

DWELL Newsletter

Welcome to the fifth issue of the DWELL newsletter

Don't forget 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/>

FISH PIE



A deliciously moist fish pie with a subtle, smoky flavour that comes from the smoked paprika. It's lower in fat and less salty than traditional fish pies, but just as tasty.

INGREDIENTS

1kg sweet potato, cut into large chunks
2 tsp rapeseed oil
2 leeks, halved lengthways, then chopped
1 heaped tbsp plain flour
1 fish stock cube
400ml skimmed milk
good pinch white pepper
25g fresh parsley chopped (plus a little to garnish)
1 heaped tsp smoked paprika
300g pollock, cut into cubes
300g salmon, cut into cubes
pinch black pepper

ANNOUNCEMENT

This is the last newsletter I will be sending out to all you lovely people as I am moving onto another job. I am feeling sad as I have made many friends whilst I have been involved in DWELL. However, I am starting a new challenge working with people with type 1 diabetes and I hope it will be as rewarding and fun as DWELL has been.

I will continue to come along to social activities as DWELL has been much more than just a job to me so I hope to see some of you again.

I want to thank you all for making it such a fun and rewarding experience.

My last day is 31st July so after this date please use the email medch.dwell@nhs.net to contact DWELL.

The DWELL mobile number remains 07891022542 and will be checked by Julie Webster who is the DWELL Programme Lead and the person who got DWELL happening in Medway.

As we start to come out of lockdown the newsletter will go back to being produced bi-monthly.

Serves 6

Prep 15 minutes

Cook 45-55 minutes

METHOD

Preheat the oven to 180°C/gas 4. Boil the sweet potatoes for 15-20 minutes until soft and drain.

Heat the oil in a saucepan over a low-medium heat and fry the leeks, stir regularly, until they soften, about 7-8 minutes.

Sprinkle the flour over the leeks and crumble the stock cube over. Mix well for a minute or so until the leeks are coated.

Slowly stir in a quarter of the milk until it becomes quite thick, then gradually stir in the rest, stirring constantly, until it comes to the boil. Stir in the white pepper and parsley and remove from the heat.

Mash the sweet potatoes thoroughly and mix in the smoked paprika.

Add the leek sauce to an ovenproof dish and arrange the fish so that it is evenly distributed, pushing it into the sauce. Top with the sweet potato and bake for 25-35 minutes until the sauce starts bubbling through the sweet potato, sprinkle with the remaining parsley and black pepper.

<https://www.diabetes.org.uk/guide-to-diabetes/recipes/fish-pie>

The DWELL website is now live and can be accessed by following this link www.dwelldiabetes.eu. This will take you into the website but the eagle eyed amongst you may notice the address changes to kineticanalysis.wixsite.com. Don't be concerned this is correct. Kinetic Analysis are our DWELL partner in the Netherlands and they built the site.

Please feel free to offer any constructive feedback as you will be amongst the first to see it.

All of the past newsletters will be on the website so if you ever want to check back on previous ones they are there.

Also the website will be used to let you all know of news about DWELL so any new activities we are offering and also when the final big results are going to be publicly announced.

Please see the statement below from www.diabetes.org.uk

As lockdown restrictions continue to ease, you might be feeling anxious about what this means for you. It's completely fine to feel this way, and to do things at your own pace, when you feel ready and comfortable.

We're here to support you – you can call our helpline on 0345 123 2399 from Monday to Friday 9am to 6pm, or email us at helpline@diabetes.org.uk and we'll get back to you as soon as we can. Talking to other people can help too – check out our support forum, an online community where you can chat to and share experiences with others living with diabetes.

You can also find lots of practical tips and advice on our website to help if you're feeling worried or stressed