

Diabetes UK

KNOW DIABETES. FIGHT DIABETES.

North Staffordshire Local Group

Supported by Wolstanton Rotary Club

Telephone No: (01782) 861690 or 07841 347065

E-mail: office@diabetesuknorthstaffs.org



THIS IS OUR 100TH EDITION!!

Here at Diabetes UK North Staffs we suddenly realised that this edition of our newsletter is in fact our 100th edition representing 25 years of newsletters. Congratulations to all involved in the North Staffs Group over these 25 years and especially to all of those members who have been involved in writing and producing our newsletter.



From now on the Rotary International logo will appear on our front page, this is an acknowledgement of the continuing support given by Wolstanton Rotary Club, who have yet again made a wonderful donation (see page 10)

Your Free Newsletter

Issue 100 - Summer 2019

Charity Number: 215199

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Advanced Notice:
**Wednesday, 11th
September - Social
Meeting - 7:30PM -
Bradwell Lodge**

**Saturday, 21st
September - Table Top -
2:00PM - Bradwell Lodge**



Next Issue of the
newsletter is
due out in
Autumn.



Recipe Spot: Frozen Yogurt Layer Cake - Layers of fruit yogurt make a colourful, delicious frozen rainbow cake.

Ingredients

250g frozen mixed berries
 450g virtually fat-free natural yogurt
 2 tbsp granulated sweetener
 250g mango flesh chopped (1 large fresh ripe mango, peeled and stoned - or use frozen)
 300g kiwi fruit flesh (about 3-4), peeled



Method

1. Add a quarter of the frozen berries to the bottom of a **2lb** loaf tin or cake tin.
2. Blend the rest of the berries with **150g** yogurt and **1 tbsp** of sweetener, then spread it over the berries in the base of the tin. Level with a spatula and place in the freezer, ensuring the tin is level, and leave for **1-1.5** hours.
3. Blend the mango with **200g** yogurt then spread on top of the berries. Return the tin to the freezer, again making sure it is level. Freeze for another hour or two, until solid.
4. Blend the kiwi with **100g** yogurt and **1 tbsp** of sweetener, then add to the top layer, spreading it evenly over the mango. Cover with cling film, then freeze for a least **2** hours or overnight.
5. Remove from the freezer for **15** minutes before turning out onto a plate and slicing.

Chefs tips

Try using different fruits with colours that contrast.

If you blend frozen fruit into the yogurt, it will freeze more quickly than fresh fruit.

To make things easier, cut the yogurt cake with a serrated knife. Dip the knife into hot water, then dry before slicing.

Use soya alternative in place of yogurt for a vegan option.

Freezing instructions: Keep frozen. Will last **3** months in the freezer.

Each 104g serving contains (excludes serving suggestion)

| KCAL | CARBS | FIBRE | PROTEIN | FAT | SATURATES | SUGARS | SALT | PORTION FRUIT & VEG |
|------|-------|-------|---------|------|-----------|--------|-------|------------------------|
| 56 | 9.5g | 2.1g | 2.6g | 0.3g | 0.10g | 9.1g | 0.10g | 0 |

For more recipes visit the Diabetes UK Website



Chair's AGM Report



Here we are nearing the end of July already, I seem to have spent the last few weeks doing nothing but water plants and tidying the garden ready for my Garden Party which took place on Sunday 14th July. All the team plus a couple of other volunteers were exhausted by the end of the day and everything was packed away to be returned to the Lodge. We were honoured to have Suzanne Smith with us again from Midlands Office as she enjoyed it so much last year.

We raised just over £660 so I was very happy with the result.

I would like to thank everyone who either donated raffle prizes, worked on the day and the people who came and supported us. A special thank you to my husband who hates gardening but kept the lawns pristine and spent the day in the kitchen making bacon, sausage, scrambled egg and mushroom baps as well as washing the dishes.

We have had several jumble sales so far this year as well as a table top sale. We have also had some very interesting talks at our monthly meetings, including a fascinating and extremely informative talk by Dr Raj who is a cardio vascular surgeon at Royal University Hospital Stoke. All our talks are open to the public, not just members, why not come along and join us?

