



diabeteswa

Freedom from Diabetes

annual review
2007



About Diabetes WA

Our vision is freedom from diabetes.

Diabetes WA is a member based organisation working for people with, affected by and at risk of diabetes.

We understand that being diagnosed with diabetes can be a confusing time for people and their families, and that living with the disease changes people's lives in so many ways.

That's why we stand up for the interests of people with diabetes by campaigning for greater awareness and understanding of the impact of diabetes, while providing on-going practical advice, support and education to help people live well through self-management of their diabetes.

It is also why we work so hard to raise awareness of the risk factors of type 2 diabetes and to motivate people to make lifestyle changes to avoid, or at least delay, its onset.

Our vision is freedom from diabetes.

To us this means:

- Creating personal freedom from diabetes by providing a range of services that make living with diabetes easier;
- Creating freedom from the 'stigma' of diabetes by reducing discrimination and bringing about greater acceptance, support and equality for people with diabetes;
- Creating individual freedom from diabetes by supporting research for improved treatments that enable a freer lifestyle, and the eventual cure for diabetes; and
- Creating community freedom from diabetes by delivering programs that develop a healthy and informed community, reducing the incidence and prevalence of diabetes.

Our work has one single focus – to minimise the impact of diabetes.

We will achieve this by providing:

- Support – presenting the human face of diabetes and simply being there for our members and all Western Australians affected by diabetes.
- Information – being the best possible source of diabetes information for people with, affected by and at risk of diabetes that we can.
- Education – delivering diabetes and general health and well-being education for people with diabetes, people at risk of diabetes and the broader community.
- Prevention – offering a range of strategies to prevent the onset of type 2 diabetes.
- Access – collating and delivering affordable products and services that make being diagnosed and living with diabetes easier.
- Advocacy – providing a single, clear voice for people with, and affected by, diabetes.
- Research – promoting and supporting research into diabetes, its complications, impacts, treatments, management strategies and, ultimately, a cure.
- Leadership – continually building and proving our position as the lead body for diabetes in Western Australia.

In order to achieve all of this, securing funds is crucial.





Bill Coleman

President's Message

It is estimated that 275 Australians develop diabetes every day.

The Australian AusDiab study shows that over 1.5million Australians have diabetes and that, worryingly, half of the cases of type 2 diabetes remain undiagnosed.

In addition, an alarming number of Australians aged 25 and above already have significant risk factors for developing type 2 diabetes.

In both human and economic terms, diabetes is one of the country's most costly diseases. It is the leading cause of kidney failure, accounts for 70% of all lower limb amputations, and is the most common cause of blindness in people under the age of 60. It is a major risk factor for heart disease, stroke, and birth defects. If unmanaged it shortens average life expectancy by up to 15 years and costs Australia over \$6 billion annually in health-related expenditure.

While the risk of type 2 diabetes can be reduced by up to 60% by maintaining a healthy weight, being physically active and following a healthy eating plan, it is estimated that by 2030 as many as 3.3 million Australians will be diagnosed with the condition.

These alarming statistics are what spur on all of us here at Diabetes WA.

I am honoured to have spent the last year as President of this amazing organisation, working alongside my fellow Board members and our CEO, Liz Kerrigan Benson, to lead an incredible team of professionals – both paid staff and volunteers – who work tirelessly to minimise the impact of diabetes.

It has been a hectic year full of many challenges and great success. A key highlight has been Diabetes Australia signing an agreement with the Australian Government to continue administering the National Diabetes Services Scheme (NDSS) until 2011. The NDSS is a lifeline for so many people with diabetes as it enables them to access the basic supplies needed to manage their disease. As a member of the Diabetes Australia family, Diabetes WA delivers NDSS services to over 80,000 people throughout Western Australia.

Another major achievement of the past year has been the expansion of our health promotion area. With over 60% of Western Australians being overweight or obese, and the number of people developing diabetes trebling in the past 20 years, preventing diabetes is imperative. And we are doing just that through our health promotion initiatives, such as the Don't Ignore Diabetes campaign.

