

## **A year in the life of a Diabetes UK Community Champion**

A summary of Tony Kelly's diabetes events, attendance and engagements from January 2019 to December 2019.

### **January**

1. 11<sup>th</sup> January. Diabetes awareness session at Deaf Cultural Centre, Ladywood Road, Birmingham.
2. 16<sup>th</sup> January. Diabetes awareness session at short notice for my supervisor Shaleen Sandhu who was unable to do so, at Aqua House, Lionel Street, Birmingham for Canals and River Trust.
3. 21<sup>st</sup> January. Diabetes talk with the student council at George Dixon Academy, City Road, Edgbaston, Birmingham.
4. 23<sup>rd</sup> January. Diabetes session at Holyhead School, Milestone Lane, Handsworth, Birmingham for Year 7 student assembly.
5. 24<sup>th</sup> January. Diabetes session at Holyhead School, Milestone Lane, Handsworth for Year 8 student assembly.
6. 25<sup>th</sup> January. Diabetes session at Holyhead School, Milestone Lane, Handsworth for Year 9 student assembly.
7. 25<sup>th</sup> January. Diabetes awareness presentation as the guest speaker at West Bromwich Afro-Caribbean Resource Centre's AGM in Sandwell.
8. 28<sup>th</sup> January. Took two Diabetes UK goody bags for Desmond Douglas (former British and European Table Tennis champion) at Harborne Pool and Leisure Centre, Birmingham where he gives table tennis lessons.
9. 29<sup>th</sup> January. Diabetes session at Holyhead School, Milestone Lane, Handsworth, for Year 10 student assembly.
10. 29<sup>th</sup> January. Diabetes session at Global Banking School, New Testament Church of God, Oughton Road, Highgate, Birmingham for mature students mainly from abroad.
11. 29<sup>th</sup> January. Supervision at John Lewis store in Birmingham city centre with Shaleen Sandhu of the West Midlands DUK Regional Office.
12. 30<sup>th</sup> January. Diabetes. Facilitated a round table discussion at Mayor Andy Street's Launch of the Lord Mayor's Giving Day at Edgbaston Park Hotel and Conference Centre, Birmingham where I focussed on DUK and its work.
13. 31<sup>st</sup> January. 2<sup>nd</sup> Diabetes session at Global Banking School, Oughton Road, Highgate, Birmingham for another set of mature students.

### **February**

14. 5<sup>th</sup> February. Attended West Midlands DUK Annual Diabetes Conference at Aston Villa FC, Birmingham.
15. 5<sup>th</sup> February. Special guest speaker and presenter at Diabetes Specialist Nurses event 5.00 – 8.00 P.M. at Uffculme Centre, Moseley, Birmingham.
16. 6<sup>th</sup> February. Prepared and submitted a 210 word diabetes document/summary on community engagement and sent to Sarah Gilmour, senior events manager of Wilmington Healthcare Ltd for a power point presentation I will be doing in April.
17. 6<sup>th</sup> February. Attended an audience with Sir Lenny Henry, chancellor of Birmingham City University held at the Royal Conservatoire, Jennens Road where he was interviewed by June Sarpong. Had the opportunity to ask a diabetes related question as he has type 2 diabetes. Had taken a Diabetes UK goody bag for him and June Sarpong came off stage, took it and gave it to him. I was able to network at this event which resulted in some future engagements as had on my DUK fleece so stood out.
18. 7<sup>th</sup> February. Filmed at our home by NHS Arden and Greater East Midlands Commissioning Support Unit for a diabetes video to be placed on the NHS Birmingham and Solihull CCG website.
19. 7<sup>th</sup> February. Meeting with Angela Corles, Community Services Manager of Focus Birmingham, Harborne to arrange sessions with visually impaired and blind people at various locations.
20. 19<sup>th</sup> February. Diabetes awareness session at Cape Centre, Dudley Road, Smethwick for elderly African-Caribbean users. Paulette Suban is the organiser.
21. 26<sup>th</sup> February. Filmed at NHS Attwood House, Birmingham for another diabetes health promotion video.
22. 27<sup>th</sup> February. Diabetes awareness session at Holy Trinity Church, Lichfield Road, Sutton Coldfield for Angela Corles, Focus Birmingham eye contact group for blind and partially sighted people.
23. 28<sup>th</sup> February. Diabetes awareness session for parents and staff at Nelson Mandela Primary School, Coleville Road, Birmingham which is a predominantly Asian community.

