



DIABETES SCOTLAND

KNOW DIABETES. FIGHT DIABETES.

West Lothian Group

Living Well with Diabetes - FAQs

What is Living Well with Diabetes?

It is a 12 week structured programme combining weekly exercise sessions with monthly advice sessions on nutrition and healthy habits.

MONTH 1 — FOUNDATIONS

Theme: “Move More, Feel Better”

Focus: Building routine, confidence and consistency with movement and healthy habits.

MONTH 2 — STRENGTH & CONFIDENCE

Theme: “Stronger Together”

Focus: Improving strength, confidence and independence through movement and education.

MONTH 3 — LONG-TERM LIVING WELL

Theme: “Living Well for Life”

Focus: Creating sustainable habits for long-term wellbeing and independence.

Who can attend?

Anyone living in West Lothian who has diabetes or pre-diabetes. It may be of particular interest to anyone who is newly diagnosed.

What level of fitness is required?

Everyone requires an individual assessment before starting the programme. Whatever the level of fitness or experience of exercise the expert coaches will ensure that the sessions meet the individual's needs.

Where is it held?

At the Personal Best gym in Armadale which has both indoor and outdoor facilities.

**When is it held.**

Currently the exercise sessions are at 6.40 on Thursday evenings and 10.50 on Saturday mornings. The Nutrition and Healthy Habits sessions are on the first Saturday of each month at 9.50 in the morning.

Can you attend both exercise sessions.

At present this should be possible but if numbers increase then it may be restricted to one session a week per person.

How many can attend

Exercise sessions are restricted to 12 people for quality and safety reasons. The Nutrition and Healthy Habits sessions are more flexible.

Can someone just attend the Nutrition and Healthy Habits sessions?

Yes. However as these are held directly before an exercise session it is hoped that people will be encouraged to join in both.

What if mobility issues preclude the exercise sessions.

There is an option of Easyline seated exercise sessions at Excite Craigswood.

Can people stay on after the 12 weeks.

This should be possible if capacity allows. Each programme will be slightly different to reflect the seasons

Examples might be -

- Spring - a step focused challenge to get out
- Summer –healthy habits around hydration/ social events
- Autumn – focus on balance/ reduce the risk of falling/ injury prior to Winter
- Winter - social interaction challenge to stay connected when perhaps not as active outdoors or seeing others

What happens if demand is too high?

We have potential funding options to increase the numbers of sessions if necessary.

When does it start.

The first programme launches on Saturday 6 July 2026. However it is a rolling programme and people can start at any point.

What does it cost?

There is no fee for participants although a voluntary donation of £1 a session is welcome to help ensure the continuity of the programme.

How is it funded?



The National Lottery Community Fund has provided a grant that will cover the basic costs of the programme for two years. If it is successful they will consider a further application at that time.

How do you join the programme?

Contact May Millward on 07532 739925 or email wldiabetes@gmail.com for more information and to register as member of the group. (this is free and provides the monthly newsletter and access to all our activities).

Who are Personal Best?

Personal Best is a highly respected local personal training company who have worked very successfully in partnership with the West Lothian Diabetes Scotland Group for over 10 years.

What is the West Lothian Diabetes Scotland Group?

Diabetes Scotland is the Scottish arm of Diabetes UK one of the leading diabetes charities. The West Lothian Group is under their governance which ensures financial propriety and ethical compliance – for example we are not allowed to give individual medical advice. The group is covered by the Diabetes Scotland Charity number SC039136. However the group is completely self-financing and run entirely by volunteers. We have been established since 2007 and have won numerous awards and accolades. We have always worked closely with local healthcare providers in both primary and secondary care. In addition to this programme we have monthly meetings , a newsletter a walking group and social events . We also provide Diabetes Information and Awareness Tables, Type 2 Know Your Risk Assessments and Diabetes Awareness talks. All our activities are free to anyone living with diabetes.

For more information please contact –

May Millward on 07532 739925 or email wldiabetes@gmail.com