

# DWELL Newsletter

## An introduction to 2 of the DWELL Ambassadors

Welcome to the second issue of the DWELL newsletter

Hello to all of the Dwell community .

This is our newsletter for all participants and I am planning to send one out monthly while we are not running the courses .

If you have anything you would like to see or even share with our community please contact me via my email address [jane.redding@nhs.net](mailto:jane.redding@nhs.net).

We are pleased to announce that there is now a closed group on Facebook for DWELL participants to keep in touch with one another. If you would like to join, please click the link here > <https://www.facebook.com/groups/DWELLMedway/>



KEVIN

I have been an ambassador for the DWELL project for about three years. I became one because I gained a greater sense of well-being while on the original pilot course. During this time I have had the pleasure to speak about the DWELL course during public events bringing people who may have had type two diabetes for an extended time and to those newly diagnosed. The biggest gain for me is the number of friends I have made. I now have a wide base of people who are in the same position as me who live with diabetes. The professional staff who run the project are there to give advice when needed and run various social event.



ROBERT

My name is Robert and for the last four years I've been selling stuff online. I had recently been diagnosed with type 2 diabetes and told to lose weight when I was invited to join the first ever Dwell course I probably got the most out of the technical information rather than the wellbeing (certainly learning to play the ukulele didn't help me to relax!) But I got a lot out of the course and along the way lost 3 stone in weight. I wanted to be an ambassador not because I like Ferrero Rocher but because I wanted to put something back into something that helped me

## Recipe



### Fruity Oatcakes

#### Ingredients:

- 50g lower-fat spread
- 1 beaten banana
- 125g porridge oats
- 120g wholemeal flour
- 75g pitted prunes, chopped
- 65g sultanas
- 1 tsp mixed spice
- 1 tsp ginger
- 2 small eggs, beaten
- 1 -2 tsp granulated sweetener

#### Method:

Preheat the oven to 180°C/gas 4.

Melt the spread in a pan on a low heat and set aside, reserving 2 tsp to grease the baking dish.

Place the oats and flour in a bowl and mix together.

Add the prunes, sultanas, mixed spice and ginger. Mix well.

Add the melted spread and banana and mix well.

Add the beaten eggs and 100ml water. mix well.

Grease a 20cm x 26cm baking tin, place the mixture in and gently press down to about 1cm thick.

Dust lightly with sweetener and bake for 20-25 minutes.

Allow to cool, before cutting into 12 pieces and serving.

## NewsCoronavirus (COVID-19) and diabetes updates

We've created this information for people living with diabetes and their families. We hope you find it useful and it answers some of your questions. For all the latest government measures, go to [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

Staying at home. Everyone must now stay at home except in exceptional circumstances. This includes people with diabetes. You will only be able to leave your home for:

basic necessities, like food and medicine

exercise once a day

any medical need or to care for a vulnerable person

going to and from work, and only if this can't be done at home, such as for key workers.

If you do need to go outside for any of these reasons, you should still follow strict social distancing measures. This means keeping 2 metres apart from other people and washing your hands as soon as you get home.

If you are already self-isolating or following the shielding guidance, then continue following those rules.

Taken from [www.diabetes.org.uk](http://www.diabetes.org.uk). This is the best website for all information concerning diabetes including lots of useful ideas on healthy eating and well-being.

Following on from the above advice getting some extra activity in every day whatever your ability is an extremely positive thing to improve both physical and mental health.

How about using your Dwell theraband and do some chair based exercises?

Great balance, strengthening, chair and flexibility exercises here <https://www.nhs.uk/live-well/exercise>