## **March**

24. 6<sup>th</sup> March. Visited and had discussion at Pannel Croft Retirement Village, Birmingham with Carolyn George the newly appointed nurse who wanted to view the entire presentation on my laptop before I do an event there for residents in April.
25. 11<sup>th</sup> March. Meeting at Attwood House with Caroline Higgs, Corporate Communications Manager for NHS Birmingham and Solihull CCG and Philomena Gales, Senior Integration Manager to discuss from my knowledge and experience how best the organisation can be more

- proactive in using the black media in the recruitment of Community Champions since 80 are needed in Birmingham in this year.
26. 18<sup>th</sup> March. Did a diabetes awareness session at Digbeth Campus of South Birmingham College, High Street, Deritend.
  27. 19<sup>th</sup> March. Did an 8.40 a.m. assembly about diabetes at George Dixon Academy, City Road, Birmingham.
  28. 19<sup>th</sup> March. Did a diabetes awareness session at Hall Green Campus of South Birmingham College, Cole Bank Road at 10.30 a.m.
  29. 19<sup>th</sup> March. Repeated the aforementioned diabetes event to another group of students in the afternoon at the same venue.
  30. 20<sup>th</sup> March. Did a second 8.40. a.m. assembly about diabetes at George Dixon Academy, City Road, Birmingham.
  31. 20<sup>th</sup> March. Did a diabetes awareness session at Bournville Campus of South Birmingham College, Longbridge Lane at 10.30 a.m.
  32. 20<sup>th</sup> March. Repeated the aforementioned diabetes event to another group of students in the afternoon at the same venue.
  33. 21<sup>st</sup> March. Did a third 8.40 a.m. assembly about diabetes at George Dixon Academy, City Road, Birmingham.
  34. 21<sup>st</sup> March. Did a diabetes awareness session at Bordesley Green campus of South Birmingham College at 10.30 a.m.
  35. 21<sup>st</sup> March. Repeated the aforementioned diabetes event to another group of students in the afternoon at the same venue.
  36. 21<sup>st</sup> March. Attended a meeting at Birmingham City University, with Stephanie Reynolds and Liz Hardie, of the Westbourne Road, Edgbaston campus to discuss doing two presentations in May to approximately 200 student nurses.
  37. 22<sup>nd</sup> March. Did a fourth 8.40 a.m. assembly about diabetes at George Dixon Academy, City Road, Birmingham.
  38. 22<sup>nd</sup> March. Did a diabetes event at Golden Hillock campus of South Birmingham College 10.30 a.m. Nb. Second one that afternoon was previously cancelled due to most attending the mosque opposite the campus for prayers.
  39. 22<sup>nd</sup> March. Was one of two volunteers who distributed literature and conducted an NHS CCG led survey amongst shoppers about diabetes from 10.00 – 1.00 p.m. at Swan Shopping Centre, Church Road, Yardley.
  40. 23<sup>rd</sup> March. Did a diabetes awareness session at Handsworth College campus of South Birmingham College on Soho Road.
  41. 23<sup>rd</sup> March. Repeated the aforementioned diabetes event to another group of students in the afternoon at the same venue.
  42. 27<sup>th</sup> March. Attended the planning group of the Physical Activity and Nutritional Influences in Ageing – PANINI project at the School of Sport, Exercise and Rehabilitation Sciences at the University of Birmingham for a one day conference later this year as slated to do a diabetes workshop at the event.

43. 29<sup>th</sup> March. Attended the International Eye Conference at the London School of Hygiene and Tropical Medicine, Keppell Street at the invitation of Dr. Cova Bascaran who was instrumental in having me as part of the delegation to Dominica last year.
44. 31<sup>st</sup> March. Was one of three volunteers at the Gurdwara, Stratford Road, Sparkbrook 1.00 – 3.00 p.m. who distributed literature and conducted an NHS CCG led survey amongst worshippers about diabetes.

## April

45. 1<sup>st</sup> April. Took hard copies of DUK flyer/poster and balloons to Carolyn George at Pannel Croft Retirement Home to promote her forthcoming event.
46. 2<sup>nd</sup> April. Went to Diabetes UK head office in London to work on the new Community Champion slides with Rabi Atti the Community Engagement Manager.
47. 3<sup>rd</sup> April. Guest speaker at Wilmington Healthcare Midlands Diabetes Mellitus Network event at Village hotel, Dolomite Lane, Coventry Business Park.
48. 6<sup>th</sup> April. Diabetes awareness session 10.00 a.m. for 60 black men at the Church of God in Christ, Burlington Street, Birmingham.
49. 6<sup>th</sup> April. Diabetes awareness session 5.00 p.m. for the Islam faith at 2 College Road, Handsworth, Birmingham.
50. 8<sup>th</sup> April. Diabetes New Community Champion Programme Catch-Up-Day. Invited to do a half-an-hour slot on my experiences as a long standing Community Champion at Soho House museum, Soho Avenue, Handsworth in order to motivate the new recruits.
51. 9<sup>th</sup> April. Supervision with Shaleen Sandhu at John Lewis store in Birmingham. Gave her two full DUK collection tins.
52. 10<sup>th</sup> April. Diabetes awareness session at Focus Birmingham for the blind and partially sighted at Queen Alexandra College for the Blind, Woodville Road, Harborne, Birmingham.
53. 11<sup>th</sup> April. Volunteered at Mell Square Shopping Centre, Solihull to administer diabetes questionnaire and give out goody bags to shoppers 10.00 a.m. – 1.00 p.m.
54. 12<sup>th</sup> April. Guest speaker on diabetes 7.30 p.m. at Joan Mardner's dinner and dance, Golden Croft, B20 2EW.
55. 16<sup>th</sup> April. Diabetes awareness session for the Jamaica High Commission staff (30+) including the Jamaica High Commissioner and his deputy as part of the *Jamaica Moves* initiative at the Jamaica High Commission office in London.
56. 18<sup>th</sup> – 24<sup>th</sup> April edition of the well known black newspaper *The Voice* has an article about diabetes with a quote and photo of me under the heading

'Charity seeks community champions to discuss diabetes' written by Veron Graham the Midlands region reporter.