There are numerous other achievements that we have outlined in this Annual Review. To me, a key element of our success has been our willingness and ability to partner with like minded organisations and

individuals to bring about better outcomes for people with, affected by and at risk of diabetes. From government grants from the WA Department of Health, Office of Aboriginal & Torres Island Health and Lotterywest; corporate sponsors such as BHP Billiton; other NGO partners including the Heart Foundation and Cancer Council; member benefit partners including Abernethy Owens and Comfort Products; research partners such as the Diabetes Research Foundation of WA and Curtin University; to individual donors and members who help to underpin the organisation – every partner we work with helps to bring us one step closer to our vision of freedom from diabetes.

I would like to take this opportunity to thank each and every person who has joined us on our quest for freedom from diabetes. It is a huge vision and one that we could never hope to achieve alone.

Bill Coleman
President

A key element of our success has been our willingness to partner with like minded organisations to bring about better outcomes for people with diabetes



CEO's Message

The past year has been one of consolidation and expansion for the Diabetes WA team. We are now well and truly settled into our Subiaco premises, having moved in August 2006, and are making the most of our new accommodation to expand our services.

As a result we achieved a great deal throughout the year including:

- Representing a membership base of 15,637;
- Responding to more than 4,500 diabetes related queries via the Diabetes WA Information and Advice Line (DIAL);
- Providing information and diabetes related products to the 82,131 Western Australians registered on the Australian Government's National Diabetes Services Scheme (NDSS);
- Connected our network of NDSS Sub-Agents to an on-line ordering system which has increased efficiencies of the scheme and reduced the amount of paper-work for people with diabetes;
- Distributing in excess of 2,300 diabetes information packs to people with, affected by and at risk of, diabetes;
- Delivering 120 presentations, attended by more than 3,300 people, to raise awareness of the seriousness of diabetes whilst equipping people with the information they need to prevent or delay the onset of type 2 diabetes;
- Teaching over 500 people how to make healthy food choices in their local supermarket and how to prepare healthy and tasty meals at home through our Shop Smart tours and Cook Smart demonstrations;
- Conducting in excess of 340 consultations tailored to the needs of the individual covering a range of topics including dietary advice, insulin management and preparing for an overseas holiday;

- Increasing awareness of diabetes as a serious disease and educating people on the lifestyle changes they can make to avoid or delay the onset of type 2 diabetes;
- Establishing the Aboriginal Health Project to consult with Aboriginal people, identify their diabetes related issues, and develop resources and programs to assist them to better manage their diabetes and ultimately slow the progression of type 2 diabetes in Aboriginal communities;
- Raising in excess of \$320,000 through appeals, raffles, corporate sponsorship and other fundraising initiatives.

And these are just a few of the highlights of our year. To ensure that we continue to make the most of the resources we have to meet the challenge of achieving our vision of freedom from diabetes, we also worked diligently to develop the Diabetes WA Strategic Directions Report to guide our service delivery and development to 2012.

We have identified four key priorities to drive our future strategic and operational plans – these are to:

1. Play a lead role in the developing and driving diabetes awareness, management and prevention strategies, products and services in Western Australia;
2. Have sufficient funding to deliver these strategies, products and services to ensure the organisations sustainability and future growth;

3. Make use of our resources to facilitate the fulfilment of our roles and future strategic direction; and
4. To ensure effective Corporate Governance to guide the future direction of the organisation.

I look forward to working with the Diabetes WA Board and our team of dedicated staff and volunteers to address these priorities as we continue to minimise the impact of diabetes on Western Australians and to strive for freedom from diabetes.

Liz Kerrigan Benson
Chief Executive Officer



Finance Report

The reporting operating surplus for the financial year ended 30 June 2007 was \$297,904 compared to \$959,387 for the same period last year.

