

Living with Diabetes Day Evaluation Report: Long Sutton

The Long Sutton Living with Diabetes Day took place on 29 November 2018. Delegates were invited to complete an evaluation form to share their views on the event and to help us improve future events. There were 22 delegates who attended the evening, with 7 evaluation forms completed.

The Long Sutton event evaluated really well, with all delegates describing the event as “very good” or “good”.

What delegates learnt at the event:

- All the sessions were helpful
- Eye screening, talks, exercises to do with the body
- What diabetes really is
- Armchair exercises (I have arthritis)
- 3 Part plate
- Exercise and dietary info, foot care and general content
- Portion control of food
- Better understanding of things diabetic

The actions delegates will take as a result of attending the event:

- Try to eat more selectively.
- Right as I've been doing walks etc.
- Diet
- Do the exercises
- Change to more protein, less carbohydrate
- Be aware of responsibility to pursue post bereavement care re diet and mental health
- At ask Diabetes UK to promote articles for Balance mag
- Eat healthier/exercise

Additional feedback provided by delegates:

- No except it was well worth coming
- A very good and engaging evening

Alongside the delivery of the Living with Diabetes Days, Diabetes UK will also be setting up a peer support group in Long Sutton. At the Long Sutton Living with Diabetes Day, 9 delegates indicated that they are interested in getting involved with a local peer support group and have provided their contact details for Diabetes UK to follow up on.

