

DWELL Newsletter

Welcome to the fifth 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.

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/>

Medway council have updated their services link as shown below :-

https://www.medway.gov.uk/info/200373/coronavirus_service_updates

COPING IN THE HEAT

People with diabetes can be affected by extreme temperatures. We are going through a particularly hot period at the moment so here are some top tips for coping in the heat.

When it is hot is important to drink plenty. Water is always the best option but adding sugar free squash can make it more palatable if you do not enjoy water alone. Keeping a jug of water of squash in the fridge helps make it more thirst quenching. Adding ice cubes helps too

Sugar free squash can be used to make ice lollies.

Blood glucose levels can be **higher** in the heat due to consumption of higher carbohydrate foods and drinks and/or inactivity due to the heat so be aware of what the levels of carbohydrates are in your foods and drinks.

Blood glucose levels can also be **lower** in the heat especially if you take insulin as the increased skin temperature at the site of injection can cause the insulin to be absorbed quicker. This will cause a lower than normal blood glucose level but also possibly a higher blood glucose level later on. It is a good idea to test blood glucose more frequently when it is warmer.

If you know that you have reduced feeling in your feet it is even more important to not go barefoot as you may burn your feet on hot surfaces and not notice until the damage is done.

Also use a good sun cream to prevent sunburn.

Medication particularly injectables needs to be kept cool. Insulin should be stored in the fridge except for the insulin you are currently using. However be aware if you store it in a room that gets above 25 degrees centigrade then it is best to move it to somewhere cooler. Insulin injected straight from the fridge is not dangerous but it tends to sting.

<https://friouk.com> is a website that produces very effective products to help keep medication cool.

Also keep blood glucose meters and strips out of the sun as high temperatures will affect the results.

Recipe

Quick fruit bread

INGREDIENTS

1 tsp sunflower oil
75g raisins
1 heaped tsp ground cinnamon
1 banana
4 tbsp low-fat natural yogurt
175g wholemeal flour
1 tsp bicarbonate of soda

A loaf of soft-textured cinnamon, raisin and banana soda bread that's ready in minutes. Can be eaten as it is or lightly toasted.

Serves 10
Prep 10 minutes
Cook 25 minutes

Preheat the oven to 180°C/gas 4. Use the sunflower oil to lightly grease a 1lb loaf tin (approx 19cm x 10cm).

Place the raisins in a bowl with the cinnamon and 100ml boiling water. Set aside.

In another bowl, mash the banana and mix with the yogurt.

In a large bowl, mix the flour and bicarbonate of soda together.

Add the banana and yogurt mix to the flour mixture. Add the raisins and water, and mix thoroughly. Pour the mixture into the loaf tin.

Bake for 25 minutes until firm and golden. The bread is cooked when a knife inserted into the centre comes out clean.

<https://www.diabetes.org.uk/guide-to-diabetes/recipes/quick-fruit-bread>

Reading Well eBooks – available through Medway Libraries

Books from the Reading Well collection can help you understand and manage your mental health and wellbeing. The books are chosen and recommended by health experts, as well as people living with the conditions covered and their relatives and carers. Some titles are available to read as eBooks, listed on the electronic catalogue in the **Reading for health** collection.

A wider selection of titles are available as physical books. To download the eBooks or to find out how to borrow the other titles visit <https://www.medway.gov.uk/libraries> or call 01634 337799

Mental health

- **A Manual for Heartache** by Cathy Rentzenbrink
- **A Mindfulness Guide for the Frazzled** by Ruby Wax
- **Body Image Problems and Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach** by Chloe Catchpole, Lauren Callaghan, Annemarie O'Connor
- **Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT** by Fiona Challacombe, Victoria Bream Oldfield, Paul M Salkovskis
- **Cognitive Behavioural Therapy: Your Toolkit to Modify Mood, Overcome Obstructions and Improve Your Life** by Elaine Iljon Foreman, Clair Pollard
- **Mindfulness: A Practical Guide to Finding Peace in a Frantic World** by Mark Williams and Danny Penman
- **Overcoming Binge Eating, 2nd edition: The Proven Program to Learn Why You Binge and How You Can Stop** by Christopher G. Fairburn
- **Overcoming Health Anxiety: A Self-Help Guide Using Cognitive Behavioural Techniques** by Rob Willson and David Veale
- **Overcoming Panic, 2nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques** by Vijaya Manicavasagar, Derrick Silove
- **We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety** by Claire Eastham

Diabetes for Dummies, 5th edition by Alan L. Rubin

- **Type 2 Diabetes in Adults of All Ages** (Second Edition) by Charles Fox, Anne Kilvert