



Dear parents and carers

Do you have a young person aged 15 – 19 with type 1 diabetes?

Would they like the opportunity to participate in an exciting new project working with young people with type 1 in Botswana?

Are they enthusiastic? A team player? Willing to embrace new experiences?

If so this could be the project for them!

During the Easter Holidays 2019, the network will be taking a group of young people with type 1 diabetes and a team of diabetes health care professionals to Gabarone in Botswana to undertake a partnership project with Botswana Diabetes aimed at improving diabetes outcomes for the young people from both countries.

This is a unique opportunity for your son / daughter to travel to an exciting new country, to experience a different culture and to make friends and share experiences with other young people with type 1 diabetes.

What will the project involve?

The project will last 10 days in total. During this time the young people will participate in a diabetes education camp which will be led by Botswana Diabetes, with input from the health care team from the UK. At this camp they will have the opportunity to share their experiences of growing up with type 1 with the young people from Botswana. Together the young people will learn about the others culture and what it means to be a young person with type 1 in that country. They will attend sessions aimed at helping them all to become more independent in the management of their diabetes and they will undertake a series of exciting team challenges together.

Following the camp, the young people will spend some time in the capital, Gabarone, where they will work together with their new friends from Botswana to decorate the children's diabetes clinic. During this time they will also have the opportunity to go on safari and to see some of the amazing wild life that Botswana is famous for.

The young people will be supervised by the diabetes health care volunteers from the UK at all points during the project.

A group of the health care professionals from the UK will also use the time that we are there to deliver an education conference on diabetes for all diabetes health care professionals from across Botswana. There is currently no formal education programme on childhood diabetes for the teams



that support young people with type 1 in Botswana and therefore this is a brilliant opportunity for teams from both countries to come together to share experience and best practise.

Botswana

Botswana is a land locked country located in Southern Africa. Formerly the British protectorate of Bechuanaland, Botswana adopted its new name after becoming independent within the Commonwealth on 30 September 1966. Since then, it has maintained a strong tradition of stable representative democracy, with a consistent record of uninterrupted democratic elections and the best perceived corruption ranking in Africa since at least 1998.

Botswana is topographically flat, with up to 70 percent of its territory being the Kalahari Desert. It is bordered by South Africa to the south and southeast, Namibia to the west and north, and Zimbabwe to the northeast.

A mid-sized country of just over 2 million people, Botswana is one of the most sparsely populated countries in the world. Around 10 percent of the population lives in the capital and largest city, Gaborone. Formerly one of the poorest countries in the world—with a GDP per capita of about US\$70 per year in the late 1960s—Botswana has since transformed itself into one of the world's fastest-growing economies. The economy is dominated by mining, cattle, and tourism. Botswana boasts a GDP per capita of about \$18,825 per year as of 2015, which is one of the highest in Africa. Its high gross national income (by some estimates the fourth-largest in Africa) gives the country a relatively high standard of living and the highest Human Development Index of continental Sub-Saharan Africa.

Botswana is considered as a safe country to visit due to its stable political situation and lack of corruption. According to the Foreign and Commonwealth Office attacks on tourists are rare.

At the time of travel the temperature in Botswana will be in the 20s. While English is spoken as an official language, Setswana is their national language and we will be learning some key phrases before our arrival. Gaborone is a fairly modern city and most foods are available. The natives of Botswana are very hospitable and will regard helpfulness and good manners highly.



How do I apply?

If your young person is interested in participating in joining us on this amazing adventure they need to complete the online application form which can be found at:

<https://www.eofediabetesnetwork.co.uk/botswana-partnership-project/>

This asks them a lot of in-depth questions about why they would like to participate in the project. They will also need to provide supporting references from their diabetes team and someone who knows them well at school.

The deadline for submitting an application is Friday 23rd March.

Once all applications have been received, the project team will go through them and will invite selected candidates to an assessment day at the National Trust Activity Centre at Brancaster on **Monday 9th April**. During this day the young people will attend interviews with key members of the team. They will also be asked to participate in team challenges so that we can see how they respond to various situations and challenges.

Your young person **MUST** be available to attend this selection day on 9th April if they wish to be considered for the project.

Following on from this assessment day we will then choose the best matched team to join us on the project. We are hoping to be able to select 10-15 young people to participate in the project.

How much does it cost?

Once your son / daughter have been offered a place on the project we will require you to pay a £500 deposit to secure their place on the trip and to demonstrate their commitment to the project.

Financial assistance with the deposit can be offered to families who meet a defined set of criteria.

The total cost of participating in the project is £2500 per person. As part of the challenge we are asking the young people to fundraise to achieve this total.

The best things in life often aren't free. Earning it is part of the satisfaction you'll feel when you finally get on expedition. The amount you need to raise may sound daunting at first – but you will have 12 months to achieve this. It will help to set your fundraising goals into sections for different events so it becomes more manageable. Every one of you can do this, and you will all have different ideas and strengths. We know you will flourish in the challenge, and with every donation due to your efforts you'll feel immensely proud. Furthermore, you are not alone! We are all a team working to the same goal.



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We're here to help you do it because we know you can. We can't tell you how you'll do it but we've got lots of hints and tips to share with you to help you get there. One of the first things we do when you have been selected for the project is to invite you to a fundraising master class with the experts from Addenbrookes Charitable Trust.

You will be fundraising not only to cover your flight, accommodation and food, but also fundraising to contribute our efforts to support the diabetes camp in Botswana and to take over some well needed supplies and resources.

In the past the diabetes camp in Botswana have hosted around 60 young people aged between 7-20, but only occur if funds can be found. Some families in parts of the country have no fridges, and have to travel to clinic twice a day to receive their insulin. One of our fundraising aims is to fund for Frio bags which are lightweight cooling bags specifically designed to keep insulin cool in the heat. This would enable families to keep their insulin safe during the day, both at home and at school.

Any questions?

If you have any questions that you would like to ask before your young person makes the decision to apply then please do not hesitate to give me a call on 07977442060.

We are very excited that we have this opportunity to work with our colleagues in Botswana to provide the young people from both countries with this unique opportunity to come together for a life changing experience which we hope will improve the experience of living with type 1 for all involved. We hope that your young person will consider joining us.

Kind regards

Kate Wilson

Manager – East of England Children and Young People's Diabetes Network