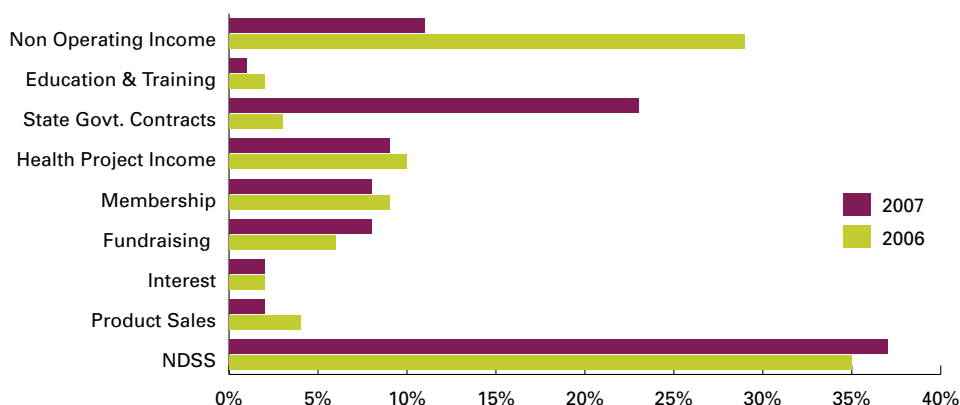
This result included a couple of one-off items including the net proceeds from disposal of the Wickham Street property (\$477,224) and the cost of a donation for the Diabetes Research Fund, previously treated as income (\$150,000). After removing the impact of these items, the actual operating result was a net deficit of \$29,320.

In the financial year 2006-2007, our net worth grew to \$3,421,737 from \$3,123,834. This was primarily driven from the profit on sale of the Wickham Street property. The grant received from LotteryWest last year enabled this surplus to be reinvested in the organisation, thereby contributing to our longer term financial stability.

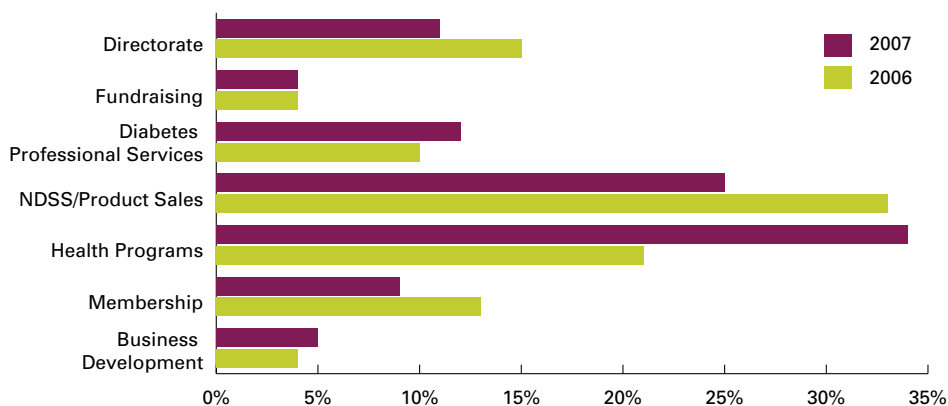
Income from the National Diabetes Service Scheme increased by 11% to \$1,608,417.

There was significant growth in funds from Government Contracts, \$1,007,047 for 2007, up from \$576,185 in 2006. These grants included funding for the wide range of health and education programs including Don't Ignore Diabetes, the Speak Out metropolitan campaign, and the Indigenous Action plan.

Where each \$ came from



Where each \$ was spent



Expenditure on these programs now represents 34% of total operating costs.

We publish audited financial statements. These are available to members and the public upon request.

Four key divisions drive the work of Diabetes WA, each of which reports to our CEO, who is responsible to the Diabetes WA Board. Whilst each division has their own core responsibilities, they work in close consultation and partnership with one another in order to achieve the best possible outcomes for people with, affected by, and at risk of diabetes.

Corporate Services

The Corporate Services Unit ensures good governance and efficient running of our day to day operations as well as being responsible for the implementation of the National Diabetes Services Scheme (NDSS).

Business Development

The Business Development Unit drives our communications, membership, customer service and diabetes professional services.

Health Promotion

The role of the Health Promotion Unit is to raise awareness of diabetes, its risk factors, potential complications, and how to avoid or, at the very least, delay the onset of type 2 diabetes.

Fundraising

Our Fundraising Unit work tirelessly to raise the funds needed to underpin the work of the organisation.