57. 20<sup>th</sup> April. Diabetes awareness session at Church of God Seventh Day, Grove Lane, Birmingham.
58. 26<sup>th</sup> April. Diabetes awareness session at Pannel Croft Retirement Village for residents and the wider community.
59. 30<sup>th</sup> April. Diabetes awareness session at Trinity Church, Sutton Coldfield for another group of blind and partially sighted people. This was the same venue that I went to on 27<sup>th</sup> February.

## May

60. 1<sup>st</sup> May. Attended the diabetes Transformation Delivery Group meeting of NHS Birmingham and Solihull CCG at Saffron Centre, Moseley Road where I am a diabetes Patient Lead.
61. 4<sup>th</sup> May. Did a diabetes stand at Khembe's annual 'Return to your roots' hair event 11.00 a.m. – 5.00 p.m. at H Suite, Icknield Port Rd. Edgbaston, Birmingham.
62. 8<sup>th</sup> May. Met with Kam Panda at Health Exchange, Moseley Road, Digbeth who wants to 'pick my brain' for ideas around community engagement.
63. 8<sup>th</sup> May. Attended the Diabetes First Wave programme board meeting of the CCG at Attwood House, Birmingham.
64. 13<sup>th</sup> May. Attended the planning group of the Physical Activity and Nutritional Influences in Ageing – PANINI project at the School of Sport, Exercise and Rehabilitation Sciences at the University of Birmingham for a one day conference next month.
65. 13<sup>th</sup> May. A pastor (anonymous) who collapsed, was rushed to hospital and placed on both insulin and Metformin due to diabetes which he had was not aware of, but was drinking several bottles of Lucozade every day, visited our home for an hour to get more advice since his discharge yesterday as I have done three events for his congregation in the past. He mentioned my name to the medical staff at City Hospital and was told that he would be in good hands if he sought my assistance on discharge. Gave him some DUK literature too.
66. 15<sup>th</sup> May. Diabetes awareness session for over 70 student nurses at Birmingham City University, Edgbaston campus.
67. 15<sup>th</sup> May. Visited Queen Alexandra College for the blind in Harborne with the DUK USB memory stick to check its compatibility with their computer system.
68. 16<sup>th</sup> May. Diabetes awareness session for another set of student nurses (over 70) at Birmingham City University, Edgbaston campus.
69. 18<sup>th</sup> May. Did a Diabetes UK stand and was a guest speaker at *An Evening with Michael Willis and friends* for his fundraising transplant ball at Conference Centre of Aston University.

70. 20<sup>th</sup> May. Flew to Toronto from Heathrow airport on Air Canada to visit relatives and do diabetes awareness workshops. Spent the first few days relaxing and sightseeing.
71. 26<sup>th</sup> May. Visited Holy Family Anglican Church and given the opportunity to speak about Diabetes UK and the role of a community champion volunteer.

## June

72. 1<sup>st</sup> June As a columnist for the Phoenix newspaper for the last three years my monthly column was printed in the paper since we are approaching National Diabetes Week.
73. 1<sup>st</sup> June. An article I submitted on diabetes to the editor of the Harborne, Edgbaston and Moseley (HEM) newspaper was printed in that newspaper.
74. 1<sup>st</sup> June. Attended a banquet in Hamilton, Canada and spoke about diabetes.
75. 2<sup>nd</sup> June. Did a diabetes awareness presentation in Brampton.
76. 5<sup>th</sup> June. Did a diabetes awareness presentation for Grace Newsome's senior citizens group in Brampton. Presented with a thank you card with a \$50.00 Canadian note inside which I gave to DUK.
77. 6<sup>th</sup> June. Met with Lance Wilson from Scarborough to discuss diabetes issues pertaining to the black community.
78. 7<sup>th</sup> June. Did a diabetes awareness presentation in Brampton.
79. 8<sup>th</sup> June. Did a diabetes awareness presentation in Brampton.
80. 9<sup>th</sup> June. Spoke at the Holy Family Anglican church again about diabetes to the congregation.
81. 11<sup>th</sup> June. Visited Allston, the birthplace/museum of Sir Frederick Banting who discovered synthetic insulin in 1921 along with his French medical student Charles Best.
82. 11<sup>th</sup> June. Did a diabetes awareness presentation at Holy Family Church in Brampton.
83. 19<sup>th</sup> June. Did a diabetes awareness session at Queen Alexandra College for the Blind in Harborne, Birmingham.
84. 22<sup>nd</sup> June. Did a stall at St. Michael's Anglican Church, Handsworth 11.00 a.m. – 6.00 p.m. as part of the Windrush Day celebrations.
85. 23<sup>rd</sup> June. Spoke at Cannon Street Memorial Baptist Church, Handsworth in their main Sunday service to drum up support for the diabetes awareness event I am doing for them shortly.
86. 25<sup>th</sup> June. Did a diabetes awareness session at Queen Alexandra College for the Blind in Harborne, Birmingham.
87. 26<sup>th</sup> June. Did a diabetes workshop at the Physical Activity and Nutrition INfluences In ageing PANINI) conference at Birmingham University, Edgbaston Park Hotel.

