

Beersheba Living Well: The Living Well Diabetes Network

Beersheba Living Well received £5,000 to deliver a user-led community health initiative focused on support adults at risk of developing, or recently diagnosed, with type 2 diabetes. The workshops provided a preventative and supportive approach through peer support with a strong focus on developing healthy behaviours. Across the project 45 people attended the weekly sessions with a core group of 15. Participants benefited from a variety of activities and reported that they:

- Felt empowered to better understand the issues of living with a chronic long-term health condition
- Improved their self-management and self-care skills
- Developed healthier behaviours such as an improved diet and increased exercise
- Felt more confident
- Felt that their physical and mental wellbeing had improved

“I felt heard and understood by others facing similar daily challenges with their health and wellbeing”

Gladys’s Story

Gladys, aged 75, became a regular attendee of the sessions after being diagnosed recently with type 2 diabetes. She was initially unaware of activities she could incorporate in her life to improve her physical health and felt unable to engage with support services due to low confidence. Gladys increased her knowledge and awareness of the benefits of a healthy lifestyle and how she could increase her physical activity. Gladys is now walking regularly, working in partnership with her health providers to manage her condition and is providing peer support to new members of the group. She has displayed a much greater deal of independence and said, *“Participating in the networking group helped me to feel confident enough to enrol on the XPERT diabetes programme run by Homerton Diabetes Centre”*