During the next few weeks we are looking forward to another jumble sale and the annual Bradwell Lodge Fun Day, where we will have a stall selling goods and we will also run the kitchen.

Malcolm Barber continues to attend lots of meetings and gives lots of talks. David, Linda and myself have, during the last few months, represented Diabetes UK North Staffs Local Group at various venues around the area.

Treasurer's Report



We have had quite a few successful fundraising activities since our last newsletter including two very successful Table top Sales, two Jumble Sales and two Vintage and Craft Fairs.

The Chair's Garden Party took place on the 14th July and raised over £650. We have also had a number of generous donations including a further £300 from Wolstanton Rotary Club in addition to the £700 donated in January.

We are going to be holding another Charity Auction at Bradwell Lodge on the 28th September we already have quite a few lots for the auction, but we are still able to accept some more if anyone has anything they would like to donate. There will be some interesting items for sale including Moorcroft and Beswick, so why not come along and have a look if there is anything you would like to bid on yourself!

As usual my closing comments are my sincere thanks to everyone who supports us, whether in a physical or financial way. We really are grateful as we could not continue to exist without it.

Thank you for all your help.

HEALTH SLOT: THE BASICS OF HEALTHY EATING – PART 2

FAT FACTS

Fat is often described as being 'bad' for us, but we all need a certain amount of fat in our diets as it provides the body with energy. There are 'healthier fats' and 'unhealthier fats', depending on how they affect the body.

HEALTHIER FATS

These help to maintain the 'good cholesterol' (called HDL's or High-Density Lipoproteins). 'Good cholesterol' carries cholesterol away from the cells and back to the liver where it can be broken down; this then helps to prevent the build up of cholesterol in the blood vessels etc. Food containing healthier fats include unsalted nuts, seeds, avocados, oily fish, olive oil, rapeseed oil & sunflower oil.

UNHEALTHIER FATS

These can increase the amount of cholesterol in the blood and the blood vessels which in turn can increase the risk of heart problems. Unhealthier fats are found in animal products and prepared food such as : red meat, processed meat, ghee, butter, lard, biscuits, cakes, pies, pastries etc.

'FAT FREE' / 'LOW FAT' / 'REDUCED FAT'

There are many low-fat products on the shelves of supermarkets and the food manufacturers continually try to tell us that these are 'healthier' for us - but are they?
'Fat Free' foods do not contain any fat, but the fat is usually replaced by added sugar which of course is not particularly healthy for those with diabetes.
'Low fat' foods must have 3g or less of fat per 100g
'Reduced Fat' foods contain at least 30% less fat than the normal version of the same food; but this does not mean that the low fat food is more healthy for example 'Lite Crisps' from one manufacturer can contain the same amount of calories and fat as the standard version of another brand.

SUGARS

'Sugar Free' do not contain sugar but the sugar might have been replaced by some fats (check the label)
'No Added Sugar' foods do not have any sugar added to them, but they do often contain naturally occurring sugars.
'Low Sugar' foods have less than 5g of sugar per 200g

If you are not sure about any food that you find on the supermarket shelves take a good look at the label on the packet as this will give you a lot of useful information.

The information above was taken from an article in Diabetes UK's magazine Balance: Spring 2019 issue which is sent out to all members of Diabetes UK; if you are not a member, why not join?

HEALTH SLOT 2 - HEALTHY EATING - PORTION SIZES AND DIABETES

It isn't always easy to get portion sizes right, and it can make managing your weight and blood glucose levels more difficult. Whether you've got Type 1 or Type 2, it's good to stay clued up on carb portion sizes. Diabetes UK has created a guide with some tips and tricks to help.

GETTING YOUR PORTION SIZES RIGHT

Using everyday items and household utensils to get your portion sizes right can be really useful. It's an easy way to visualise what a portion should look like. Below is the Diabetes UK to help judge portion sizes. Remember, everybody's needs are different so the number of portion sizes you need is individual – and your weight, gender, body composition and activity levels all make a difference. Your dietitian will be able to advise you on the amount of portions that are right for you.

