

## Project snapshot

### Walthamstow West Primary Care Network Pre-Diabetes Project (SPIP7) – Farah Ahmed, Shahid Mahood

(Social Prescriber, Chief Executive Officer at Blossom)



**AIM:** To tackle health inequalities and improve access to appropriate Pre-diabetic support for those facing barriers in access.

#### Target goals/outcomes:

1. To set up a diabetes Prevention Group in a community setting with language and culturally adapted support in collaboration with Blossom CIC and NHS Diabetes Prevention Group Xyla
2. 10% of patients targeted in Walthamstow West PCN to engage in the Diabetes Prevention support

#### Highlights:

- Cross sector partnership between PCN, VCSE organisation and NHS Diabetes Prevention Programme
- Diabetes UK facilitators supported sessions & felt that the group was the 'first of its kind' removing barriers for patients in the community most impacted by Diabetes

#### Impact:

Blossom CIC ran Diabetes prevention groups for eligible patients from five surgeries, partnered with Walthamstow West PCN, and supported by Diabetes UK facilitators, volunteer translator's and advocacy workers as well as The NHS Diabetes prevention program Xyla:

- 100% of pre-diabetic patients contacted by Social Prescribers in PCN Walthamstow West agreed to attend the face-to-face Pilot Diabetes Prevention Group (DPG) so far
- 72% of eligible patients attended at least one in two DPG sessions and 97% of service users were from a Black, South Asian and other ethnic backgrounds
- 36 participants attended a total of 3/7 groups & 100% of attendees were successfully provided with additional support
- Patients accessed a Dietician & Physiotherapy, weight management, mental health & SP support
- GP's & other health professionals could better support their patients with Diabetes prevention support
- Most patients' knowledge improved and all patients felt more comfortable accessing services due to language support etc.