

# DWELL Newsletter

## An introduction to the MCH DWELL team

Welcome to the first issue of the DWELL newsletter

### **DWELL (Diabetes and WELLbeing)**

is a European funded project involving eight partners from the UK, Belgium, the Netherlands and France.

Each partner will be delivering a 12-week programme for patients with type 2 diabetes offering tailored support to empower them to self-manage their condition and improve wellbeing.

Alongside this are the introduction of community support networks/groups which are created through shared interests and activities.

The programme is continually being evaluated and tweaked to meet the needs of its participants. MCH are currently recruiting for programmes 18 and 19.

This newsletter is for everyone who has participated in DWELL.

We want it to be informative with a mixture of news, events, recipes and more.

We would love to know any topics you would like to be covered in future issues please email [medch.DWELL@nhs.net](mailto:medch.DWELL@nhs.net)

It has been an honour to edit this first edition and I hope you enjoy reading it.

**Elizabeth Mander, DWELL Ambassador**



### **Julie Webster, DWELL Programme Lead**

Julie is a registered dietitian, who has specialised in diabetes for the majority of

her career. Julie has worked for Medway Community Healthcare (MCH) since 1999. MCH is a social enterprise (a business with a social purpose that reinvests all money it makes back into the business, or the local community, so that when a social enterprise profits, society profits).

Very early on in her career Julie developed group education sessions for people with Type 2 diabetes because of her belief in the power of the group approach. It was for this reason that Julie was approached to lead on the DWELL project for MCH.



### **Jane Redding, DWELL Lead Facilitator**

Jane is a registered dietitian who qualified in 1982 and has spent most of her career specialising in diabetes.

Jane's interest in diabetes stemmed from when she was diagnosed with type 1 diabetes in 1974. She wanted to be like the lovely dietitian she met in hospital, who was a vision in white (coat) and was the only person she remembered who did not cause pain unlike the doctors and nurses with their large needles and lancets!

Jane has a particular interest in wellbeing and the role diet and exercise has on all types of diabetes.



### **Nicola Cook, Project Support Officer**

Nicola Cook has worked for MCH for 16 years. Currently besides her PA role to one of the

senior managers at MCH Nicola is providing project support to two EU funded projects CASCADE and DWELL.

In her role as project support officer for DWELL Nicola is responsible for pulling together all the evidence that has to be submitted to the EU and also for entering in all the details for the financial claim that goes in every 6 months. Her role involves organising meetings and travel arrangements and supporting the DWELL programme lead.

## Recipe



### Roasted veg soup with Halloumi croutons

#### Ingredients:

1kg mixed cauliflower, carrot and pumpkin in equal amounts, trimmed and peeled.

- 1 onion, peeled and quartered
- 2 garlic cloves, peeled and smashed
- 2tbsp olive oil
- 1tsp ground cinnamon
- 1/2tsp ground cumin
- 750ml vegetable stock, made using 1 stock cube
- 60ml plant based milk
- 1tbsp apple cider vinegar
- 1tsp olive oil
- 100g Halloumi cheese, cubed.

#### Method:

Preheat the oven to 200°C/400°F/gas 6 and line a baking tray with parchment paper.

Cut the veg into large pieces and place on the tray with the onion and garlic. Drizzle with the olive oil and sprinkle with the cinnamon and cumin so that everything is covered.

Roast for about 30 minutes, or until slightly charred/ caramelised. Meanwhile, heat the stock in a saucepan.

Blend until smooth.

Add the milk and apple cider vinegar. Taste and add more water or spices, if needed.

To make Halloumi croutons, add the oil to a non-stick frying pan and fry the Halloumi over a medium heat for 1 to 2 minutes on each side. Serve the soup with the croutons on the side.

## Ambassadors and volunteers:

When the DWELL project was designed it included something called the DWELL Ambassador role.

A DWELL Ambassador is someone with type 2 diabetes who has been through the 12 week DWELL programme and wants to help by volunteering some of their time.

The reasons for including this, was that it was felt that it would help to spread the word about DWELL and who better to do this than someone who has been through it.

Also as part of their role the DWELL Ambassadors are asked to give feedback and comment on different aspects of the DWELL programme including new developments e.g. new 'Pick and Mix' options being added to the DWELL programme.

Different Ambassadors take on different tasks and get involved with all sorts of different things. I should know I am DWELL Ambassador and I have taken on the design and editing of this newsletter.

If you would like to volunteer or become an ambassador, please send an email to [medch.DWELL@nhs.net](mailto:medch.DWELL@nhs.net) or text 07891022542 and a member of the team will contact you back.

## DWELL Community Groups:

**Craft group** Wednesday evenings, 17:30 – 20:00  
ourZone, Pattens Lane, Rochester, ME1 2RB

**Choir** Alternate Thursday evenings, 19:00 – 20:00  
ourZone, Pattens Lane, Rochester, ME1 2RB

**Ukulele group** Alternate Thursday evenings, 18:30 – 19:30  
ourZone, Pattens Lane, Rochester, ME1 2RB

### Supermarket tours with Jane Redding

Booking now for the New Year so please contact us at [medch.DWELL@nhs.net](mailto:medch.DWELL@nhs.net)

### Wellbeing sessions with Rachel Lowrie

Booking now so please contact us at [medch.DWELL@nhs.net](mailto:medch.DWELL@nhs.net)  
ourZone, Pattens Lane, Rochester, ME1 2RB

**Pilates** Coming soon (suitable for all abilities)  
ourZone, Pattens Lane, Rochester, ME1 2RB

## Upcoming events:

**19 December** Christmas Party – 16:00 – 20:00  
ourZone, Pattens Lane, Rochester, ME1 2RB

Please contact us at [medch.DWELL@nhs.net](mailto:medch.DWELL@nhs.net) if you wish to attend.