Starchy food - Includes rice, pasta, bread and chapattis for energy. **One portion is:**

Cooked rice = 2 heaped tablespoons\Half a jacket potato = 1 computer mouse

Breakfast cereal = 3 tablespoons\Boiled pasta or cooked noodles = 3 heaped tablespoons

Dairy food - Includes milk, cheese and yoghurt for calcium, which is essential for strong bones and teeth.

One portion is:

Semi or skimmed milk = one medium glass (200ml or 1/3 pint)\Hard cheese = small matchbox (30g)

Reduced or low-fat cream cheese = two small matchboxes (60g)

Low-sugar, low-fat fromage frais/yoghurt = 125g pot

Meat, fish, eggs, pulses, beans and nuts - these foods are high in protein, essential to build and replace muscle. **One portion is:**

Cooked lean meat (eg chicken, beef or pork) = deck of playing cards (60–90g)

Beans and pulses (eg red kidney beans, butter beans, chickpeas or lentils) = 4 tablespoons

Nuts or peanut butter (unsalted) = golf ball (2 level tablespoons)\Quorn, tofu or soya = snooker ball (120g)

Fruit - provides you with important vitamins, minerals and fibre that help protect you against stroke, high blood pressure, heart disease and certain cancers. Part of your five-a-day plan. **One portion is:**

One handful of grapes\One small glass (150ml) of fruit juice (limit to one portion a day)

Two small satsumas, clementines or tangerines\Two medium plums\Seven strawberries

Two tinned pineapple rings or 12 chunks in natural juice

One heaped tbsp raisins, sultanas, currants or dried cranberries

Vegetables - an important source of fibre, minerals and vitamins, and an important part of any five-a-day plan. **One portion is:**

Three heaped tablespoons cooked veg (eg carrots, peas, sweetcorn, mixed veg)\One medium onion

One large sweet potato\Two broccoli spears\One heaped tablespoon tomato purée

One piece of cucumber (5cm)\Four large mushrooms or 14 button mushrooms

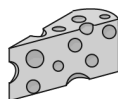
Three heaped tablespoons beans or pulses (e.g. kidney beans, chickpeas or lentils)

Foods high in fat and sugar

You can enjoy foods from this group as an occasional treat, but they will add extra calories so it's best to keep them to a minimum, especially if you are trying to lose weight. **One portion is:**

Butter/margarine = one dice (5g)\Low fat spread = two dice (10g)

Unsaturated oil (e.g. sunflower, rapeseed, olive oil) = 1 teaspoon\Chocolate = one fun size bar



THANK YOU WOLSTANTON ROTARY CLUB

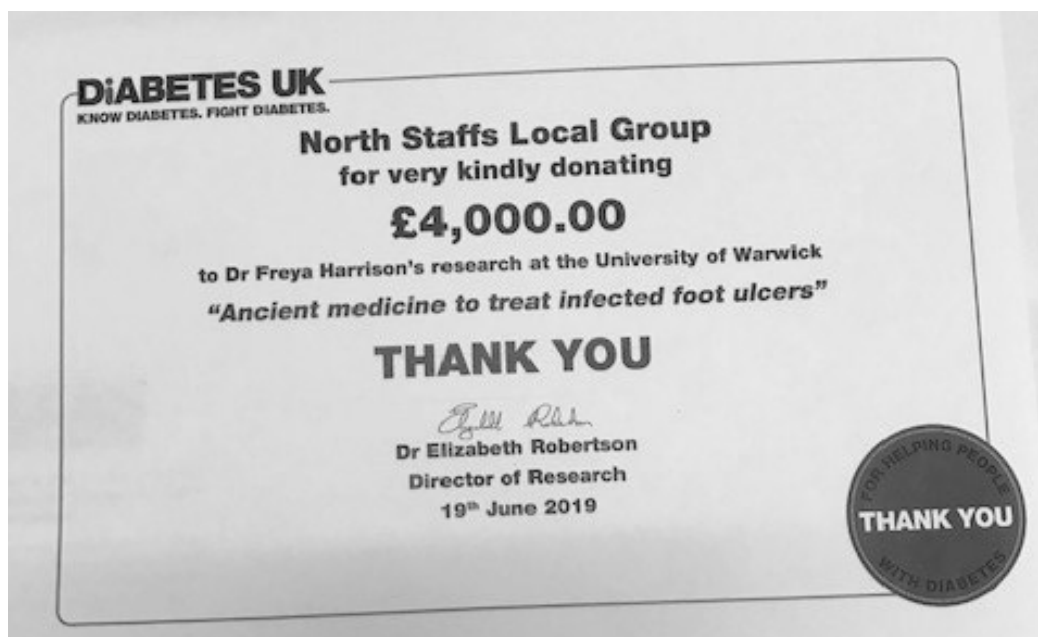
You will notice from the front cover that we have included the logo for Rotary International and our thanks to Wolstanton Rotary Club. Diabetes UK North Staffs Local Group is pleased to report that we are now supported by Wolstanton Rotary Club. During the past year or so the Rotary Club has raised well over £1,000 for the Local Group and we are very proud to not only be supported by but also to have our name associated with such a prestigious organisation. Thank you to all members at Wolstanton.



