
Diabetes Group IOW

Newsletter



December 2023

 A festive message from our
Chair 

On behalf of Diabetes Group Isle of Wight, I would like to take this opportunity to wish everyone a lovely festive season and a happy, healthy and prosperous new year.

Thank you for your continued support.

Ian Bast - Chairman

Welcome to our newsletter.
We hope you enjoy reading.

Here's a round-up of what we've been up to this year!

July

Isle of Wight County Show. We met many of people and gave lots of information leaflets and magazines

August

Chale Show. Unfortunately, the first day was cancelled due to the bad weather but the second day was perfect. The gazebo next to us flew away during the early hours of Sunday morning so we were lucky to still be there thanks to Michael and Ian securing it firmly to the ground.

September

Health Roadshow at Bembridge Town Hall
This was an event put on by the Community Action IOW Charity

Isle of Wight Day at Brading Roman Villa was a day to celebrate everything that's great about the Isle of Wight. It's a traditional community event, putting the needs of the Island community at the heart of what they do.

October

We hosted a presentation by Stephen Taylor, Deputy Head of Podiatry who talked to us about the importance of caring for our feet, wearing good fitting shoes and what to do if we noticed any problems. Sophie Bennett, a 3rd year student from Southampton University, introduced her foot checking tool called S.O.L.E a reminder of how to check our feet.



Some of us holding up a copy of the foot checking tool.

We'll be handing some out at the shows and our groups, hopefully, if Sophie gets the funding to print them, with a mirror

on the reverse to aid checking the s.o.l.e's of your feet (see what I did there?)

You can find a sneak preview at the end of this newsletter

Mountbatten Open Week – Meet external agencies. We were invited to Mountbatten Isle of Wight John Cheverton Suite on the last day of their Open Week along with many other voluntary organisations and peer support groups.

Morrisons Newport Forecourt – we took our trusty gazebo to the trade fair on the forecourt of Morrisons in Newport. Once again, the weather was dreadful, but we were steadfast and despite the weather, people seemed happy to come and chat to us (maybe it was the few moments under the gazebo canopy that helped 😊).

East Cowes Health Roadshow – another Community Action IOW event. This was the day after the severe flooding all over the Island and in particular East Cowes. We had a few more people come in later in the morning, maybe following a sign outside with the offer of free tea & coffee. It was always going to free beverages, but I think it might have encouraged a few more to come in. We met Councillor Karl Love who popped in and had a chat with everyone following his walk around the town to see the damage caused by the floods.

November

To mark World Diabetes Month, we once again took our trusty gazebo, this time to St Thomas' Square to raise awareness of diabetes and of the support our group gives to Island people living with diabetes

or anyone caring for someone with the condition.



December

Health Roadshow at Riverside Centre, Newport - Another Community Action IOW Charity event to promote wellbeing of people living with many long-term health conditions

Let's talk about Christmas Dinner (it's not all bad)



We all love a Christmas dinner but are you aware of how many carbs and calories you're actually eating?

Arming yourself with information will allow you to decide what and how much you're consuming in carbohydrates and calories, all the details have been taken from the Carb & Calorie Counter book. Remember, knowledge is power.

See the back pages of this newsletter for the table. Use it to work out what you want and the values of each item, tot it all up and wriggle it around to enjoy a worry-free Christmas Dinner.

Support Groups

Throughout the year, every month we held Support Groups/Drop ins/coffee mornings and opened/started a few new ones in Ryde, Freshwater and Newport. These are now all regular groups along with the already well-established ones at Sandown Library and Gurnard. These groups are for anyone living with or caring for someone with diabetes and basically, does what it says on the tin, they are peer lead groups and encourage everyone with the condition to live their best life possible.

For a full list of when and where these groups are held, please visit our website or keep a check on our social media sites and local papers online.

What we're going to be doing in 2024

Along with our support groups taking place every month in each of the current venues, with new ones being added in 2024, we'll be going to as many of the summer fairs/festivals/shows and events as possible and might even find 1 or 2 new ones.

Isle of Wight County Show - Saturday 13 and Sunday 14 July

Chale Show - Saturday 3 and Sunday 4 August

Garlic Festival - Saturday 17 and Sunday 18 August

Wolverton Manor Fair - Saturday (tbc) and Sunday (tbc) early September

Community Action IW Health Roadshows

I'm sure there will be several of these popular health roadshows throughout the year. We'll keep you updated as soon as we know.

Morrisons forecourt

We'll be taking the gazebo to Morrisons forecourt again so look out for us at the trade fairs – they take place every two weeks on a Saturday from 8am-3pm, we'll probably only attend once per month.

We'll keep you informed of any new events that may take place throughout the year.

Our membership

There are 10,000 people living with diabetes on the Island. This group has around 300 members, which means, there are a lot of people out there that may not know about us.