88. 29<sup>th</sup> June. Presented with an award at Malika House, Handsworth by the Sisters Empowerment Group of the Nation of Islam for the community engagement I have been doing on health and well-being.

## **July**

89. 1<sup>st</sup> July. Took DUK posters, balloons and tested the USB memory stick at Extra Care Village, Bournville Gardens in preparation for a forthcoming event that I am doing there.
90. 2<sup>nd</sup> July. Did a diabetes awareness session at the Guide Dog Section in Woodville Road, Harborne for partially sighted and blind people.
91. 4<sup>th</sup> July. Did a diabetes awareness session at Laurel Road, Handsworth for Canon Street Baptist Church.
92. 6<sup>th</sup> July. Visited West Bromwich Albion football ground and networked at the Cancer Well Being Fair.
93. 6<sup>th</sup> July. Visited City Road Baptist Church, Edgbaston, Birmingham for the Gospel and Jazz Festival and networked.
94. 13<sup>th</sup> July. Did a diabetes awareness session for the Nurses Association of Jamaica at Cannon Street Baptist Church, Handsworth, Birmingham.
95. 13<sup>th</sup> July. Had a Diabetes UK stand at the Bethel Health and Healing Network's Summer Carnival Ball at Holte Suite, Aston Villa football ground.
96. 15<sup>th</sup> July. Attended the National Diabetes Prevention Programme Board meeting for NHS Birmingham and Solihull CCG at Wesleyan Building, Colmore Row, Birmingham.
97. 15<sup>th</sup> July. Did a diabetes awareness session at the Queen Alexandra College for the Blind, Harborne, Birmingham.
98. 18<sup>th</sup> July. Did a diabetes awareness session at Clare Court Residential Home, Winson Green, Birmingham.
99. 19<sup>th</sup> July. Did bucket collection at Swan Centre, Yardley, Birmingham 11.00 – 3.00 p.m. for DUK, British Heart Foundation and Cancer Research UK.
100. 20<sup>th</sup> July. Attended Sandwell and Birmingham's Mela in Smethwick Park. Saw Jit another DUK Community Champion at the bus stop and gave him a lift there. Also relieved Jasmin Chowdhury a member of staff at DUK head office of the extra boxes of literature when the event finished at 7.00 p.m.
101. 25<sup>th</sup> July. Had a meeting with Michelle Hemmings in Perry Barr, Birmingham to confirm arrangements for a talk and stand I will be doing at her forthcoming fundraising charity ball.
102. 26<sup>th</sup> July. Did a diabetes awareness session at Bournville Gardens Extra Care Village, Birmingham. Last time I did one there was 27<sup>th</sup> September 2016.

## **August**

103. 15<sup>th</sup> August. Dropped off DUK posters and balloons at City Road Baptist Church, Edgbaston for Pearline Mills forthcoming event.
104. 16<sup>th</sup> August. Dropped off DUK posters and balloons for Michael Stewart of Heathfield Court, Lozells for his forthcoming event.
105. 19<sup>th</sup> August. Wrote a letter to Simon Stevens the CEO of NHS England and NHS Improvement as I raised a question to him in public at last year's 2018 Manchester conference regarding the diabetic retinopathy screening standard letter to patients which mentions nothing about reducing the risk by doing physical activity. One of his staff took my card then and nothing has been heard since.
106. 22<sup>nd</sup> August. Did a diabetes awareness session at Albion Court, Winson Green for elderly residents and care staff.
107. 23<sup>rd</sup> August. Did a diabetes awareness session at Tesco Superstore, Eastgate Road, Bristol for my longstanding friend Yvonne Desouza-Russell.
108. 24<sup>th</sup> August. Did a DUK stall at the mental health and homelessness community fun day on the grounds of Birmingham Cathedral 11.00 a.m. – 4.00 p.m. Jit another Community Champion assisted. I was filmed. and that is on You Tube at <https://youtu.be/G4sCGx6yua4> whilst wearing both my DUK fleece and DUK 'T' shirt in the hot weather to promote the organisation visually and verbally.
109. 25<sup>th</sup> August. Did a diabetes awareness session at Heathfield Court, George Street, Lozells for the residents.
110. 28<sup>th</sup> August. Claire Deeley Senior Communications and Engagement Manager NHS England and NHS Improvement – Midlands, St Chad's Court, 213 Hagley Road, Birmingham signed off a blog that I wrote for the CCG website and social media on my May – June trip to Canada.
111. 29<sup>th</sup> August. Did a diabetes awareness session at Queen Alexandra College for the blind, Harborne, Birmingham.
112. 29<sup>th</sup> August. Dropped off some flyers/balloon at City Road Baptist Church for Pearline Mills for another session she wants me to do in September.

