

Walthamstow West Primary Care Network (WCPCN) Pre-Diabetes in Waltham Forest

100%

- 100% of participants / attendees **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.
- 36 participants attended a total of 3 groups out of 7 where 100% of attendees were successfully provided with additional support

If I continue in my current day-to-day life and not really STOP and REFOCUS then I might end up becoming one of the Statistics.

The time is to ACT NOW!

PREVENTION IS BETTER THAN CURE

DPG Attendee

I was impressed with how you managed to bring together such a diverse group and fulfil individual needs. That's been one of my highlights

Shuhala Abbas,
Diabetes UK
facilitator

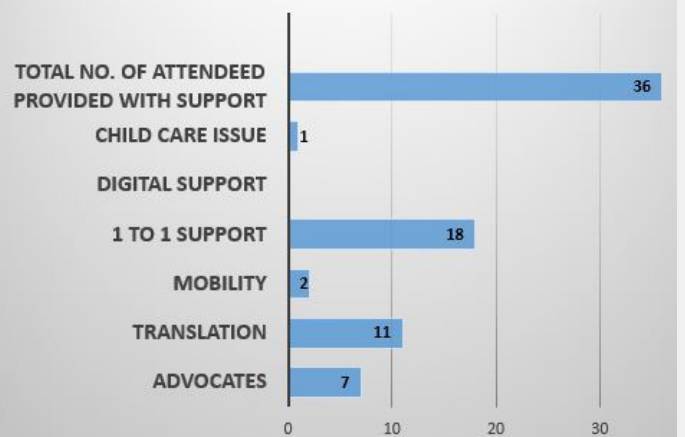
Key impacts

- GP's and other health professionals could better support their patients who previously had barriers to Diabetes prevention support
- Patients accessed Dietician and Physiotherapy, weight management support, mental health support as well as social prescribing support
- Most patients overall knowledge improved and all patients felt more comfortable accessing this services due to language support, some patients required multiple levels of support

I recommend this group to everyone to prevent Diabetes. It's fantastic!

DPG Attendee

Types of support given to attendees of Diabetes Prevention Group



72%

of eligible patients attended at least 1 in 2 face-to-face DPG sessions

All

Pre-diabetics Felt more supported, motivated and knowledgeable about making changes in their lifestyle to support Diabetes Prevention

100%

Service users who attended workshops were given additional support at the DPG group

97%

Service users were from a Black, South Asian and other ethnic backgrounds

The DPG was facilitated by Blossom CIC and supported by volunteer interpreters, Nutritionist, the Walthamstow West SP team and Diabetes UK facilitators



Diabetes Prevention Group

- Group facilitators Blossom CIC felt that the DPG was successful due to direct involvement and support from Social Prescribers and access to eligible patients
- Diabetes UK facilitators were able to help support sessions and felt that the group was the 'first of its kind' removing barriers for many hard to engage patients in the community most impacted by Diabetes

For more information on the Diabetes Prevention support, make an appointment with your Social Prescriber

*Data included is for 3 groups of 7 which are currently being delivered till April 2023