

The Allergy 250K camps have a positive impact on the campers. Evaluation of the camps shows that they also have a positive impact on the peer mentors, health professional volunteers and food service providers.

Benefits for teen campers:

- Connecting with other teens living with severe allergies.
- Not feeling different – being able to eat the same food as everyone else and enjoying it.
- Learning about how to manage their severe allergies.
- Having informal conversations with health professionals, helping them to be more confident in future medical appointments.
- Being independent of their parents and having a positive experience.
- Making long term friendships.
- Connecting with, and learning from, peer mentors.

After attending the Allergy 250K camp, campers reported their confidence was increased 'very much':

	n/n	%
• About being away from home for extended periods of time	30/68	44
• When attending other camps	28/68	41
• When choosing foods being prepared by someone other than my parents	45/68	66
• Telling other people my age about my allergy	43/68	63
• Telling adults, other than my parents about my allergy	45/68	66
• Talking to my friends about my allergy, and explaining to them how to use my adrenaline injector	35/68	51
• In managing my anxiety about my food allergy	33/68	48
• To be more responsible for managing my allergy, rather than leaving this all to my parents	48/68	70



Benefits for peer mentors:

- Connecting with other young adults living with severe allergies.
- Being able to eat the same food as everyone else and enjoying it.
- Learning about how to manage their severe allergies.
- Having informal conversations with health professionals.
- Making long term friendships they refer to as their 'peer mentor family'.
- Feeling good about being part of a program that helps young people living with severe allergies.
- Learning peer mentor skills.



The Allergy 250K camps aim to engage with young people over a short time but have a long term positive impact. The campers engage in activities where they support each other.



Benefits for camp food service staff:

- Learning from allergy dietitians about how to prepare food for campers with food allergies.
- Connecting with a local allergy dietitian.
- Learning how to adapt recipes for campers with food allergies.
- Learning about food products available for people with food allergies.
- Learning how to use the All about Allergens resources.
- Helping dietitians understand the challenges of food provision for campers with food allergies.



Benefits for health professional volunteers:

- Gaining insight about the impacts of living with severe allergies, particularly food allergies.
- Having a greater understanding of the day-to-day challenges of living with severe allergies, particularly food allergies.
- Having informal conversations with campers.
- Learning how to adapt recipes and about food products for campers with food allergies (dietitians).
- Feeling good about being part of a program that helps young people living with severe allergies.

Four Allergy 250K camps were held between November 2019 and March 2023. The Allergy 250K camps were held in the Mornington Peninsula (Victoria), Adelaide Hills (SA), Perth (WA) and the Sunshine Coast (QLD).

Camp location	Number of school aged teens	Number of peer mentors	Number of health professional volunteers
Mornington Peninsula, Victoria	17	5	5
Adelaide hills, South Australia)	19	6	4
Perth, Western Australia	13	8	7
Sunshine Coast, Queensland	19	9	6

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