## **September**

113. 3<sup>rd</sup> September. Secured a DUK advert in the October Black History Month magazine which is online and will be printed.
114. 3<sup>rd</sup> September. Interviewed for an hour on the phone by Patricia McCauley the independent researcher for a diabetes project mentioned below after I proactively challenged the cut-off age of 55 with DUK as it could be viewed as age discrimination. After further investigation it was deemed to be a mistake with no upper age limit.

## **Background information**



Cultural Intelligence Hub are doing some insight research with a range of BAME communities on behalf of the NHS.

The purpose of this research is to identify what is already known about diabetes, where there is a lack of awareness or any misconceptions and how best to get key messages to different BAME groups about diabetes prevention, treatment and care. Additionally, they want to understand what could encourage people from these communities to take up the NHS Diabetes Prevention Programme (DPP) and improve diabetes self-care.

As a Community Champion, you work with local BAME communities to raise awareness and provide education on diabetes and risk so have experience and understanding of the barriers and enablers to getting people with and at risk of Type 2 diabetes to make behaviour changes. They would like to get the views of community champions about what could encourage or hinder people from different BAME backgrounds to take up the Diabetes Prevention Programme.

#### What is needed

The researchers are looking to speak to people who are:

- 25-55 years old
- From Black African, Caribbean and South Asian background
- Willing to take part in a 45-60 minute telephone interview (at a time convenient to you).

If you fit the criteria above and are happy for me to pass your name and email to the researchers, please let me know by replying to this email. The researchers will then contact you and may ask you some questions to find out more about you and see if you're a good fit. There is no guarantee that you will be selected to take part as the researchers need to get a good spread of people from different areas and backgrounds. Either way, I'd like to thank you for your interest in helping with this project.

Let me know if you have any further questions.

Best wishes,

Cat

Catherine Romer

Programme Officer, User Involvement

115. 4<sup>th</sup> and 5<sup>th</sup> September. Given a free place at the NHS Manchester Central Expo which I duly attended. NHS Birmingham and Solihull CCG paid for my travel and accommodation. Spoke one to one to Simon Stevens who knew nothing about the August letter that I sent to him with my ongoing concerns about changing the standard template to reflect the need for patients with diabetes to do physical activity. One of his colleagues assured me that the letter is at their office and the issue raised will be looked at in due course. Did some worthwhile networking on both days.

116. 6<sup>th</sup> September. Met with Shaleen Sandhu, my supervisor at Starbucks, Five Ways, Edgbaston. Gave her two more full DUK collection tins.

117. 6<sup>th</sup> September. Attended and was a guest speaker at Michelle Hemmings' fundraising event for her organ donation charity at Castle Bromwich Hall hotel, Chester Road, Castle Bromwich. Had a DUK stand too.
118. 7<sup>th</sup> September. Did a DUK stand at Sister Julie's event, Brasshouse Lane, Smethwick. Was a guest speaker but because one of the other speakers went at short notice to Ghana, given a 20 minute slot instead of the allotted ten minutes.
119. 10<sup>th</sup> September. Attended a Service Users and Carer's Day at Birmingham University in the School of Sports, Exercise and Rehabilitation Sciences 9.30 – 3.00 p.m.
120. 10<sup>th</sup> September. Attended the Birmingham Community Health NHS Foundation Trust AGM at Saffron Centre, Highgate and spoke about needing more interaction from them for their staff and clients on diabetes awareness. Two of the senior managers took my business card and promised to be in contact.
121. 11<sup>th</sup> September. Continuation of the phone interview of the 3<sup>rd</sup> September by Patricia McCauley about diabetes and related issues with reference to her research for the BAME communities.
122. 12<sup>th</sup> September. A retired Asian teacher in Edgbaston wants me to do a diabetes awareness session at her home for Asian women. I met her and went through the DUK programme which she approved.
123. 13<sup>th</sup> September. Met an Asian female doctor at a café in Edgbaston who wants some information on diabetes in preparation for a job interview.
124. 13<sup>th</sup> September. Did a diabetes awareness session at Park Lane Church of God of Prophecy, Handsworth 8.00 – 9.30 p.m.
125. 15<sup>th</sup> September. Spoke at the Perry Beeches Baptist Church Sunday service to drum up interest for the forthcoming event.
  
