Patient and Public Involvement (PPI) is active partnership with patients and members of the public to plan, manage, design and carry out research. Involving those with lived experience of a health condition and health services, brings expert insight and different knowledge. Researchers gain deeper understanding of the condition, improving research and ensuring it is relevant. PPI increases public awareness and accountability of research, which is often publically funded.

The Diabetes PPI Panel brings together those living with diabetes, their partners or carers with researchers. The group has evolved over the years and now has more than 50 members with a wide range of experience, both in research and in life. Researchers interact with the group at various stages of the research cycle, either at face-to-face meetings or electronically, including:

- Early phase - to gauge interest, guide development of the project and recruit steering group members.
- Grant writing - to assist with lay summaries and comment on details of proposed protocol.
- Recruitment - for advice or support to boost recruitment.
- Report-back - on project completion.

It has been a 2-way road: Panel members positively contribute to the direction and quality of research in **OCDEM**, and researchers are able to access lay input for their projects. There are some real experts in the panel who have sat on funding panels and been involved in priority-setting groups, as well as lived experience of diabetes and research participation.

This has been beneficial, particularly to junior researchers, providing an insight into how research funding is allocated and the importance of presenting research clearly to lay individuals.