

HEALTH HAPPENINGS



from Diabetes Australia-NSW

Issue 4 March 2006

NEW RESOURCES · SERVICES · COMING EVENTS · OTHER NEWS · NEWS FROM THE REGIONS

The Health and Education Division at Diabetes Australia-NSW produces Health Happenings to provide you with an update of new resources, current services and programs at Diabetes Australia - NSW. Please refer to the Health Professionals Resource Order Form or call our Customer Care Line on 1300 136 588 to order resources or to speak to a Diabetes Educator, Dietitian or an Exercise Physiologist.

NEW RESOURCES

Caring for the Elderly with Diabetes Resource Folder

This resource sponsored by Novo Nordisk has been developed to provide information to those people caring for elderly people with diabetes in care facilities. It covers the basics of diabetes management.

To launch this resource half-day seminars will be conducted throughout 2006 in NSW. The cost to attend a seminar is \$12 per person.

Seminars will be held in:

- Merimbula - 12 April
- Maitland - 2 May
- Wollongong - 4 May
- Coffs Harbour - 18 May
- Central Coast - 7 June

Further seminars will be held in Wagga Wagga, Dubbo and the Sydney Metropolitan area in the second half of 2006. The seminars are open to all residential care staff.

A free copy of the resource will be available for all Aged Care Facilities attending the seminar. Additional copies of the resource can be purchased for \$25.

For further information or to register your interest, please contact Fiona Gardner on 02 9552 9902.

Siblings Day Workshop Manual - Coming Soon!

This manual is a guide to planning and conducting a day for siblings of children with type 1 diabetes. Written by Lucy Cutler, Clinical Psychologist (formerly of The Children's Hospital at Westmead), Angie Middlehurst, Paediatric Diabetes Educator and Melinda Morrison, Paediatric Diabetes Dietitian from Diabetes Australia-NSW with assistance from Sarah Lam, Clinical Psychologist Royal North Shore Hospital. The Manual will be available from Diabetes Australia-NSW soon, contact Monica Smith on 9552 9965 or email monicas@diabetesnsw.com.au to register your interest.

Sharps Disposal Survey

As a result of ongoing feedback from various sources across the state Diabetes Australia-NSW identified a need to assess and review sharps disposal facilities. In order to address this issue a survey was put together and sent out to people with diabetes and Health Professionals statewide late last year. In order to obtain the relevant information it was important that we receive a majority response, which we did. We would like to thank all those who responded promptly, your responses have been very useful. The winners of the incentive awards have been notified.

A list of pharmacies providing sharps collection is available on the Diabetes Australia-NSW website www.diabetesnsw.com.au click on "About Diabetes", then "Living Well with Diabetes", then "Sharps Disposal". If you are experiencing difficulty locating a sharps disposal facility, call Diabetes Australia-NSW on 1300 136 588 or the local council.

Revised Sharps Disposal Flyer

The flier entitled 'What You Need to Know about Community Sharps Disposal' has been revised by Diabetes Australia-NSW and NSW Health. The flyer (copy enclosed) outlines what community sharps are, why they are a concern and also informs people how to safely dispose of them. These flyers are available free of charge to health professionals and are available by contacting the Customer Care Line on 1300 136 588.

SERVICES

Diabetes Faxback

Providing education and information for patients with pre-diabetes or diabetes is as simple as ticking a box - if you have a Diabetes Australia-NSW Diabetes Faxback pad.

The Faxback forms can now be downloaded from the health professional resource section of the Diabetes Australia-NSW website www.diabetesnsw.com.au

or http://www.diabetesnsw.com.au/health_pro_pages/resources_for_health_pros.asp

To obtain a hard copy of the Diabetes Faxback pad simply fax your practice and postal details to 1300 139 342 or call 1300 136 588 within NSW (or 02 4929 6970 from outside NSW).

COMING EVENTS

Epping Club Education Sessions

Diabetes Australia-NSW has joined with Epping Club to hold two education sessions to members of the general public in the Epping Area. These sessions will include education by a Diabetes Educator, Dietitian and an Exercise Physiologist. The first session will be a morning session on Tuesday 21 March. Refreshments will be provided. There is a fee of \$5 to attend these sessions. For further information contact the Epping Club or Diabetes Australia-NSW on 1300 136 588.

Diabetes Action Seminars

Last years Diabetes Action seminars were very successful with more planned for 2006. These sessions provide education for people with diabetes, pre-diabetes or those with an interest in diabetes and its prevention and management. For 2006 we will be holding these sessions in:

- Blacktown - May
- Fairfield - June
- Minto - August
- Penrith - October

A diabetes educator and dietitian from Diabetes Australia-NSW provide the sessions, which run for two hours. Refreshments are available during morning registration and there is a short break in the middle. These sessions are free to members of Diabetes Australia-NSW and \$5 for non-members. For more enquiries contact Diabetes Australia-NSW on 1300 136 588.

