



**National Children & Young People's
Diabetes Network**

A focus on Engagement

ACTIVATION



P – Patient
E – Empowerment
E – Employability
E – Self-Esteem
R – Resilience



The PEEER Youth Service is available for any young person aged between 11-25 years old with a long term health condition.
The above lays the foundation for everything we do.

Activation was a project ran specifically for a group of young people in CEW

Activation Vision

Ready
Steady Go
programme

PEER
project



How?



- Partnership working was vital for Activation
- Energise Me funded the project, again!
- Fitness Centres offered reduced memberships plus more support
- Activity support from District Sports
- Supported by wider MDT (Dieticians and Physiotherapists)



Project for CEW

Activation Project Testimonials Nov 2023



Energise Me Ready Steady Go programme PEER project

What do you like about being part of Activation?



“It makes me feel like I’m doing something to improve Myself”



Southampton Children's Hospital

Energise Me Ready Steady Go programme PEER project

What is good about the Activation Sessions?



“It’s pretty straight forward, nothing too complex. It is straight to the point”



EVERY JOURNEY NEEDS A LOT OF STEPS

Southampton Children's Hospital

Energise Me Ready Steady Go programme PEER project

Do you feel there has been a difference taking part in Activation?



“Better Energy!”



YOU ARE ENOUGH

Southampton Children's Hospital

Energise Me Ready Steady Go programme PEER project

What is one thing you really like about Activation?



“The activities are different to what I normally do. Trying something new”



Southampton Children's Hospital

Outcomes

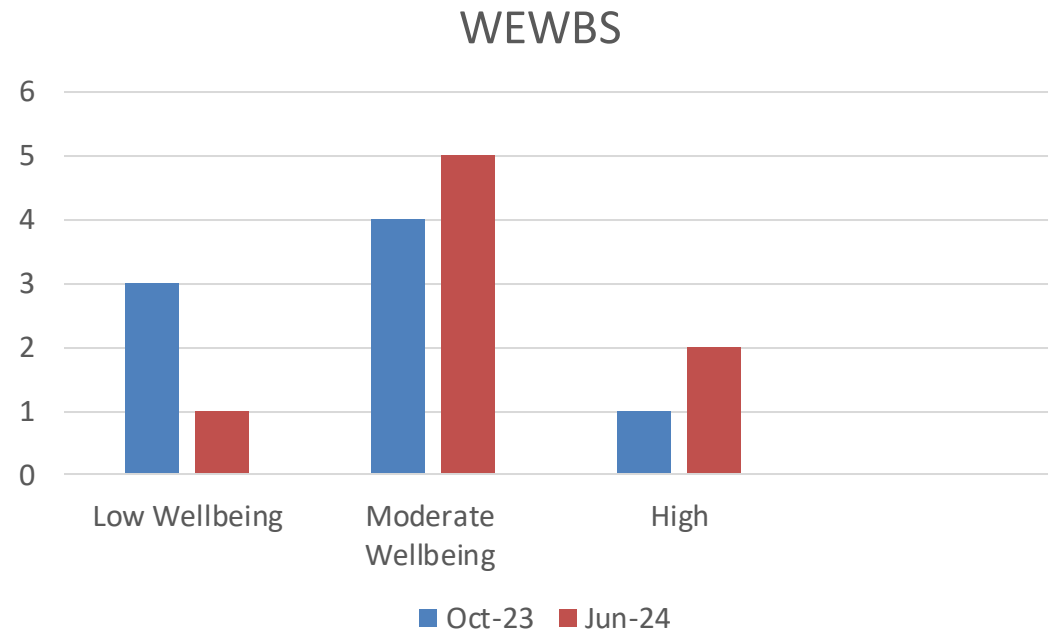


Measure outcomes in different ways including:

- WEWBS
- Physical Activity Questionnaire
- Pedometer Data
- Qualitative Data

'Not just focusing on weight'