If you know anyone living with diabetes or anyone who cares for someone, why not mention us to them? We'd love as many members as possible so that we can make sure that everyone gets the care they need.

A membership form can be found on our website for anyone who's interested in keeping informed of what's happening with our group and new information about the world of diabetes. Don't worry, we also carry plenty of blank forms everywhere we go.

Letters for the next newsletter

Write to us and tell us about anything or, maybe you have a short story you'd like to share. Send us an email and let us know if you'd like it to go in the next newsletter around March.

Details of our events and groups can be found:

We'll keep you informed of events and a reminder of our monthly support groups via the following:

Our website [Diabetes Group IOW Website](#)

Keep a look out for us on social media on:

Facebook [Diabetes Group IOW](#),

Nextdoor [Nextdoor.co.uk](#)

X (formerly known as Twitter)

Local papers and magazines online

The 'What's On' section of [On the Wight](#)

Isle of Wight Observer [Isle of Wight Observer](#)

County Press 'What's On' online [countypress.co.uk](#)

Island Magazines online [islandmagazines.co.uk](#)

You can also contact us directly by email info@diabetesiow.org.uk

or phone us on 07415 399 105

Other sources of helpful information:

Get active Isle of Wight

<https://getactive.io/isle-of-wight/>

Activity Finder Isle of Wight

<https://isleofwight.activityfinder.net/search/>

Diabetes UK –helpful information about how to live well with diabetes, recipes for healthy meals and much more.

<https://www.diabetes.org.uk>

KNOW YOUR CHRISTMAS DINNER

We all love a Christmas dinner but are you aware of how much you are actually eating? This information will allow you to decide what and how much you are consuming in carbohydrates and calories, all the details have been taken from the *Carbs & Cals Carb & Calorie Counter* book.

MEAT (all 100g unless stated otherwise)

Type	Carbohydrates (g)	Comment	Calories
Turkey	0	Dark meat	177
		Light meat	153
Chicken	0	Dark meat	196
		Light meat	153
Duck	0		195
Goose	0		301
Beef	0	125g	278
Lamb	0	125g	300
Pork	0	125g	269
Partridge	0	Roasted meat only	212
Pheasant	0	Roasted meat only	220
Rabbit	0	Stewed meat only	114
Venison	0	Roasted	165
Salmon	0	130g	273

POTATOES AND VEGETABLES 100g unless otherwise stated (80g approx 2 tablespoons = 1 portion)

Type	Carbohydrates	Comment	Calories
Roast Potatoes	26	In oil	161
New Boiled Potatoes	10	65g	44
Mashed potatoes	16	With butter	102
	16	With semi-skimmed milk	70
Sweet potatoes	28	Baked	115
Brussels	3	80g	28
Broccoli	2	80g	22
Cabbage	2	80g	14
Carrots	5	80g	23
Cauliflower	3	80g	23
Green beans	3	80g	21
Parsnips	15	80g	125
Peas	8	80g	63
Sweetcorn	11	80g	62
Spring greens	1	80g	16

SAUCES AND OTHER ACCOMPANIMENTS

Type	Carbohydrates	Comment	Calories
Horseradish	2	13g = 1 tbsp	20
Mint	3	16g = 1 tbsp	16
Mustard	0	English 1 tsp= 5g	7
	1	Wholegrain 16g 1 tbsp	22
White Sauce	12	100g	158
Cranberry	8	20g =1 tbsp	30
Stuffing	13	Packet mix 65g	63
Yorkshire pudding	20	80g	158
Pigs in blankets	2	Chipolata 20g	59
	0	Streaky bacon 1 slice	30
Gravy	11	230g	69

DESSERTS

Type	Carbohydrates	Comment	Calories
Xmas pudding	60	106g	302
Mince Pies	25	42g	158
Custard	30	180g	171
Ice Cream	18	Vanilla 18g	135
Cheesecake	35	100g	294
Cream	0	Single 15g 1 tbsp	29
	0	Double 15g 1 tbsp	74
	1	Clotted 30g 2 tbsp	176
	1	Whipped 30g 2 tbsp	114
Creme Fraiche	1	30g 2 tbsp	113

SO, WHAT WILL YOUR CHRISTMAS DINNER LOOK LIKE?

Complete a table of what you are going to have and then consider if you want to make any changes. Remember nothing is off limit but in moderation. Apologies to those who eat an alternative meal, but you will be able to use some of this information in deciding your meal.

