

Recommendations derived from the engagement of Young People and Younger Adults conducted by Healthwatch regarding HASSC recommendation numbers 7 and 8:

1. Commissioners of diabetic services need to have another look at the exercise programme for diabetic patients and ensure that the service is flexible enough so individuals can access without compromising their employment. It has been highlighted that people would like to access these services but the service only seems to be valid during working hours. Commissioners need to ensure that support is being provided to fit in with the needs and lifestyle of diabetic patients.
2. Many of the respondents have not been on any course/programme to increase their knowledge of their condition. Promotion of available courses needs to reach all diabetic patients and they need to be given the opportunity to attend. All GP practices need to write to their patients to see if they would like to attend a course and who to contact if they would like to go on one.
3. The findings from the questionnaires clearly show that individuals would like an online forum where individuals can; share their issues, exchange information, provide advice, receive advice and meet others who also suffer from type 2 diabetes. Therefore, commissioners and public health need to consider running an online forum as a pilot to see the impact of this on self management for diabetic patients.