126. 17<sup>th</sup> September. Met Gaynor Walker, Senior EHI Programme Manager Midlands Region – East of England Region, Equality and Health Inequalities Unit, Nursing Directorate, NHS England and NHS Improvement in New Street, Birmingham as a result of our networking at the NHS Manchester Expo Conference in the summer.
  
127. 17<sup>th</sup> September. Sent to Shaleen Sandhu the email with the compilation of the evaluation forms that I received from Dali Virk of Queen Alexandra College where I did a total of four sessions for staff. (If needed it can be provided).
  
128. 18<sup>th</sup> September. Did a DUK stand 2.00 – 5.00 p.m. with Shaleen Sandhu at Aston University's Envision Launch event specifically targeting Year 11 students from secondary schools in Birmingham.

129. 20<sup>th</sup> September. Did a diabetes presentation at Reminisce Club, Handsworth, Birmingham for Business Action Movement Enterprise.
130. 22<sup>nd</sup> September. Invited to the health and well-being event at Park Lane Church, Handsworth during their Sunday church service. This is a black majority church. Spoke as one of the guest speakers to the congregation having done an event there on the 13<sup>th</sup> September.
131. 24<sup>th</sup> September. Did a diabetes awareness session at John Lewis Hub, Birmingham City Centre for a deaf and hearing impairment group.
132. 25<sup>th</sup> September. Did an hour long phone conference 10.30 a.m – 11.30 a.m. with Gaynor Walker and her colleague Nurj Ali in preparation for a webinar presentation that I am doing for the NHS during October's Black History Month.
133. 25<sup>th</sup> September. Did diabetes awareness session at Beaumont Gardens Common Room, Ladywood 1.00 p.m. – 2.30 p.m. for a group of black elderly citizens who meet there on a weekly basis.
134. 25<sup>th</sup> September. Did a diabetes awareness session at City Road Baptist Church, Edgbaston 7:15 – 8: 45 p.m.
135. 28<sup>th</sup> September. Did a diabetes awareness session at Perry Beeches Church with a healthy breakfast to start.
136. 28<sup>th</sup> September. Did a Diabetes UK stand at Monica Coke's Ball and fund raising event 6.15 p.m. onwards at Tally Ho, Pershore Road, Edgbaston.
137. In the NHS Birmingham and Solihull Clinical Commissioning Group Annual Report and Accounts 2018 -2019 there is an article about Tony on pages 58-59.
138. Quite separately Tony is featured on the NHS Birmingham and Solihull CCG's website encouraging others to become Diabetes UK Community Champion volunteers. <https://www.birminghamandsolihullccg.nhs.uk/get-involved/experts-by-experience>

## **October**

139. 1<sup>st</sup> October. Attended the Adult Social Care event at Tally Ho Conference Centre, Pershore Road, Edgbaston 10.30 – 12.30 p.m. and did some networking.
140. 2<sup>nd</sup> October. Did a Diabetes UK stand at Corporate Black Workers Support Group - Black History Month Market Place held at Birmingham City Council's Woodcock Street offices. 11.30 – 3.00 p.m.
141. 3<sup>rd</sup> October. Did a Diabetes UK stand for a second day at Corporate Black Workers Support Group - Black History Month Market Place held at Birmingham City Council's Woodcock Street offices 11.30 – 3.00 p.m.
142. 5<sup>th</sup> October. Did a Diabetes UK stand at The Official launch of Black History Month Activity Books (2) 12 noon – 7.00 p.m. at New Bingley Hall, Hockley. Also was a speaker on the main platform raising awareness of diabetes.
143. 8<sup>th</sup> October. Did a diabetes awareness event for Come and Meet Each Other (CAMEO) club 10.30 – 12 noon at Six Ways Baptist Church.
144. 9<sup>th</sup> October. Did a diabetes awareness event at West Bromwich African Caribbean Centre, 7.00 p.m. – 9.00 p.m.
145. 15<sup>th</sup> October. Launch of Joan Blaney's cancer book at Fisher House, Queen Elizabeth Hospital and spoke to the assembled gathering about diabetes.
146. 16<sup>th</sup> October. Attended an Introduction to Patient and Public Involvement at Birmingham Medical school and did some networking.
147. 17<sup>th</sup> October. Did a diabetes awareness event for 12 Asian women in Edgbaston with a bring and share lunch.
148. 17<sup>th</sup> October. Released on You Tube <https://youtu.be/G4sCGx6yua4> the interview I did about diabetes whilst wearing both my DUK fleece and DUK 'T' shirt in the hot weather to promote the organisation visually and verbally on 24<sup>th</sup> August in the grounds of Birmingham Cathedral. A You Tube #well being # Mental Health #Birmingham video.
149. 18<sup>th</sup> October. Did a Diabetes UK stand at Royal Orthopaedic Hospital, Northfield, Birmingham 10.00 – 2.00 p.m. as part of their Black History month celebrations.
150. 18<sup>th</sup> October. Did a phone conference with Gaynor Walker and Nurj Ali to finalize the arrangements for the webinar on 23<sup>rd</sup> October.
151. 19<sup>th</sup> October. Did a DUK stand at Bishop Latimer Church Hall, Winson Green, Birmingham 10.00 – 1.00 p.m.
152. 19<sup>th</sup> October. Took an Asian woman who lost her husband 4 months ago to register at Birmingham University gym that I attend as she is worried about her recent diabetic retinopathy screening result and wanted my help to do something about it.

