

DWELL Newsletter

An introduction to the DWELL staff

Welcome to the third issue of the DWELL newsletter

We are planning to make this a monthly newsletter while we are all socially distancing to try to help support one another.

If you have any suggestions for recipes or information you would like included please email me at jane.redding@nhs.net and I will do my best to include items of interest.

We also have set up a Dwell facebook closed group. This is only for people who have been through the Dwell programme and staff involved in it.

Please follow this link if you would like to join us in this closed group.

<https://www.facebook.com/groups/DWELLMedway/>



Rachel Lowrie is a Speech and Language Therapist working for MCH. She also leads the MCH Singers, a community choir, and Dwell ukuleles, a beginner group for Dwell participants. As part of her professional and personal life she has explored aspects of wellbeing and living well with chronic illness including Mindfulness practice, music for wellbeing and connection to the body. As part of the Dwell project, she leads sessions focussing on Wellbeing using Mindfulness and Music as vehicles for wellbeing and encourages discussion to implement a personal wellbeing practice.



Sharon Manship

I am a Research Fellow at Canterbury Christ Church University (CCCU), where I have worked for the last 12.5 years in the Faculty of Medicine, Health and Social Care. As you know, DWELL is a research study, and the CCCU team are responsible for the evaluation of the programme. There are a team of us working to collate and analyse information that will feed into a final report about DWELL. My role in the team means that I meet DWELL participants at MCH at the end of their 12-week programme to help with completion of the 'DWELL Tool' questionnaire (the results of which are processed by my colleague Rachael Morris). I also run end of programme focus groups where I ask participants for their feedback on their experiences of DWELL, which is a very valuable part of the evaluation. Additionally, I meet Jane regularly to collect all the information that she gathers as part of the evaluation. I am proud to be part of the DWELL project and I am so encouraged to hear about the positive impact it is having on peoples' lives.

Recipe

CHICKEN CASSEROLE



Serves 4
Prep 20 minutes
Cook 50 minutes
Suitable for freezing

Each serving contains

293 Calories
19g Carbohydrate
36g Protein
9g fibre

INGREDIENTS

100g lean smoked back bacon, chopped
4 small skinless chicken breasts
1 large onion, chopped
2 cloves garlic, crushed
2 green peppers, seeded and chopped
2 tbsp fresh marjoram or half tbsp dried
1 x 400g tin chopped tomatoes
150ml chicken stock
1 x 420g can borlotti beans, drained and rinsed (or any dinned beans)
2 tbsp tomato purée
freshly ground black pepper

METHOD

Heat a large non-stick saucepan, add the bacon and fry for 2–3 minutes until beginning to crisp. Remove from the pan, then add the chicken and brown on each side. Add the onion, garlic and peppers and continue to fry for 2–3 minutes. Return the bacon to the pan with all the remaining ingredients, stir well, bring to the boil cover and simmer gently for 40–45 minutes.

A DAY IN THE LIFE OF A LOCKDOWN

My wife and I are laughers, it's what we do! We make jokes about each other but never look to demean who we are or put each other down. Our days seemed to have evolved like this: we wake up around 8, my wife likes to have the first shower so when I get to the shower the curtains are nice and wet and cold. Of course, this makes my wife laugh. The only justice I can gain is that this seems to coincide with my good lady trying to put on her undergarments, It can be interesting when you're faced with your loved one with both legs down the same knicker leg having a fit of the giggles.

Then the first medication of the morning and blood test.

Then breakfast, a certain DWELL member got me hooked on 35gms of porridge, mixed in a bowl with two tablespoons of natural Greek yoghurt and left to rest in the fridge overnight. I add raspberries and blueberries and a teaspoon full of chia seeds. The slow release nature of the porridge keeps me going till lunch time.

Then into the garden. When necessary cut the grass, tidy my shed, well craft room really, do some maintenance on the small garden pond and a little bit of housework.

When ready we sit and have lunch. Then again wash up put the kettle on ready for the afternoon.....

We all have different experiences of lockdown. The above is one couples experience yours maybe similar or very different but.....

Look at how much you have already adapted. Think how much resilience you have already developed. There is not a right or wrong way to do this as this has never ever happened before. Give yourself some credit. No one in the whole wide world has figured this all out yet so pat yourself on the back and be kind to yourself.

From diabetes UK

'Coronavirus is tough and it can affect you emotionally too. It's important to remember that just because you are at home, it doesn't mean you can't connect with others at all.

There are lots of ways you can do this still, like video calling a friend or writing a letter to your neighbour.

Staying in touch with others will help you feel more connected and relieve some of the mental pressures of managing diabetes while you are at home.

GET IN TOUCH Diabetes UK careline 0345 123 2399

You can also connect with other people with diabetes on our forums www.diabetes.org.uk/forum-coronavirus.'

And there is also the Dwell Facebook page click on this link if you are interested <https://www.facebook.com/groups/DWELLMedway/>

Last but not least this is a link to the services available in Medway

<https://medway.simplyconnect.uk/>