Game of Thrones actor, Gethin Anthony supports Groundswell campaign launch to help people experiencing homelessness manage diabetes and other long-term conditions

Tuesday 11 June, 2024

- **Groundswell is a charity dedicated to tackling health inequality and changing the stark reality that average life expectancy for a person experiencing homelessness is just 44, often from manageable long-term conditions like diabetes.**
- **This Diabetes Awareness Week, Groundswell is launching a campaign to help people address long-term health conditions such as diabetes, regardless of their circumstances.**
- **To mark the launch, Groundswell has hosted a conversation between Game of Thrones actor Gethin Anthony and Homeless Health Caseworker Mark Leonard, who discuss homelessness, health and their experiences of diabetes.**

More than one in five people experiencing homelessness live with diabetes*, often managing the disease with little support or access to health services.

This Diabetes Awareness Week (June 10th-16th) Groundswell, a charity dedicated to tackling health inequality, is launching a campaign to help people address long-term health conditions such as diabetes, regardless of their circumstances. To mark the launch, the charity is hosting a conversation between actor Gethin Anthony (Game of Thrones, Aquarius, Warhol) and Homeless Health Caseworker, Mark Leonard, who discuss their experiences of diabetes.

Mark said: “I remember vividly when I came across a chap who had type 1 diabetes, was rough sleeping, and he shared with me that he stored his insulin in a local canal in Camden to keep it cold. Through Groundswell we managed to get him into accommodation, and now he has a fridge. Knowing we can help people in situations like this is heartwarming.”

Mark is part of Groundswell’s Homeless Health Peer Advocacy (HHPA) team, which helps people experiencing homelessness get the care they need. The team can register people with a GP, make and attend appointments with them, or refer people to other services.

In the last year alone, Groundswell’s Homeless Health Peer Advocacy team in London has:

- Supported over 500 people experiencing homelessness to manage their health better
- Helped people to attend more than 2,300 vital health appointments
- Run over 280 health events at hostels and day centres.

Actor Gethin Anthony, ambassador for Groundswell, said: “We have a healthcare service in this country that everyone should have the right to use. Managing diabetes is hard when you have all the options in the world. If you’re homeless, it becomes exponentially harder.

“The work Groundswell does saves lives, and changes lives for the better. Make a donation if you can because it’s incredible, incredible work.”

Michael Chandler, Groundswell CEO, said: "Everyone has the right to good health. Yet, people experiencing homelessness are not always able to access the life-saving healthcare they need, which is why our Homeless Health Peer Advocacy team do such vital work in addressing this. Homelessness is a health issue, and we know people are dying from manageable long-term conditions, with diabetes being one of them. It's essential we reverse this trend."

To donate: https://bit.ly/4aRAKDn

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