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
> Peer support/encouragement/insight

> Forces integration across organisations
> Flexible & accessible 24/7

> Lived experience not textbook
> Highly motivated volunteer workforce

> Events, co-design/coproduction/confidence
> Better communication/access to access

> Increase own knowledge & understanding
> Increased emotional & social support
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
Initially I was very alone

Connecting with my peers gave me confidence and friendship

I no longer feel alone
QUESTIONS?