

Shevington Surgery—Diabetes Support Group

Details of the project:

4 years ago, a member of the PPG was diagnosed with Diabetes and the nurses at the surgery were very helpful. The member went in search of any local support group that she could get continued support from and to be able to talk to other people with the same condition and swap information/ advice.

There was nothing in the local area, so a couple of PPG members visited a support group already set up in Clitheroe. From this, they got in touch with Diabetes UK and a lady attended the Shevington Surgery PPG meeting to give some information on how they could set up their own support group.

The Shevington Surgery decided on opening a support that now has a group of 8-10 participants all with Diabetes type 1 or type 2. The support group doesn't have a formal chair person and is run by two of the PPG members.

The impact on local patients and the practice:

The support group is slowly growing in numbers and each time they meet are continually learning from one another. Some people who attend the support group have Type 1 Diabetes and have the new device that is attached to them and they are sharing what that is like for them. They also have a chance to talk to one another and share information.

The PPG members also get external speakers to attend the group to talk on particular topics, for example someone from the group wanted to know about exercise and so they were able to arrange for someone from Wigan Council to take to them about keeping healthy with exercise.

Shevington Surgery PPG would be more than happy to talk to any other PPG members considering setting up a support group like this.

SUPPORT GROUP ADVERTISEMENT

Due to the increase in Diabetes within the nation and the number of patients within our area who have Diabetes, our Patient Participation Group from Shevington Surgery has set up a Diabetes Support Group.

This is an opportunity for people with Diabetes to come along and share/discuss the way they deal with Diabetes as well as getting support from other patients. We will be inviting guest speakers/specialist to our meeting who work within this area along with representatives from the Diabetes UK as well as help from the surgery's NHS professionals.

Come along for a chat and a drink.

St Anne's Parish Centre, Church Lane, Shevington,

The first Monday of every month (except Bank Holidays)

For further information contact Jane on 07818641052 .

Many thanks to Shevington Surgery PPG for sharing this case study

Contact: shapeyournhs@wiganboroughccg.nhs.uk or 01942 482711 (Ref: CS4)