153. 19<sup>th</sup> October. Attended Divali on the Square, at Victoria Square, Birmingham with Jit another Community Champion volunteer to staff a DUK stand.
154. 20<sup>th</sup> October. Did a DUK stand at a Black History Month Family Day, School Street, Wolverhampton in the One Way Youth Zone 12 noon to 7.00 p.m. Edith Hasford a DUK Community Champion volunteer assisted for awhile.
155. 21<sup>st</sup> October. Attended a National Diabetes Prevention Programme Board meeting at Wesleyan Building, Colmore Row, Birmingham.
156. 22<sup>nd</sup> October. Met Dr. Malik diabetes consultant at 171 Niniveh Road, Handsworth to discuss community initiatives as my details were passed to him.
157. 23<sup>rd</sup> October. Did a webinar at Gaynor Walker's office, St. Chad's Court, Hagley Road for NHS staff across the country about community cohesion and community engagement. On air 11.30 a.m. – 1.00 p.m. and participants had an opportunity to engage with me in a Q and A session at the end.
158. 23<sup>rd</sup> October. Attended the first ever public health celebration event 4.00 p.m. – 7.00 p.m. at Birmingham University medical school for Public Participation and Involvement. Did a lot of networking.
159. 24<sup>th</sup> October. Did a diabetes awareness event at Farmer's Walk Sheltered Housing scheme, Ullen Wood, Handsworth. 2.00 p.m. – 3.30 p.m.
160. 25<sup>th</sup> October. Did a diabetes awareness event at Birmingham Community Healthcare NHS Foundation Trust Black History Month Conference 9.30 – 4.30 p.m. at the IBIS hotel Hagley Road, Birmingham. Also did a DUK stand.
161. 26<sup>th</sup> October. Did a 20minute live radio interview on LJ's Newstyle radio for Black History month.
162. 26<sup>th</sup> October. Attended the Midlands Volunteering Conference at the Radisson Blu hotel, East Midlands airport.
163. 27<sup>th</sup> October. Did a DUK stand at Midlands Arts Centre, Edgbaston to promote Black Men Walking 3.00 – 6.00 p.m.
164. 29<sup>th</sup> October. Journey to Leicester with Joan Blaney for a meeting about the prostate cancer comic book that I am editing regarding black men. Took the opportunity to promote diabetes for the group.
165. 30<sup>th</sup> October. Interviewed on Beresford Dawkins radio show, Unity FM radio, Bordesley Centre, Stratford Road, Sparkhill which covers predominantly Asian community.

## November

166. 1<sup>st</sup> November. Did a DUK stand and a presentation at the African Caribbean Centre, Adderley Street, Dudley.
167. 7<sup>th</sup> November. Did a diabetes awareness session at Fordhouses Baptist Church, Winchester Road, Wolverhampton for Black Country Baptist Ministers looking at the spiritual context in relation to health and well-being.
168. 11<sup>th</sup> November. Did a diabetes awareness session at Church of God of Prophecy, 146 Cattell Road, Small Heath, Birmingham which was filmed by Kelly McGinty, Implementation Engagement Officer, NHS Diabetes Programme, NHS England and NHS Improvement, Quarry House, Leeds. The link to the video which has been seen by 1.6v is below.  
<https://twitter.com/NHSDiabetesProg/status/1197927927310106626>
169. 13<sup>th</sup> November. Received a reply from Sarah Burbidge, Business Coordinator on behalf of CEO Simon Stevens which mentioned both the letter I sent to him in August and our conversation at the Manchester Expo and that my suggestion about including physical activity on the letters to patients is being considered.
170. 15<sup>th</sup> November. Attended a meeting with Marcia Perry, Director of Nursing and Therapies, Birmingham Community Health NHS Foundation, Holt Street as she wants me based on what I said at their most recent AGM on the 10<sup>th</sup> September to become more involved with their organisation.
171. 15<sup>th</sup> November. Filmed at the same venue by Alex Evans, Public Engagement Manager of Birmingham Community Health NHS Foundation. The 25 minute edit is below but not the finished film. Told it can remain unedited and full length in some channels such as a future 'Expert Interviews' section of their website but would have some branding added at the start. Other elements will be used in a future shorter film. It can be viewed with a pass word from me <https://vimeo.com/377494950>
172. 16<sup>th</sup> November. Did a DUK stand for the Lions Club, Jubilee Centre, Station Road, Coventry 10.00 – 1.00 p.m. and also did a presentation.
173. 16<sup>th</sup> November. Attended an interfaith community lunch 12 noon – 3.00 p.m. at St. Michael's Church, Handsworth and networked.

