

Chloe Brown

Project Worker, Investing in Children

Type 1 Kidz - The Impact of Engaging Children and Young People with Type 1 Diabetes and Their Families to a Peer Support Project



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# Type 1 Diabetes

- A life-long condition where the body produces **no** insulin, meaning the person affected has to have multiple daily injections or wear an insulin pump. Requires blood glucose tests up to 8 times a day.
- Cannot be prevented in any circumstances and has no cure.
- Requires intensive management to avoid / reduce short and long term complications, therefore affects the whole family and all aspects of life.

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# Background

- Investing in Children (iC) - established in Durham in 1995, now a Community Interest Company and works nationally and internationally.
- In 2001 – started to support children and young people (CYP) to have a say in their care and service provided by the Paediatric Diabetes Team in Co. Durham and Darlington.
- In 2012 the group took on a new dimension and group sessions start to run monthly. The CYP named this project ‘T1KZ - Type 1 Kidz.’

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# Type 1 Kidz

- Monthly group sessions across the North East for families (parents, siblings, grandparents, aunts, uncles, cousins, close friends ...) to help families manage Type 1 Diabetes the best they can to improve health outcomes now and in the future.
- Families decide on what they want to do in sessions and a Young People's Steering Group plan discussions and activities. Group sessions in the past year have included discussing / having activities focusing on carbohydrate counting, managing diabetes while doing sport, managing diabetes while unwell, being 'diary detectives' and more.
- Families are given the opportunity for peer support, learning from others and receive informal education from their diabetes teams who attend sessions informally.

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# Using a holistic approach

Research has shown that using a holistic approach achieves better health outcomes in the future. The project is very flexible and informal and continuously changes based on feedback from families and based on what families would like to know / do in group sessions.

Based on feedback and discussions Type 1 Kidz also offers:

- Awareness raising sessions, e.g. school assemblies, GP training events and community events
- Two day peer mentoring sessions
- Fundraising (£8,000 per year) to provide more resources, group sessions, activities and trips.

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# Successes

- 2nd Place in Bright Ideas in Health Awards (October 2014)
- Winner of two Quality in Care Awards for Involving the Service User and their Families/Carers & Judges' Special Award (October 2016)
- Two Journal Articles Published in Nursing Times (January 2017)
- Journal Article published in Practical Diabetes Guide (June 2017)



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# Evaluating Type 1 Kidz

- **182** children and young people with T1 Diabetes have attended a Type 1 Kidz session in the last two years. On average this is **20% of the patient population**.
- C&YP who attended more group sessions had **more knowledge, worried less, relied on fewer people to help** them, were more motivated to lead a **healthy lifestyle** and were more **independent** than those who attended fewer group sessions.\*

\*This data was analysed by Newcastle University and Newcastle Hospital Trust

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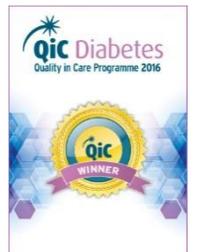
# Evaluating Type 1 Kidz & Flo

- Children, young people and parents who attended Type 1 Kidz for a longer time reported to have more understanding of managing diabetes in the following situations:
  - Hyperglycaemia (high blood sugars)
  - Different ways to manage diabetes, injections, pumps etc.
  - Had a higher overall Score (understanding T1, how it affects the wider family, treatment options, hypoglycaemia, hyperglycaemia, illness, exercise, food and carb counting, on holiday and at school).

Than those who had attended for a shorter time.

(September 2017, analysed by Sunderland University).

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# Feedback

*"[The Project] has helped my child to feel normal and realise that his diabetes needn't stop him leading a 'normal' life."*

*"Good opportunity to talk about service and meet other parents."*

*"Helpful advice available."*

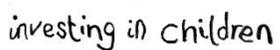
*"I am more confident in managing my condition in different situations."*

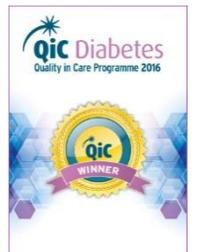
*"Nice to listen to young people's comments/opinions."  
- HCP*

*"First time my granddaughter had been and we have found it excellent."*

*"I loved every bit of today."*

*"I am thankful for the sessions as [my child] can mix with other children who have Type 1. He has never had the opportunity before and was feeling isolated. I feel the group is beneficial to his mental health."*

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Any Questions?

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