Highlights from July 1 2006 to 30 June 2007

Support

Supporting our members, people with diabetes, their families and friends, people at risk of diabetes and the wider health care community is one of our most important roles. We provide this support in a number of ways:

- Through the Diabetes WA Information and Advice Line (DIAL). This free service is manned by a team of experienced Diabetes Educators who are able to answer any questions people may have about diabetes while providing practical advice and recommending referrals to other health care providers who can help. Between 1 July 2006 and 30 June 2007 over 4,500 individuals made use of the DIAL service and 2,300 information packs were sent out by our DIAL Diabetes Educators.
- By providing one-on-one consultations with a Credentialed Diabetes Educator and/or Accredited Practising Dietitian. Each consultation is tailored to the needs of the individual and can cover a wide range of topics including dietary advice, insulin management and preparing for an overseas holiday. 341 individuals were supported through one-on-one consultations during the 2006 – 2007 year.
- Through our membership program which connects individuals to the latest information and services to help them to live well with their diabetes. All members receive a great range of benefits including an annual subscription to dialog, our quarterly magazine dedicated to providing a range of diabetes and lifestyle related articles covering everything from exercise, food and travel tips, to the latest research developments.

Information

We take providing information about diabetes including what it is, how to live well with it, how to avoid it, and latest research developments very seriously. The key ways in which we provide up to date and timely information to our members and the wider community are:

- Through the Diabetes WA and Don't Ignore Diabetes websites. Both sites underwent a major review during the 2006 – 07 year in order to make them more user-friendly. As well as all the latest diabetes information, news and links, our websites now have a range of new features including clearer navigation, the option to increase font sizes, print friendly pages, and quick find and search options. We've had over 45,000 visitors to the sites over the past year.
- Via our range of diabetes information and fact sheets. We have over 20 titles in the range including alcohol and diabetes, diabetes foot care, sharps disposal, and stress & diabetes. All are written in a simple, straight forward manner and are designed to provide an overview of diabetes issues along with practical advice and tips. Many of our fact sheets were revised and updated during the course of the year to ensure our members and the wider community are provided with up to the minute information. We also introduced a new Health Professional Membership during the year which includes a CD of all our fact and information sheets so they can also provide their clients with relevant and timely diabetes information.
- Through our quarterly member magazine, dialog. Following our overhaul of dialog in early 2006, the magazine has continued to grow from strength to strength.

We are always pleased when we receive letters and feedback regarding dialog and are constantly looking at ways to improve its content to ensure each issue has something for all our members be they type 1, type 2, male, female, younger or older. Over 350 members have provided feedback through our regular surveys and over 550 have entered our regular competitions throughout the year. Competition winners have enjoyed a great range of prizes including shoes from Comfort Products, Go for 2n5 packs, gift hampers from Kailis Organic Olive Oil, and pedometers from Diabetes WA.

Education

Educating people to live well with their diabetes has always been a key focus of Diabetes WA. We believe that empowering people to understand their diabetes and equipping them with the skills to self-manage their condition will ensure they live long and full lives. Our key education initiatives over the past year include:

- Our Shop Smart tours. 48 tours were conducted throughout the year, each providing a hands-on opportunity for participants to learn how to decipher and analyse food labels in order to make healthy choices at the check-out. 290 people joined our Diabetes Educators on Shop Smart tours across the metropolitan area.





Educating people to live well with their diabetes has always been a key focus of Diabetes WA.

- Our interactive Cook Smart demonstrations. During each 90 minute demonstration participants are equipped with a range of cooking techniques that enable them to prepare tasty and healthy snacks and meals without compromising on taste. Each demonstration ends with a taste test, both of the food prepared in the session and of a range of healthy, low GI products readily available in local supermarkets. 213 participants joined our Diabetes Educators at 31 Cook Smart demonstrations during the year.
- Our community seminars. Three seminars entertained and educated over 140 participants on the role of the glycemic index, healthy eating and physical activity in good diabetes management.
- Our Speak Out community presentations. Over 120 presentations reaching more than 3,300 people were conducted by a team of experienced and dedicated volunteers throughout the year. Each Speak Out presentation reiterated the Don't Ignore Diabetes campaign messages to raise awareness of the seriousness of diabetes whilst equipping people with the information they need to prevent or delay the onset of type 2 diabetes.