CAN YOU DONATE SOME BOTTLES FOR OUR
TOMBOLA STALL AT THE CHRISTMAS FAIR ON SAT-
URDAY 30TH NOVEMBER?

FROM WATER TO WINE,
VINEGAR TO VODKA,
TOMATO SAUCE TO TEQUILA
SHAMPOO TO SOY SAUCE
GINGER ALE TO GIN

THE TOMBOLA STALL IS ALWAYS ONE OF THE
MOST POPULAR AND SO WE NEED LOTS AND
LOTS OF BOTTLES - CAN YOU HELP?



LETTER RECEIVED OFF DR ELIZABETH ROBERTSON, DIRECTOR OF RESEARCH, DIABETES UK

Dear All At North Staffs,

"I am writing personally to thank you and everyone at Diabetes UK North Staffs Local Group for donating £4,000 to support the project 'Ancient medicine to treat foot ulcers'.

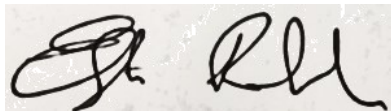
Thank you for inviting me to speak at your group's 'Living with Diabetes Awareness Day' on 17 November 2018. I know how much time and effort goes into the planning and preparation for these events. It was a pleasure speaking at this even and I enjoyed meeting the group members.

I would like to congratulate you on raising such a significant amount. I am amazed by the generosity of our supporters and the unbelievable passion that you have for our cause.

Diabetes causes more than 160 amputations in the UK every week. That's why it is vital we find better ways to prevent and treat foot complications. We hope that the project your group is supporting will help to do just this, by finding new ways of treating foot ulcer infections and reducing devastating amputations.

Thank you once again for your support and generous contribution."

Yours sincerely,



*Dr Elizabeth Robertson
Director of Research*

Acknowledgements

For the period

13th March 2019 - 18th July 2019

The Officers and Committee of
Diabetes UK North Staffs Voluntary Group
extend their thanks for the following generous
donations.

DONATIONS

Arlington House,
Mrs K Bennison,
Ann & Trevor Brown,
Care Today Group - Satis House,
Mr & Mrs Chevin,
B M Dunn,
Mr Evans,
Margaret Glanville,
Angela Grocott re 1 to 1 Diet,
William Heames,
Mrs Ina Hullah,
P Jackson,
Mrs Jean Knight,
Knutton Methodist Tuesday Club,
Mr Maddox,
M Meir,
Mrs M Oakes,
P Lovatt,
Rotary Club of Wolstanton,
Mr Simpson,
J Stanford,
Mr E Stevenson
Mr Pat McGarry

Donations in the memory of a loved one are
gratefully appreciated, to help us in our aims to seek a
brighter future for individuals with Diabetes.

Help us to:

- Educate those and their carers with Diabetes; in their care and personal treatment of the condition.
- Try to prevent future Diabetes complications.

Please make cheques payable to:

Diabetes UK – North Staffs Local Group
(or DUKNS for short) and send them to our postal
address:

Diabetes UK - North Staffs, 1st Floor,
Bradwell Lodge, Bradwell Lane, Porthill,
Newcastle-under-Lyme, Staffs, ST5 8PS

**(The North Staffs Local Group also
supports the
National Research Programme)**

IN MEMORY

Our condolences to the families and friends of
loved ones who are no longer with them.

