

DWELL Newsletter

An introduction to the DWELL Ambassadors

Welcome to the forth issue of the DWELL newsletter

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 closed Dwell facebook 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/>

Recipe

CARROT KUGEL



This makes an excellent light lunch or supper served with salad and can be eaten hot or cold.

Serves 4

Prep 10 minutes

Cook 20-25 minutes



Introducing our newest Ambassador

Hi all I am Colin Matthews, many nicknames but Col is most friendly! I have type 2 diabetes and have had for several years but in my retirement, I manage it very well. My work background was in Aviation and Automotive mainly within Purchasing. Married and grown up sons who have blessed me with 2 grandchildren. My hobbies/ interests include dog walking, swimming, chess and gardening.



My name is David and for many years I had been struggling with my type 2 diabetes, mainly through ignorance of what I should be doing. When I was approached, I jumped at the chance to attend the first ever Dwell course in Medway. I not only gained a huge amount of technical information about my condition but gained some lifelong friends as well. I took part in all the practical activities although I couldn't play the ukulele due to the arthritis in my fingers. I got a huge amount out of the course and when asked to be an ambassador I of course accepted. I lost weight and was able to pass my knowledge onto others. I live with my husband Drew and our four cats and I work in Adult Social Care.

INGREDIENTS

2 eggs

1 clove garlic, crushed

1 tsp Dijon mustard

50g reduced-fat cream cheese

50g reduced-fat mature cheddar, finely grated

good pinch white pepper

500g carrots

50g onion, grated

2 tsp sunflower oil

Add the eggs, garlic, mustard, cream cheese, cheddar and pepper to a large bowl and mix well, beating with a fork.

Grate the carrot and onion, add to the egg and cheese mixture and beat together so that the carrot is completely coated with the mixture.

Oil an oven proof pie dish or tin 15-18 cm in diameter. When coated, add the mixture and lightly press to ensure it's evenly spread.

Bake in a preheated oven 180°C /Gas 4 for 20-25 minutes until the top is starting to brown.

Allow to cool a little before serving or cool completely and refrigerate to use the following day.

Chefs tips

You could also flavour this dish with 2-3 tsp of freshly chopped herbs such as basil, oregano, tarragon, thyme or coriander.

Try the dish with sweet potatoes rather than carrots. Ideal for a summer lunch or picnic.

Full nutritional analysis found from original source <https://www.diabetes.org.uk/guide-to-diabetes/recipes/carrot-kugel>

Headlines

There has been a lot of information in the media about the links between COVID -19 and diabetes. As people who have diabetes it can be quite frightening, but we need to keep it in perspective, **most people with diabetes haven't had Coronavirus and most of them hopefully won't get it.** We just have to await firm evidence before we start changing the advice to people with diabetes.

We need to be sensible and follow the advice given by the government and your GP. In addition, the updates specifically for people with diabetes are posted on www.diabetes.org.uk.

We also need to seek advice if we have any other health issues that we would normally go to our GP or the hospital for. There has been a concern that people may avoid attending hospital or their GP due to the fear of contracting COVID-19. However, the NHS has put in place very stringent practices to enable people to get medical treatment as safely as possible. If you have a foot ulcer for example or any other new or worrying symptom please do not delay getting advice.

At the moment the general advice to people with diabetes is to eat well, exercise when they can, take medication correctly and check blood sugar levels regularly (if advised by their GP) in a bid to stay as healthy as they possibly can.

LOCAL AND NATIONAL ADVICE & INFORMATION

Diabetes UK careline 0345 123 2399

You can also connect with other people with diabetes at forums [www.diabetes.org.uk/forum-coronavirus.](http://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/>

Below is a link to services available in Medway

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

and here is another link to an app that maybe useful

<http://www.kentandmedwayccg.nhs.uk/news-and-events/news/nhs-and-social-care-launch-app-support-people-who-care-others>

DWELL QUIZ NIGHT ONLINE

Anyone who fancies joining us for an online quiz night probably on a Friday evening soon please get in touch and Jane will organise this.

Jane.redding@nhs.net