Create a table for yourself something like this example:

Food	Amount	Carbohydrates	Calories	
Turkey	100g light meat	0	155	
Potatoes	38g	10	61	
Cauliflower	80g	3	23	
Peas	80g	8	63	
Carrots	80g	5	23	
Brussels	80g	2	28	
Stuffing	65g	13	63	
Yorkshire	80g	20	158	
Gravy	230g	11	69	
Mince pie	42g	25	158	
Custard	180g	30	171	
TOTAL		127	972	

Are you surprised how much it all adds up to? Now you know how much you are eating; in this example this one meal is using up a lot of your daily calories: for men (Average 2500kcal) and women (average 2000kcal), these are the calories you need to maintain your weight. It's up to you to now decide if you want to make changes. Eating from a smaller plate and reducing the amount and size of food that actually goes on your plate is a good start, especially the yorkshire pudding and stuffing. If you are cooking, consider making yorkshires in a small muffin tray like the ones we used to make fairy cakes in and the stuffing into bite-sized balls. Having four small roast potatoes rather than two large gives the illusion of lots of potatoes. Mince pies are best home-made and again can be made without a lid or just a star on top. Mini-size ones are even better. Serve with cream (0 carbs) rather than custard if you are counting your carbs. Eat slowly and be mindful of every mouthful, only eat until you feel comfortably full. It really is ok to leave food and you will feel satisfied and not bloated. Finally, if you are able - and the weather permits, go for a walk. Then you'll be ready for the next round of food.

The other thing to add to the total is any drinks that you may consume with your dinner, but we'll leave you to think about that.

Have a good Christmas.

Diabetes UK have some great party/snack/dessert recipes and ideas for you to try this Christmas, here are a few examples that you could try. Preparation time, calories, carbs and sugar are shown (per portion): Ctrl + Click the link to be taken to Diabetes UK website with the full recipe and method

Mini bagels with smoked salmon spread

10 mins 332kcal 46g 6.2g

<https://www.diabetes.org.uk/guide-to-diabetes/recipes/mini-bagels-smoked-salmon-spread>

Roasted Beetroot hummus

40 mins 149kcal 13.1g 6.0g

<https://www.diabetes.org.uk/guide-to-diabetes/recipes/roasted-beetroot-hummus>

Char Siu Chicken skewers and sweet peppers

25mins 124kcal 6.3g 6.1g

<https://www.diabetes.org.uk/guide-to-diabetes/recipes/char-siu-chicken-skewers-sweet-peppers>

Vegetable pakoras

30mins 106kcal 8.9g 3.0g

<https://www.diabetes.org.uk/guide-to-diabetes/recipes/vegetable-pakoras>

Tzatziki

10 mins 69kcal 3.1g 3.0g

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

Turkey Koftas

25 mins 155kcal 6.6g 5.3g

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

Nutty Chocolate Truffles

10 mins 62kcal 8.0g 7.2g

<https://www.diabetes.org.uk/guide-to-diabetes/recipes/nutty-chocolate-truffles>

Panna Cotta with fruit compote

10-15mins +chilling time 128kcal 13.1g 11.4g

<https://www.diabetes.org.uk/guide-to-diabetes/recipes/panna-cotta-fruit-compote>

Blueberry Yoghurt cake with muesli base

30mins 148kcal 14.6g 6.0g

<https://www.diabetes.org.uk/guide-to-diabetes/recipes/blueberry-yogurt-cake-muesli-base>

Chocolate Orange Souffle

10 mins 148kcal 14.6g 0.11g

<https://www.diabetes.org.uk/guide-to-diabetes/recipes/chocolate-orange-souffle>

Mini Christmas Puddings

40mins 89kcal 14.3g 12.0g

<https://www.diabetes.org.uk/guide-to-diabetes/recipes/mini-christmas-puddings>

Mince Pies

50 mins 168kcal 17.4g 8.0g

<https://www.diabetes.org.uk/guide-to-diabetes/recipes/mince-pies>

Gingerbread Decorations

30mins 128kcal 4.6g 0.1g

<https://www.diabetes.org.uk/guide-to-diabetes/recipes/gingerbread-decorations>

IN DIABETES LOOK AFTER YOUR **S.O.L.E!**

S

Shoes

Worn out:

- Thick or cracking soles

Fit:

- Shoes too narrow or not fastened well to your feet?
- Do both shoes fit the same when standing?



O

Once a month
(test sensation)

Test your sensations:

- Sit comfortably
- Close your eyes
- Get a friend or family to **lightly** touch the end of your big toe
- Can you feel it?



L

Look

Look between your toes, soles, heels and tops of your feet for:

- Dry cracked skin
- Scabs or blistering
- Wound with smelly discharge
- Marks on your feet that have changed colour
- Thickened or discoloured nails
- Changes in your foot shape



E

Everyday

Everyday

- Moisturise your feet (except between your toes)
- Check inside your shoes for stones or foreign object
- Check skin and nails for improvement of any problems



Seek a podiatry emergency appointment if you spot:

- A cut that won't heal or can't feel
- Leaky or smelly open wound
- Numbness, shooting pains or cramping in the calves when walking
- Red, hot inflamed swollen foot



The reverse side of this will be a mirror.