

Annex 1 – Case Studies

Quotes on Self Management and support



“If somebody comes from DUKS and give us advice it will work, but if they give us literature and get us to read by ourselves it will not work” – Source: Evaluation report

“Ongoing support is required. Diabetes is a lifetime issue... as people become more confident and started to get to grips with their management they should not be left to it...there should be more ongoing support and reviews” – Source: Evaluation report

“There is more of an understanding that (a healthy change) is within our reach. So I think they are understanding self management better.. as before they used to say that this is too hard, not achievable, but now they are starting to kind of look at it and think that maybe.. we can manage to do this” – Chinikum participant, Source: Evaluation report

On support received between NHS appointments:



“I want to get some information to help by sister and myself. I go for my annual check-ups, but get no other appointments from the NHS unless a complication arises...I would like more information and support in-between by annual reviews” – Chinikum participant

(when asked about feet) “Really? I did not know that diabetes affects teh feel, please give me more information” – Chinikum participant

“I know a lot about diabetes, but it is good to be reminded of the seriousness of the condition and the different ways to look after yourself. I know I should eat less sugar and keep active. But I don't do this. Coming in to sessions like this reminds me that I need to look after myself. Also, I feel there is support here” – Chinikum participant

On the Health Cooking demonstrations:



“I think I should adjust my portion sizes, like today we ate a lot of salad with our meal. I do not usually eat that much salad” – Chinikum Participant

“Please tell our centre managers to give us lunch as healthy as the food which was cooked today!” – Chinikum Participant

“When you have diabetes, and you are hungry, you get confused and frustrated and it’s difficult to know what to eat. The sugar levels go low, it gives you a headache and confusion. We should eat more healthy food like this, because it will fill up your stomach and it’s good for you.” – Chinikum Participant

“I am really grateful that DUKS comes to Network House, the information I have received has helped me a lot to motivate me to make changes. The eat-well plate is in my Kitchen and is a good reminder” – Chinikum Participant

On the Walk group activity and Volunteer support



“I have bought new shoes for my outdoor walking, so this will help me to walk more. I sometimes have high blood pressure and sometimes low blood pressure, so I cannot walk too fast. I do the exercises at home. It makes me feel good that I am doing something for my health” – Chinikum Participant

“The warm up and a chance to talk to the walk leaders. We like to hear what the walk leaders get up to in their spare time, they are very active and independent – they are our good friends and we are thankful to them for coming every fortnight to help us for free” – Chinikum Participant

“Walking with a pedometer has really encouraged us to go out more. This has encouraged me to walk more, and lose weight” – Chinikum Participant

“I have lost 2kg in one month” – Chinikum Participant

“It has encouraged me more to walk, it is also helping to control the glucose level, and I think it is quite interesting to have a target of walking destination for this group, quite interesting”



Quotes on Volunteering for the project

At the Awards night on the 9th of October in the Scottish Parliament, our volunteers were delighted by the recognition and praise the walk activities received. Our Volunteer, said “it’s been a great evening, and we are determined to encourage our group to keep walking... and win the award next year!”

One volunteer said that they had gained a lot from the project not only to help others with the condition but also help themselves with the management of their diabetes.

- Source: Evaluation report



Quotes from a variety of partners and individuals:

*Many of the people I currently see in FP surgeries already live with Type 2 diabetes and their extended families are at a greater risk of developing Type 2 diabetes for some time before it is diagnosed. In some individuals within this group many complications are already developing at the point of diagnosis so raising general awareness of diabetes earlier by giving the correct messages to the wider community is the first step in tackling this problem and Diabetes UK Scotland is to be applauded in taking a lead with this work. I am glad that Diabetes UK Scotland is prioritising this area of public health and more specifically early Type 2 diabetes intervention with this 'bottom-up' engagement approach to awareness raising' – **Diabetes Specialist Nurse, NHS GG&C***

*I think (the project lunch reception) was a great opportunity to get involved with the community – **Podiatrist, NHS GG&C***

*It's been really heartening to establish a working link with DUKS through [Project Co-ordinator and Community Development Worker]. We have all benefited, as have our communities and I look forward to continued mutual support in the future. We had the chance to speak a few of your ladies and men from local groups and they were all so lovely – **Project Manager, Royal National Institute for the Blind***

*Thank you for your email and congratulations on organising the (end of project) event. Keep in touch, if I can be of further assistance please do not hesitate to contact me - **Councillor, Glasgow City Council***

*The event was very impressive and was very well organised, we enjoyed it thoroughly. We would love to liaise with you in future as well. – **South Asian Anticipatory Care Network, NHSGG&C***

*I heard so many people talking about your project and loads of great feedback so thank you again. – **Walk Development Officer, ALLIANCE, on the Paths for All Networking event in August***

*Many thanks for your email and update on the work you're doing within the Scottish South Asian communities, which I read with great interest. If I can be of any support (primarily engaging the minority ethnic community) just let me know, but sounds like you're doing a brilliant job already. I wish you all the very best securing future funding and if you feel in the future I could bring any value to your work, please let me know. – **Senior Postholder, Scottish Youth Parliament***

Case Study 1

A Volunteer Group Leader was quite de-motivated and negative, informed us that there is absolutely no interest among the participants of his group to get involved in Chinikum discussions. Subsequently however, the involvement in cookery demonstrations and yoga sessions and some discussion understanding diabetes, medication and self management, healthy feet and touch the toes test...by the end of the project in September, the entire group attended the lunch reception organised by the project, and the volunteer walked up to the microphone to personally thank DUKS for all the effort taken to give the right information, take time to speak to their group members on a one-to-one basis and answer questions, and spread the healthy messages to keep their community healthy.



Case Study 2

The project initially encountered quite a lot of negativity to the meaning and concept of 'self management'. Even Centre Managers were not positive about the messages the project wanted to bring in: "Nothing makes a difference. Diabetes is not taken seriously. I work with the Asian community and they don't want to change their attitudes about health. They don't want to self-manage."

Subsequently, this Centre Manager indicated that, although the concept of self-management was difficult to grasp at first, as a result of the constant reminders and discussion at the Chinikum sessions, participants were much more conscious of the need and *ability* to take more control of their condition, in particular with adjustments to their diet and exercise. The Centre Manager indicated that now, even out with the workshops, participants have regular discussions about the information brought to them at the workshops and encourage each other to make small changes to their lifestyle".

The Centre Manager said that at least two of the participants have made significant lifestyle changes and have not only lost a considerable amount of weigh, but their cholesterol levels and blood sugar levels were now in better control. They attributed this directly to the consistent awareness raising and support received through the workshops. Source: evaluation report