Prevention

Preventing the spread of type 2 diabetes through well researched, evidence based strategies is of paramount importance to us. Key prevention initiatives throughout the year include:

- The third year of the Don't Ignore Diabetes campaign. Four weeks of TV advertising were conducted in February and March 2006. Two ads were run – one focused on the seriousness of diabetes, while the other explained how people could avoid the onset of type 2 diabetes. Our post campaign evaluation showed that the ads were successful in raising awareness of diabetes as a serious disease (up from 5.7% to 7.4%).
- The Don't Ignore Diabetes Healthy Lifestyles Grants Program. Two grant rounds were conducted during the year to increase the capacity of local communities across WA to implement diabetes awareness and type 2 prevention initiatives.
- The Aboriginal Health Project. Developed with funding received from the Office of Aboriginal and Torres Strait Islander Health (OATSIH) and BHP Billiton, the project commenced with community consultation in Perth and Pilbara

to identify diabetes related issues concerning Aboriginal people. Ten key themes were identified through case studies and interviews with local community members. Work commenced on the development of a resource to bring hope and encourage Aboriginal people to think more positively in order to change the negative talk around diabetes.

- Joint partnerships with other health related NGOs aimed at informing, educating and motivating Western Australians to adopt healthy behaviours that will lead to longer lives free of chronic diseases such as type 2 diabetes. Partnerships include working with the Cancer Council of Western Australia to relaunch the Go for 2 and 5 campaign and promote the Crunch & Sip fruit and water program in schools; working with the Heart Foundation to gather evidence and start the ground work for a state-wide initiative to promote healthy weight amongst Western Australians; and working with other Diabetes Australia member organisations on implementation of the Don't Ignore Diabetes campaign.

Highlights from July 1 2006 to 30 June 2007

Access

Providing access to health care professionals and affordable products and services that make being diagnosed and living with diabetes easier is another key focus for Diabetes WA. We achieved this by:

- Making our Diabetes Educators available to people throughout the state via the Diabetes WA Information and Advice Line (DIAL). This service is particularly important for people based in regional areas where there is often a shortage of health workers. Our Educators handled in excess of 4,500 calls – close to 20% of which came from people living outside of the metropolitan area.
- Providing member discounts on Diabetes WA seminars and courses, individual consultations with Credentialed Diabetes Educators and Accredited Practising Dietitians, and products such as meters and lancets that can be ordered from us.
- Securing special offers, discounts and promotions from a range of Diabetes WA Member Benefit Partners including a 10% discount on a range of cushioned footwear, orthotics, insoles and protective socks from Comfort Products; a 10% discount on spectacles, sunglasses and accessories at all Abernethy Owens Optometrists; and great discounts on annual subscriptions to a variety of Pacific Publications magazines such as Diabetic Living, Men's Health and Home Beautiful.
- Delivering the National Diabetes Services Scheme (NDSS) in WA. The NDSS is an initiative of the Australian Government, administered by Diabetes Australia Ltd, which provides access to a range of approved products at subsidised prices. Products include syringes, needles for special injection systems, and blood and urine testing strips. Over 82,000 Western Australians are registered on the

NDSS and Diabetes WA's role is to ensure they can all access their NDSS products with minimum fuss. In order to achieve this we provide a mail and telephone order service, despatching product from our warehouse in Belmont. We also have a network of 51 NDSS Sub-Agents across the state where NDSS registrants can purchase their supplies.

- Offering our popular Cook Smart demonstrations and Shop Smart tours at no cost to NDSS registrants and Diabetes WA members.
- Implementing the Sub-Agent Connectivity (SAC) Project throughout WA. SAC has allowed us to streamline the way in which NDSS registrants and Sub-Agents order their NDSS product. Being an on-line, web based, system it does away with the need for registrants to complete lengthy order forms every time they require NDSS product. Sub-Agents are able to provide a



quicker service to their customers while having the added advantage of being able to call up someone's purchase history so they can advise on product selections and quantities. By June 2007 the majority of our metropolitan Sub-Agents were online and we commenced rolling SAC out to our regional locations.