174. 19<sup>th</sup> November. Did a diabetes awareness session at Seventh Day Adventist Centre, Warwick Street, Wolverhampton 11.00 – 1.00 p.m. for elderly black people.
175. 20<sup>th</sup> November. Did a DUK stand in Birmingham Prison for staff as part of their health and well being day from 9.00 a.m. to 3.00 p.m. with a break for lunch. Organised by one of the Governors Pat Brown who was given my details by a Community Worker Ricky Dehaney who works with inmates in that prison.
176. 22<sup>nd</sup> November. Met Laura Chapman, Public and Patient Involvement Manager at Birmingham Medical School and Ian Soady Chair of the liver group who want to work with me on community engagements and cohesion in order to get a better representation of black people/patients in research, etc
177. 26<sup>th</sup> November. Met Michelle Hemmings a lung transplant survivor at her parents' home in Perry Barr as she developed steroid induced diabetes and is struggling with it. Gave her some practical advice and suggested she have a more in-depth discussion with her dietician and GP
178. 27<sup>th</sup> November. Did a DUK stand at St. Mauth Trust, Bordesley Centre for Communitas Health 10.30 – 2.30 p.m.
179. 28<sup>th</sup> November. Due to major supply issues of DUK material and having almost none went to the regional office in Wolverhampton to collect some as a matter of urgency.
180. 30<sup>th</sup> November. Attended the 6th senior citizens award ceremony organised by Marcia Reid of Vision2 reality at Rowton hotel, Alcester Street, Digbeth with my wife where she and her team honour black people who volunteer their services in the community. Took DUK goody bags for the guests. Won the Health and Well- being Community Champion Award. Also was a guest speaker on the programme.
181. 2<sup>nd</sup> December. Did a diabetes awareness session at Elliot House Approved Bail hostel for staff and residents, near to Cannon Hill Park, Edgbaston.
182. 2<sup>nd</sup> December. Attended the Hanover and Wolverhampton Link Project meeting, Heritage Centre, Clifford Street, Wolverhampton to finalise the session I am doing there on the 10<sup>th</sup> December.
183. 3<sup>rd</sup> December. Did a diabetes awareness session for nurses and health care professionals at Marriot Hotel, Five Ways, Edgbaston 6.00 p.m. which started with supper and finished at 9.30 p.m. NB. After it has been cleared a cheque for £200.00 (two hundred pounds) will be sent to me for DUK
184. 4<sup>th</sup> December. Attended an introductory meeting with Dr. Ian Maidment and Dr. Kay Wood at Aston University who want me to educate in the New Year the pharmacy undergraduate students. Date set is 11<sup>th</sup> February 2020.



185. 6<sup>th</sup> December. Collected from DUK regional office some more supplies for events as still not received any from head office due to technical problems.
186. 6<sup>th</sup> December. Did a DUK stand at a Black Business Network event at Heritage Centre, Wolverhampton and drummed up further support for the event I am doing there in a few days time.
187. 7<sup>th</sup> December. Did a DUK stand at a charity fund raising event Abberley Street, Dudley for homelessness. Also did a talk as one of the guest speakers.
188. 7<sup>th</sup> December. Did a pre-recorded one hour interview with the Godfather on Skyline radio to be broadcast tomorrow Sunday 8<sup>th</sup> during his show, available <https://m.mixcloud.com/Monster77/tony-kelly-talks-to-the-godfather-about-diabetes-in-your-life-live-interview-8dec2019/>
189. 10<sup>th</sup> December. Did a diabetes awareness session for the Hanover and Wolverhampton Link project at Heritage Centre, Clifford Street, Wolverhampton.
190. 16<sup>th</sup> December. Received from Alex Evans the video of the filming that she did on the 15<sup>th</sup> November . (See 171).
191. 18<sup>th</sup> December. Presented as a guest speaker at a diabetes conference entitled *Attendance and Engagement with Physical Activity and Exercise for diabetics* at University of East London, Stratford campus and also did a diabetes awareness session.
192. 18<sup>th</sup> December. Whilst on the homeward bound journey from London received an email from Adeola Agbebiyi of Newham Borough Public Health England section who attended the conference and booked me in the New Year to do some motivational work.
193. 18<sup>th</sup> December. Nirmal Lotay a retired nurse who attended the conference sent me an email saying she has told all her contacts to look at one of my diabetes videos as she really likes my approach.
194. 19<sup>th</sup> December. Submitted as requested a 800 word article on diabetes for Shirley McGreal *Keep The Faith* website and magazine which will be published and be online in the New Year with the DUK logo.
195. 19<sup>th</sup> December. Began correspondence with Dr. Andrea Melchior who leads on diabetes at Springfield Medical Centre as Philomena Gales Senior Integration Manager – Long Term Conditions diabetes at the NHS Birmingham and Solihull CCG I am a diabetes patient leader. She introduced me to him via email as someone who is passionate about community engagement. To be continued in the New Year.