Margaret Bourne,
June Burnham,
David Eugene Clarke,
Lucjan Kalwa,
Michael Stanley Moran,
Darren Parker,
Mrs Margaret Shaw,
David Tinto,
William Mervyn Wills

COLLECTING BOXES

Den Engel, John & Marlene Pemberton

Helpful Telephone Numbers

Diabetes UK - North Staffs

Tel / Fax.....(01782) 861690

Mobile / Text.....07841 347065

E-mail: office@diabetesuknorthstaffs.org

Facebook: Diabetesuk Northstaffs

Twitter: DUKNorthStaffs

Web: www.diabetesuknorthstaffs.org

Our Postal Address:

Diabetes UK - North Staffs Local Group
1st Floor, Bradwell Lodge, Bradwell Lane,
Porthill, Newcastle-under-Lyme,
Staffordshire, ST5 8PS

Diabetes UK - London

Customer Services.....020 7424 1000 option 1.

Care Line.....020 7424 1000 option 2.

The Diabetes UK – North Staffs Local Group's
Information Centre is open as follows:

Monday 10:30am - 12:00pm

Tuesday 10:30am - 2:00pm

Wednesday Closed

Thursday Closed

Friday 10:30am - 2:00pm

Due to the office being manned on a voluntary basis these times may change without prior notice.

Dates for Your Calendar 2019



Wednesday, 11th September -

Social Meeting - 7:30PM - Bradwell Lodge

Saturday, 21st September -

Table Top - 2:00PM - Bradwell Lodge

Saturday, 28th September -

Charity Auction - 10:00AM - Bradwell Lodge

Wednesday, 9th October -

Social Meeting - 7:30PM - Bradwell Lodge

Saturday, 19th October -

Jumble Sale - 2:00PM - Bradwell Lodge

Wednesday, 13th November -

Social Meeting - 7:30PM - Bradwell Lodge

Saturday, 30th November -

Christmas Fair - 2:00PM - Bradwell Lodge



FREE PARKING FOR ALL EVENTS

Main car park to the side/rear of the building

STOP PRESS!!!

July's Jumble Sale raised just under a magnificent £750 - thank you to everyone.

Part of a very interesting article taken from the Diabetes UK website – there is a lot more information available on [diabetes.org.uk](https://www.diabetes.org.uk), why not take a look?

I HAVE TYPE 2 DIABETES – WHAT CAN I EAT?

From the moment you're diagnosed with Type 2 diabetes, you're likely to be faced with what seems like an endless list of new tasks. Medical appointments, taking medication, stopping smoking, being more active and eating a healthy, balanced diet – it can all seem so daunting and overwhelming.

One of your first questions is likely to be 'what can I eat?' With so much to take in at once and all the myths about diabetes and food that you'll probably hear, it can be hard to know what to do.

We can't tell you exactly what to eat, but we can get you started with some options to try for breakfast, lunch and dinner. Planning ahead when it comes to food could help you feel less overwhelmed and more in control.

Diabetes won't stop you from enjoying your food, but knowing some simple hacks and swaps will help you choose healthier options and make planning your meals a little easier. These ideas may not look much different from what you eat already, and your favourite recipes and meals can usually be adapted to be healthier without you noticing too much difference.

Breakfast ideas when you have diabetes

Here are some healthy breakfast ideas to choose from:

- ◇ A bowl of wholegrain cereal with milk
- ◇ Two slices of wholegrain toast with olive oil-based spread
- ◇ A pot of natural unsweetened yogurt and fruit
- ◇ Two slices of avocado with a hardboiled egg



Lunch ideas when you have diabetes

Here are some healthy lunch ideas to choose from:

- ◇ A chicken or tuna salad sandwich
- ◇ A small pasta salad
- ◇ Soup with or without a wholegrain roll
- ◇ A piece of salmon or tuna steak and salad.

Think about having a piece of fruit or a pot of natural unsweetened yogurt afterwards too.

