022 our Personal Best exercise sessions are at 11.20am on Saturdays at Personal Best's gym in Armadale which has both indoor and outdoor facilities.

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.

## 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. If you know of any organisation or group that would like a talk either online or face to face 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**

The Bathgate Gala is still planned to go ahead this year on 4 June and we have secured a pitch so we will be there with our gazebo! 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 give items to Ann Lothian at our May group meeting.



## **Easyfundraising**

We are registered with Easyfundraising and so far have raised over £500 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 register. <https://www.thekiltwalk.co.uk>

You can donate to our team "Copper's Diabetic Wanderers" at <https://edinburgh.thekiltwalk.co.uk/fundraising/EdinburghKiltwalk2022-IanAitken>



## **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**

Although restrictions have been 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.

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)

## **RECIPE**

### **Tandoori chicken and cauliflower with herby raita**

#### **Serves 2**

Per portion – Cals – 514, Carbs 35.9g, Fibre 7.4g, Protein 67.4 g, Fat 9.5 g, saturates 2.6g, sugars 17/4 g, salt 1.22g

#### **Ingredients**

- 300ml low-fat plain yogurt
- 1tbsp curry or tikka paste
- 2 large chicken breasts
- 300g cauliflower florets

- 10cm cucumber
- 2tbsp chopped fresh mint
- 2tbsp chopped fresh coriander
- 2 mini wholemeal pittas

#### **Method**

1. Preheat oven to 190°C/gas 5. In a large bowl, stir together 150ml of the yogurt and paste. Cut each chicken breast into four pieces and add to the sauce with the cauliflower. Toss to combine.
2. Oil a baking sheet and spread out the cauliflower. Cook in the oven for 10 mins. Add the chicken and cook for a further 15 mins until tender and browning.
3. For the herby raita, grate the cucumber, then cup in your hands and squeeze to remove as much liquid as possible. Put in a bowl with the remaining yogurt. Finely chop the mint and coriander and stir into the yogurt.
4. Lightly toast the pitta. Serve the chicken and cauliflower with the warm bread topped with raita.



#### **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.diabetes.org.uk/food-research>

## Committee

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# May 2022

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17	25	26	27	28	29	30	1
18	2	3	4	5	6	7	8
	<b>Early May Bank Holiday</b> 3.00 Easyline 6.00 Nutrition Club		7.00 Group Meeting			11.20 Personal Best	
19	9	10	11	12	13	14	15
	3.00 Easyline 6.00 Nutrition Club		3.00 Committee meeting (Zoom)			11.20 Personal Best	
20	16	17	18	19	20	21	22
	3.00 Easyline 6.00 Nutrition Club					11.20 Personal Best	
21	23	24	25	26	27	28	29
	3.00 Easyline 6.00 Nutrition Club					11.20 Personal Best	
22	30	31	1	2	3	4	5
	3.00 Easyline 6.00 Nutrition Club			Spring Bank Holiday	Platinum Jubilee		