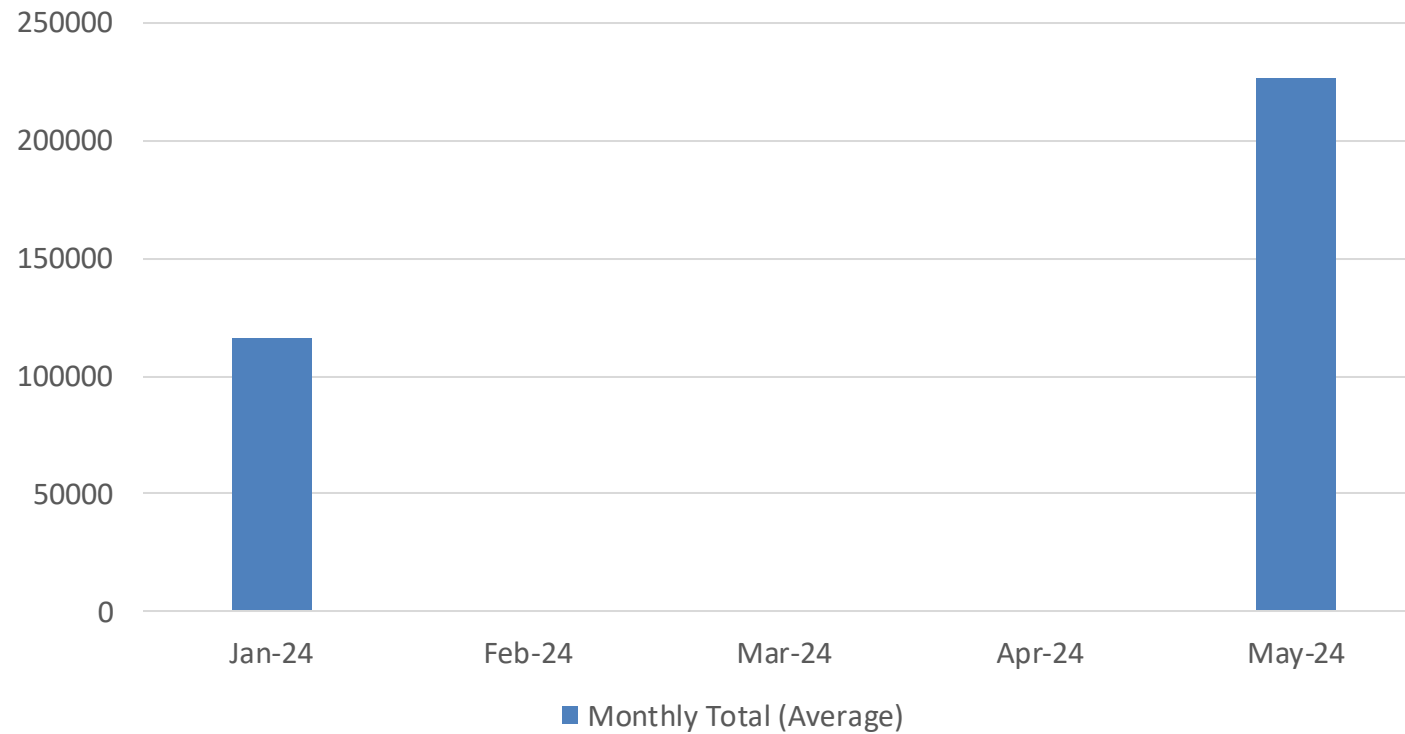
WEWBS Data



Pedometer Data



Monthly Total (Average)



Costs



- 6 month gym subscription
- Total of 10 monthly face to face half-day sessions with gym access, delivery partners facilitating varying activities and food
- Fun additional activities such as Ringos
- Cover of young peoples access needs – travel/trainers/pedometers

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UNDER £2000



[Leon's Activation Experience](#)



[Niccie's Activation Experience](#)

Future Activation Vision



1. Mandatory (previously optional) Thursday fortnightly sessions –

Ideas:

- Diet focus including trip to buy food and use NHS food scanner app
- Local outdoor use e.g. walks/outdoor gyms

2. The offer of a gym membership will be offered after completion of the project and could be replaced by funding for a particularly enjoyed activity e.g. joining a basketball team

3. Pedometer's worked well for some of the young people and positive data was able to be collected showing an increase in daily physical activity though, for the future project we would want the data to be linked to the young people's phones to support accurate and consistent data

Future Activation Vision



4. Young people were very proud of their strength and from discussions with the CEW Physio we would collect more data such as 'grip strength' and a 'sit to stand' test
5. New partnership with Places Leisure and District Sports due to positive interactions and available support/resources
6. Young people to be in a radius of Southampton or commitment to attend all sessions which will be based in Southampton area
7. 8 Month project with the end happening prior to exams



Thank
you!

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