Healthy Supermarket Tours

Healthy Supermarket Tours are back in 2006! For just \$12.00 for Diabetes Australia-NSW members (or \$18.00 for non-members) participants learn how to read food labels, make sense of health claims, make healthy food choices and receive a 'showbag' full of information. All tours in the Sydney metro area are conducted at **Woolworths Supermarkets**. For more information and/or to make a booking, please call 1300 136 588

STORE	DAY	DATE	TIME
East Gardens <i>Bunnerong Rd Pagewood</i>	Tuesday Wednesday	9 May 6 September	10-12noon 7-9pm
Frenchs Forest <i>Forest Way Shops</i>	Monday Monday	15 May 18 September	10-12noon 7-9pm
Hornsby <i>Westfield Shopping Centre</i>	Wednesday Friday Wednesday	12 April 1 September 25 October	10-12noon 10-12noon 7-9pm
Kellyville <i>Wrights Rd</i>	Tuesday Wednesday	4 April 4 October	10-12noon 10-12noon
Parramatta <i>Westfield Shopping Centre</i>	Thursday Tuesday	1 June 31 October	10-12noon 10-12noon
Rockdale <i>Rockdale Plaza Drive</i>	Tuesday Wednesday Thursday	23 May 23 August 9 November	10-12noon 10-12noon 7-9pm
Blacktown <i>Westpoint Shopping Centre</i>	Thursday	8 June	10-12noon
Campbelltown <i>Coles – Queen Street</i>	Tuesday Wednesday	9 May 13 September	10-12noon 7-9pm

Supermarket tours will be held in regional areas of NSW later in 2006. Tour dates will be posted on the Diabetes Australia-NSW website when confirmed. Log on to www.diabetesnsw.com.au

Great Australian Bite – April 2006

In April 2006, The Great Australian Bite (GAB) will turn 5 years old! Help us celebrate – come join the party!

The Great Australian Bite is a national community participation event held each year in April. Simply by hosting a 'bite' to eat with friends, family or workmates and asking them to make a tax-deductible donation, our hosts and their guests make a vital contribution to the fight against diabetes.

For further information access the new website www.greataustralianbite.com.au

Camps for Kids and Teens with Type 1 Diabetes

These camps, run by Diabetes Australia – NSW are a great way for children and teenagers to meet their peers with diabetes in a safe and relaxed environment. Camp provides a balance between fun activities and learning skills to help manage diabetes. All children with diabetes are encouraged to attend at least one diabetes camp. This will provide reassurance for both child and parent in preparation for attending school camps.

Junior Camp – Tea Gardens

When: 23 - 27 April 2006

Who: 8 – 13 years

Contact: Angela Blair, Diabetes Australia –
NSW Hunter Region Ph: 02 4929 6970

South Coast Junior Camp- Koloona

When: 8-12 October 2006

Who: 10-13 years

Contact: Tammy Makin, Diabetes
Australia-NSW Southern Region Ph: 02
4442 3976

Theme Park Camp - Gold Coast

When: 3 - 8 October 2006

Who: 14 - 16 years

Contact: Angela Blair, Diabetes Australia –
NSW Hunter Region Ph: 02 4929 6970

Lions Kids Camp - Grose Vale

When: 15 - 17 September 2006

Who: 4 - 9 years with a parent or carer

Contact: Angie Middlehurst, Diabetes
Australia-NSW Ph: 02 9552 9962

NEW!! Camps for Young Adults with Diabetes

Two weekend getaways for young adults with diabetes aged 18 – 30years will be held in picturesque locations in the Hunter region of NSW. For further information contact Angela Blair, Diabetes Australia-NSW Hunter Region on 02 4929 6970.

New Education Sessions at Rockdale & Merrylands

For a fresh look in 2006 our previous education sessions at Glebe and Wentworthville have ceased with new sessions starting in Rockdale and Merrylands. These sessions are for people with diabetes, pre-diabetes or those with an interest in diabetes. Session topics vary and presenters alternate between a Diabetes Australia-NSW dietitian or diabetes educator. All sessions start at 10am with light refreshments followed by a 1 hour education session from 10:30am-11:30am. Entry is free to members of Diabetes Australia and \$5 for non-members. Bookings are essential and can be made by calling 1300 136 588.

Topics	Merrylands Merrylands Community Centre 17 Miller St	Rockdale Salvation Army Conference Centre 432 West Botany St
What's new in diabetes	Monday 3 April	
Eating for a healthy heart	Monday 5 June	Tuesday 6 June
Looking after your diabetes	Monday 7 August	
Diabetes and your eyes, guest speaker Sue Nam Optometrist		Tuesday 5 September
Eating well and exercise for strong bones, guest speaker Brooke Shirlaw Exercise Physiologist	Monday 4 September	Tuesday 7 November
Blood Glucose monitoring/ meters	Monday 6 November	

OTHER NEWS

Free Exercise Program for Patients with Pre-diabetes

Diabetes Australia - NSW (Glebe) is the venue for a new study looking at the effects of exercise and lifestyle change on pre-diabetes.

All participants will receive moderate intensity physical activity (both resistance and cardiovascular) at the Diabetes Australia–NSW gymnasium under the supervision of tertiary qualified Exercise Physiologists.

