

**SUGARBUDDIES**

# LEARNING OUTCOMES

- Who are Sugarbuddies?
- How to set up support peer services
- Breaking down barriers
- Understanding the benefits of peer support to those with diabetes
- Understanding the benefits of peer support to health care professionals and services







# SERVICE & HEALTH CARE PROFESSIONAL PERSPECTIVE

*"We only see people with diabetes for a short period of time and however hard we try, we will never know what it is like to live with a long term condition 24/7."*

## HUGE POSITIVE

- > One-to-one support
- > Forces integration across organisations
- > Lived experience not textbook
- > Events, co-design/coproduction /confidence
- > Increase own knowledge & understanding
- > Peer support/encouragement/insight
- > Flexible & accessible 24/7
- > Highly motivated volunteer workforce
- > Better communication/access to access
- > Increased emotional & social support

# SERVICE & HEALTH CARE PROFESSIONAL PERSPECTIVE

## THINGS TO CONSIDER

- Local proof of need – survey?
- Governance?
- Training?
- Support
- Boundaries
- Finance? – Expenses, marketing materials
- Linked to NHS or independent?

# PEOPLE WITH DIABETES PERSPECTIVE

## HUGE POSITIVE

*"Having folk who totally get it, who share the good times and don't criticise or condemn when it all goes to heck."*

- Can learn from each other
- Create a bond with those who share same condition
- A shared understanding & empathy
- Learn and share personal experiences and stories with an audience who will listen and empathise
- Signposting for help and support

*"Peer support is great and so underrated."*

## THINGS TO CONSIDER

- Bullying / trolling
- Envy of success of others
- Compare self to others
- Clash of opinion
- Clash of personalities
- Advice that is not helpful

From members of the online  
diabetes community #GBDOC

# NAY'S PERSPECTIVE

*Peer support made me realise I'm not alone*

*It reduces shame when you know **you're not the only** one who struggles with diabetes*

*Peers offer what HCPs can't*

# ANGIE'S PERSPECTIVE

*Initially I was very alone*

*Connecting with my peers gave me  
confidence and friendship*

*I no longer feel alone*



# QUESTIONS?

