

## West Lothian Group

### Points of special interest

Monthly  
meetings

Walking Group

Personal Best

Easyline

Nutrition Club

Kiltwalk

Covid

Recipe

## Stop Press

Have just had the news that long term member Nan Hall has passed away after a short illness and a stay in St John's Hospital. Nan was a remarkable lady and a staunch supporter of our group. She joined in every activity that

she could with great enthusiasm. She will be sorely missed. I will post arrangements in Facebook once available but her daughter Elizabeth has asked for no flowers but that donations to our group would be appreciated. I am sure you will all join

## August 2022

me in sending Elizabeth and the family our warm wishes and sincere condolences.



## News

### July group meeting

Sadly I missed the group meeting because of Covid but I hear that Dr Evgenia Foteinopoulou who is a new-ish Diabetes Consultant at St John's Hospital gave an interesting talk. Evgenia certainly enjoyed meeting our members and has promised to return in the future.

## GROUP ACTIVITIES

### Monthly Meeting 3 August 2022

Everyone is welcome at our next meeting which is at 7.00pm on Wednesday 3 August at Inveralmond 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.

We always have a slightly more informal meeting in August so we won't

have a speaker but will have a little quiz on diabetes and healthy eating.

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 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!

## **2022 Programme**

**3 August** – Quiz night

**7 September** – our Easyline trainer Linda Donoghue will be along to speak about exercise and perhaps have a taster of seated exercise and some reiki!

**5 October** - a combined session about DESMOND (diabetes education for newly diagnosed Type 2's), the new MyDESMOND app for anyone with Type 2 Diabetes and the Lothian Diabetes Remission programme

**2 November** – Personal Best – find out more about our exercise and nutrition sessions

**7 December** – Xmas party



## **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**

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. Regrettably we have had to cancel these for the duration although we have provided GP surgeries with fresh supplies of leaflets and posters and are in discussion with St John's about how best we can meet their patients needs.

***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 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.

## Easyfundraising

We are registered with Easyfundraising and so far have raised over £540 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%. 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 and seems to be on the increase again 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

### Tomato, garlic and butterbean stew - Serves 4

Per portion – Cals 204, Carbs 30.4g, Fibre 12.5g, Protein 9.9 g, Fat 0.5g, saturates 0.1g, sugars 17.00 g, salt 0.73g

## Ingredients

- 1 large red onion, thinly sliced
- 2 x 400g canned chopped tomatoes
- 3 mixed peppers, cored, deseeded and sliced
- 400g canned butterbeans in unsalted water, drained and rinsed
- 150g kale, washed
- 1 cal oil spray
- 2 cloves of garlic, crushed
- 1tsp smoked paprika
- 2 tbsps tomato purée

## Method

1. Spray a large saucepan with low-calorie cooking spray and place over a medium-high heat. Add the onion and 4 tbsps water and cook for 3–4 minutes until the water has evaporated and the onion is softened.
2. Add the garlic and smoked paprika and cook for 1–2 minutes.
3. Add the chopped tomatoes, tomato purée and peppers. Bring to the boil, cover and simmer over a low heat for 15 minutes.
4. Add the butterbeans and kale. Stir well, push the kale beneath the sauce and cook uncovered for 6–8 minutes until wilted



## 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!

## Committee

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