

Appendix 1: Peer supporter training [posted as supplied by author]

The peer supporters attended two evening training sessions, which were conducted by GMP and KK. The training sessions were held in four different venues to facilitate the peer supporters. The content of these sessions is outlined below:

Session 1

- Introduction to the project
- Role of the peer supporter
- Basics of type 2 diabetes
- Complications of type 2 diabetes

Session 2

- Lifestyle and medication issues
- Communication skills and working with groups
- Role play
- Confidentiality
- Support for the peer supporters

The two sessions focused on the materials used during the group meetings and peer supporters each received a Peer Supporter Handbook and resource material to support these training sessions