Participants also receive:

- Initial testing where baseline physical data will be collected.
- A home based exercise program designed and monitored by an Exercise Physiologist.
- Physical activity and dietary education sessions to be provided by Diabetes Australia staff members every 4-6 weeks.
- Final testing at 34 weeks.

The inclusion criteria to gain entry into the study are that participants must:

1. Have had a recent Oral Glucose Tolerance Test (OGTT) with one or both of the following results:
 - OGTT between **7.8** and **11.1**mmol/L
 - Fasting glucose between **6.1** and **7**mmol/L
2. Be aged between 18-80 years
3. Know their most recent cholesterol test results
4. Be free of serious co-morbidities (e.g. Uncontrolled hypertension)

The results of this research will be used to plan the design and development of a free, physiologically effective physical activity intervention that can be easily implemented into a community setting. All patients interested in participating will require medical clearance prior to enrolment. Regular feedback will be provided to the referring GP on the patients' progress. For further information on this study including how to refer patients to the exercise groups please contact Wendy Salabay or Daniel Tait on 1300 136 588 or by email danielt@diabetesnsw.com.au

Gestational Diabetes Post-Natal Health & Lifestyle Survey

Diabetes Australia-NSW Dietitian Melinda Morrison is conducting a post-natal health and lifestyle survey of Australian women as a component of her research at the University of Newcastle with Dr Clare Collins and Dr Julia Lowe. The aim of the survey is to gather information about the diabetes education received during and after pregnancy, risk factors for type 2 diabetes and the lifestyles of women with GDM in the post-natal period. Following the survey pilot with Diabetes Australia-NSW GDM members, the survey will be administered to women across Australia who have been diagnosed with GDM in the past 3 years. It is hoped that the survey will provide information that will assist with reducing the risk of the future development of type 2 diabetes in this high-risk group. For more information about the survey contact Melinda Morrison at Diabetes Australia-NSW on melindam@diabetesnsw.com.au This project is supported by a DAA Unilever scholarship.

Diabetes Australia-NSW Nominee IDF Youth Ambassador Program

Twenty-one year old social work student Alison Hegerty from Kempsey has been nominated by Diabetes Australia-NSW to be considered for an international youth delegation being formed by the International Diabetes Federation (IDF). The IDF has collected nominations from its 190 member organisations around the world and will choose 25 people from these to form a group to travel to the IDF World Congress in South Africa in December. The Ambassadors will support the IDF-led initiative to pass a United Nations resolution on diabetes and obtain UN recognition for World Diabetes Day. Alison was diagnosed with type 1 diabetes when she was 16 months old. As a young adult she has been actively involved in

her local area with diabetes fundraising activities and speaking about her own experiences. Diabetes Australia-NSW is proud to support Alison's application to become an IDF Youth Ambassador and is eagerly awaiting news of the decision.

NEWS FROM THE REGIONS

Diabetes Australia – NSW have Regional Resource Centres located in Newcastle and Wagga Wagga. In addition we have Health and Education staff located in the Central West, Hunter, South Coast and the Southern Highlands regions of NSW. These staff work with local health professionals and the existing Diabetes Australia Support Groups (Branches) to support local services where possible.

Hunter – Regional Resource Centre

Angela Blair
Diabetes Educator
Phone: 02 4929 6970
angelab@diabetesnsw.com.au

South Coast

Tammy Makin
Diabetes Educator
Phone: 02 4443 2976
makint@bigpond.com.au

Wagga Wagga – Regional Resource Centre

Ian Kerr
Business Officer
Phone: 02 6971 8400
iank@diabetesnsw.com.au

Clair Stevens
Diabetes Dietitian
Phone: 02 4441 8595 or 0410 624 053
clairs@diabetesnsw.com.au

Southern Highlands

Diana Collins
Diabetes Educator
Phone: 0416 110 875
dianac@diabetesnsw.com.au

Central West

Lesley Wilcox
Diabetes Educator
Phone: 0416 036 648
lesleyw@diabetesnsw.com.au

Kerry Porter
Diabetes Educator
Phone: 02 6332 6646
k.porter@cwdgp.org.au

Diabetes Australia–NSW Health Professional Membership

Diabetes Australia–NSW has a Professional Partner Program, which was developed to provide practical support to health professionals including the latest diabetes information and material.

Benefits of the Professional Partner Program include:

- “*About Diabetes – Education and Nutrition*” CD-ROM upon joining, containing a library of 32 fact sheets - 19 on diabetes management and 13 on nutrition
- ‘*Diabetes Management Journal*’ distributed four times a year
- Members discount on educational resources
- Members prices at all Diabetes Australia – NSW seminars, forums and events.
- Certificate of Health Professional Membership
- All other regular member benefits of Diabetes Australia – NSW such as the quarterly magazine *Conquest* and NSW journal, *ISSUES* – plus member product discounts (10%).
- Updated CD-ROM upon renewal each year

Membership is available for either individuals or organisations. For further information contact the Diabetes Australia – NSW Member Services Department on 1300 136 588 or visit www.diabetesnsw.com.au and click on the ‘Health Professionals’ tab.