Advocacy

Providing a single, clear voice for people with, and affected by, diabetes has always been important to Diabetes WA. Over the past year we have delivered a number of consumer advocacy services with a view towards improving health and social outcomes for the community, including:

- Providing support to people with diabetes by helping them to build their confidence and skills to ask questions about all aspects of living with a chronic disease, including speaking with their doctor, diabetes educator and/or other people with diabetes.
- Linking people with diabetes to other relevant service providers that have been able to assist them with overcoming discrimination which has occurred in their workplace, at school and when living in an aged care facility. We have also supported individuals through the process of formally lodging complaints and followed up with them to ensure they have been able to achieve a positive outcome or, at the very least, personal closure on their issue.
- Establishing and promoting links with a network of independent support groups for people with diabetes throughout WA. This includes producing a support group information sheet which is sent to all new members and featured on our website, and including regular support group updates in our member magazine, dialog.

- Securing Genesys Wealth Advisors as one of Member Benefit Partners to help reduce some of the hurdles that people with diabetes often experience when it comes to obtaining life insurance.
- Contributing to the Diabetes Australia National Advocacy Policy Committee that deals with the bigger picture issues of living with diabetes and securing access to effective and affordable medicines, and best practice health services.

Research

Promoting and supporting research into diabetes, its complications, impacts, treatments, management strategies and, ultimately, a cure is another key focus for Diabetes WA. Research initiatives throughout the year included:

- Working closely with the Diabetes Research Foundation of WA (DRFWA), to award two Diabetes WA/DRFWA research grants to assist with the continuation of projects searching for a cure for, and improved management of, diabetes. Grant recipients were Professor Grant Morahan, Diabetes Research Foundation Professor of Research, and Dr James Jooste, a PhD student at the Centre for Diabetes Research at the WA Institute for Medical Research, who are working on a project to identify the "molecular signatures" that indicate the risk of type 1 diabetes; and Professor of Medicine, Tim Davis, from the School of Medicine and Pharmacology at Fremantle Hospital, who is working on a project exploring compliance and Metformin therapy.
- Evaluating the impact of the Don't Ignore Diabetes campaign by measuring attitudinal and behavioural changes pre and post campaign activities. This type of research is invaluable as it helps to inform future development of awareness and type 2 diabetes prevention strategies.



We were extremely encouraged by the research findings which showed that the February/March 2007 campaign increased the salience of diabetes as a serious disease, and improved awareness of the consequences of diabetes along with modifiable type 2 risk factors and appropriate avoidance strategies.

Leadership

Playing a lead role in the developing and driving of diabetes awareness, management and prevention strategies, products and services in Western Australia is something we take very seriously. This is why we:

- Introduced the Diabetes WA Health Professional Membership Program. The aim of the program is to keep health professionals abreast of the latest developments in diabetes management, prevention and research. It also allows us to form strong links with the wider health community so we can, in turn, link our members to local service providers who further assist them to live full, healthy lives.
- Participate in a number of key committees, working groups and forums including the Journey of Living with Diabetes Reference Group, the Health & Medicine Consortium, and the Endocrine

Highlights from July 1 2006 to 30 June 2007

Health Network. Through such participation we are able to ensure that the interests of the people affected by diabetes are represented, keep others interested in diabetes issues abreast of our work, and identify and facilitate joint partnerships with like minded groups.

Fundraising

Establishing and securing new and on-going sources of funds to ensure the sustainability of the organisation is crucial to us. Our Fundraising Team has risen to this challenge by:

- Partnering with 40 students from Curtin Advantage, an organisation that encourage students to utilise the skills learnt through their university studies in a "real life" working environment. The students were given less than 24 hours notice to prepare a fundraising campaign and raise awareness of diabetes. The students threw themselves into the task and raised \$9,000 for Diabetes WA. One team even managed to secure a 30 second radio promotion to help raise awareness of diabetes.
- Selling over 12,000 tickets in the annual Diabetes WA raffle which was drawn on World Diabetes Day – 14 November 2006 – to help establish our new Resource Room which houses a comprehensive range of books, journals, fact sheets and product samples to help our members and the wider community to better understand and manage their diabetes.
- Conducting another successful direct mail appeal in May 2007. Funds raised from the appeal were put towards our Diabetes WA Information and Advice Line (DIAL), to help expand its capacity to reach the ever growing numbers of people with diabetes throughout WA.
- Building on the success of our inaugural Sailing to Freedom Corporate Yachting Regatta by holding our second event in March 2007. Seven enthusiastic teams joined us at Royal Perth Yacht Club to enjoy an afternoon of physical activity and fun while helping to net \$8,000 to underpin our work. Gemini Medical Services took out the event which was hotly contested by event sponsors, L-3 Communications Nautronix, Maunsell Australia's Leederville and Belmont offices, Medtronic Australasia, Plan B Financial Services, and WA Business News.
- Launching the Walker Society to recognise those individuals who have made provision for the work of Diabetes WA in their wills by making a bequest. The Walker Society honours our founder, Ken Walker, who helped to establish the Diabetic Association of WA in 1965 when his son was diagnosed with type 1 diabetes.
- Establishing some great partnerships with organisations including Fruit Boost, E'co Kids and datadata. Fruit Boost delivers fresh fruit to the workplace to help improve and maintain the health and morale of staff with healthy snacks and kindly donates 25% of the value of the first two weeks' deliveries of any organisation that has have been referred to them by Diabetes WA.



E'co Kids, like us, are a not-for profit organisation. We've joined forces to raise funds by encouraging our members to donate second hand clothing which E'co Kids collect and distribute to people in Africa. Diabetes WA receives 15 cents for every kilo of clothing donated, and E'co Kids have a greater number of items to send to those who need them. Local Fremantle business, datadata, has produced a booklet that has over \$500 in vouchers from restaurants in the area. For every \$5 booklet that is sold, datadata donates \$2 back to Diabetes WA – a great initiative that is raising on-going funds for our work.

Plus we have received so much support from generous individuals and companies keen to help us along the way including:

- Tyson Stenglein, West Coast Eagles star midfielder, who lent his support by becoming our Freedom Fighter Ambassador. The Freedom Fighter initiative provides a vehicle for people wanting to make a regular monthly donation to our work while helping to reduce our administration costs, thereby ensuring that more funds can be directed to our programs.
- Gerard Fleischer, one of two WA contestants on Channel 10's The Biggest Loser. Gerard knew that he was a prime candidate for type 2 diabetes if he didn't get his weight under control. Spurred on to help others facing the prospect a life with diabetes, Gerard dug deep in a challenge where contestants had to hold two 7.5kg medicine balls for as long as they could. He took out the challenge and the right to a \$5,000 cash donation to his charity of choice. We were extremely pleased that he chose Diabetes WA!

- Tony Lester, Diabetes WA member and director of Lester Blades Executive Recruitment. Tony assisted us to secure a number of key senior staff to help drive our work throughout the year. Recruitment companies generally charge for their services; however Tony and the Lester Blades Team donated their services to us, saving us well over \$15,000 in professional fees.
- Vince Belladonna, from Wembley Supa IGA, who covered the cost of the food required for our Cook Smart demonstrations via the IGA Community Chest initiative. This generous donation of over \$3,300 has helped us to continue to offer this popular and valuable program to our members and NDSS registrants for free.

There are many more people who have helped us throughout the year, we would love to list them all so they know how much we appreciate them but, unfortunately, space doesn't permit us to. We are eternally grateful to each of our members, supporters and volunteers who do so much for us, and all people living with, and at risk of, diabetes. We couldn't do it without you!

How you can help Diabetes WA

Our vision of freedom from diabetes is a shared one. We are keen to work collaboratively with partners and donors to proactively achieve our vision.

There are a number of ways you can help us to fight diabetes including:

- Corporate partnerships
- Payroll giving and matched gifts
- Event and program sponsorship
- Cause related marketing activities
- Fundraising initiatives
- Volunteering
- Pro-bono work
- Gifts in kind
- Donations
- Bequests
- Membership

We work closely with our supporters to find innovative ways to assist people and develop lasting and life changing programs. **Contact us today to find out how we can work together – 1300 136 588.**

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