Dinner ideas when you have diabetes

Here are some healthy dinner ideas to choose from:

- ◇ Lasagne and salad
- ◇ Roast chicken and vegetables, with or without potatoes
- ◇ Beef stir-fry and vegetables, with or without brown rice
- ◇ Chicken tortillas and salad
- ◇ Salmon and vegetables, with or without noodles
- ◇ Curry with chickpeas and brown rice



The Chair's Annual Garden Party



Despite serious competition from England's Cricket World Cup Final, Wimbledon's Men's Singles Final and the British Grand Prix all of which were shown on TV a steady stream of visitors called into to enjoy scones with cream and jam and a cup of tea at the Chair's Annual Garden party which was held on Sunday, 14th July. Despite slightly fewer visitors than in previous years the day still raised a wonderful £653; this was more than last year and reflected the dedication and hard work put in by the small team of volunteers who prepared for the event and helped out on the day. Special thanks has to go to Chris Bloor and husband Dave for allowing their garden to be used and for looking after us all so well on the day and to Marlene who baked all of the scones and most of the cakes as well.



It was lovely to see so many 'old faces' as well as visitors who joined us for the first time and it was very pleasing to welcome Suzanne Smith from Diabetes UK West Midlands Office who joined for the second year running.

Thank you to all who supported the event; your support is always appreciated.



Thank you to Eldon Fletcher for taking these fabulous photographs!

Linda and I volunteered to help out at the Diabetes Garden at Malvern Spring Show on **Sunday, 12th May** and we certainly picked the best day to attend as it had been windy, wet and chilly all week.



The garden was called 'The habit of Living' which was a garden in support of Diabetes UK. The garden represents the emotional and physical journey made by someone from being diagnosed through to managing the condition well. The garden was cleverly designed around the shapes and colours in Diabetes UK's branding. An arc shaped path was intersected by a paved seating area as a place for quiet reflection. Part of the path was darker, narrow and more difficult to navigate and represents the difficulties experienced by someone in the years following diagnosis. Around the arced path was a small pool with poles of different heights which represented the fluctuation in blood glucose readings and a small fountain which started every two minutes which represented the fact that someone is diagnosed with diabetes every two minutes. The seating area was backed by a feature wall clad with a light and dark textured porcelain which represents the highs and lows of managing the condition. It eventually leads to an easier, brighter pathway as they come to terms with the relentlessness of their condition and learn to manage it well.

It was very busy and we managed to talk to numerous people including doctors, a lady who looks after and advises people whose animals have diabetes as well as young people with type 1 and an elderly gent just diagnosed with type 1, people with type 2 and people who were just interested in the garden and its planting which tested my knowledge as I am not into Latin names and even with a plant list found it difficult to pronounce some of them.



Chris Bloor, Chair of Diabetes UK North Staffs

EXECUTIVE COMMITTEE NOW CERTIFIED!

Earlier this year 7 members of Diabetes UK North Staffs Voluntary Group accepted an invitation to increase their knowledge and understanding of Diabetes by studying for a new Level 2 Qualification organised by the Skills Network. As can be seen from the photograph all 7 passed the qualification and they can be seen proudly showing off their NCFE Level 2 Certificate in Understanding the Care and Management of Diabetes In order to achieve the qualification all 7 members had to complete around 40 hours of online study, completing 4 separate units of study.

1. Understanding Diabetes, including: The Function of Glucose In The Blood, The Function of Insulin In The Blood, Different Forms and Causes of Diabetes, Risk Factors for Developing Type 2 Diabetes, How Diabetes is Confirmed

2. Prevention and Early Intervention of Type 2 Diabetes, including: Factors Relating to the Prevention of Type 2 Diabetes and How Diet, Exercise and Lifestyle Affect Type 2 Diabetes

3. Understanding the Initial care of Diabetes, including: Social Impact of Diabetes, Working with Individuals To manage Diabetes, Monitoring Diabetes

4. Understanding the Treatment and management of Diabetes, including: How Diabetes is Treated, The Treatment of Hypoglycaemia, The Treatment of Hyperglycaemia, Complications Resulting From Diabetes, Preventing and Detecting Complications of Diabetes

Well done to all 7 on their outstanding success! The 7 in the picture are (right to left): Nicola, Marilyn, Linda, David, John, Malcolm & Veronica (hiding)

How many other voluntary groups can boast such a well-qualified Executive Committee?

