

Project Name	Type 2 Diabetes Peer Support Intervention
Amount applied for	£1,300
Lead Organisation	West Leeds Family Practice
Ward/Neighbourhood	All Outer West

Community Plan Objective	Best City for Health & Wellbeing
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Project Summary
The Grant would fund the commencing of a Peer Support Project (mainly a Peer Support Group) for over 55's with Type 2 Diabetes within the West Leeds Family Practice. The aim of the project would be to assist those with diabetes in controlling (and reversing) their condition through diet & exercise, allow them to share their experiences of diabetes (improved mental health) and to help prevent future degradation caused by diabetes (prevent subsequent comorbidities and further costs to healthcare).

When will the project run?
July 2019 – July 2020

How many people can attend?
The group would comprise of 15-20 participants who would meet monthly at a location in Pudsey (to be confirmed).

Targets for the project and how success will be measured
To assess the outcome of our project, we are working with ARDENS in creating a lifestyle-focused section as part of the Diabetes Care Plan. We have sent some lifestyle-focused parameters to ARDENS that we feel should be included within the current medically-focused Care Plan. Our vision is an annual Care Plan whereby medical checks and test levels are currently reviewed, as well as engagement in sedentary and moderate activity. Therefore, encapsulating a lifestyle factor also which would be correlated to medical check outcomes.

How the project will be promoted and/or participation encouraged
We have created a Facebook Group which will act as a networking resource for those that perhaps can't attend the peer support group due to work or other commitments. Within the group, materials from Diabetes UK will be shared and it will offer a forum for members to discuss their diabetes-related issues/concerns. The group will promote the project by posting events and updated info on organised activities and resources in the general West Leeds area. This group will be open to anyone in West Leeds who has an interest in Type 2 Diabetes (families, carers and friends also). The group is monitored by pre-agreed administrators and a medical professional is at-hand to answer complex medical queries.

Exit strategy/How the project will continue after the funding
We will re-apply for further funding for another year and funding details and an outline of the previous budget or alterations to the budget will be kept on record.

Other organisations involved

We have made contact with differing organisations throughout the development of this project. We feel that these organisations will assist the project's sustainability:

- Diabetes UK: are willing to support in the training of peer mentors, providing guest speakers and the materials to hand out at the groups.
- PEP (social prescribing): are willing to provide guest speakers and help for peer group members to find local volunteering and activities in the locality
- The Leeds Programme: are willing to provide a guest speaker offer some diabetes-specific training, materials for use within the sessions and in promotion of continuity wherein aspects of the Leeds Programme will be revisited or refreshed within our programme.

Financial Information**Revenue funding requested**

£1,300

Total cost of project

£1,300

Match funding/Other funding sources**Available Funds in Group Bank Account****Funding received since 2010****Full Breakdown of Costs**

Item	Wellbeing	Other (with funding body)	Date of Decision
8 Guest Speakers @ £60 per hour	£480		
12 Payment of Venue @ £20 for 2 hour session	£240		
Printing, materials and resources	£280		
Administration Fees @ £10 per hour (24 hours)	£240		
Other costs (in case extra resources needed)	£60		
Total:	£1,300		

Details of volunteers**Volunteer role****Communities Team Comments**

