



diabeteswa

Freedom from Diabetes

annual review

2008





## President's Message

In Australia, it is estimated that about 1.5 million of us have diabetes and 275 more are diagnosed with diabetes every day. This means that approximately every two minutes someone is told that they have diabetes.

That's why all of us here at Diabetes WA are committed to our vision of 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.

It's a huge vision and one that we cannot possibly achieve alone. That is why partnering with like minded organisations, groups and individuals is so important to our success. One example of a great collaboration is our Aboriginal Health Project. It involves Aboriginal communities in both Perth and the Pilbara, our health team and other health professionals working with Aboriginal people, and the Office of Aboriginal and Torres Straight Islander Health (OATSHI) and BHP Billiton, both of whom have provided the funds needed to develop the project. One of the key resources developed from this project is the "Live Now and Have Hope for the Future" booklet.

Another great collaboration is our long standing partnership with the Diabetes Research Foundation of Western Australia (DRFWA). Our two organisations joined forces during National Diabetes Week (NDW) in July 2007 and again on World Diabetes Day (WDD) on the 14th of November 2007.

During NDW we co-hosted a breakfast for our members with a special presentation from Professor John Prins who talked about insulin therapy and how it has changed over the years. Then on WDD we were joined by the Western Australian Institute for Medical Research (WAIMR) and jointly the three organisations hosted an interesting and informative seminar – "Diabetes: Lifting the Weight from the World". The evening culminated with Kings Park and the Bell Tower joining other landmark buildings around the world by being lit up in blue to mark World Diabetes Day. It was a truly amazing sight!

We ended the 2007-2008 year with a ground breaking collaboration with DRFWA, the UWA Medical Faculty and the WAIMR to facilitate the purchase of a state-of the art piece of equipment, the FACS Aria II. Diabetes WA made a \$100,000 contribution towards the purchase of this incredible piece of machinery which is the first of its type in Australia. It will enable Professor Grant Morahan and his team at the Centre for Diabetes Research to further develop their Islet Stem Cell Program and efficiently separate rare cells from within complex mixtures.

This will allow for greater analysis and more sophisticated research to be undertaken as the team strive to understand more about diabetes, its causes and ultimate cure.

Our focus on fundraising has gained momentum and achieved some great results over the past year. Fundraising will continue to be a key focus for the organisation in the future as additional funds will enable Diabetes WA to provide enhanced services for our members and allow us to continue to actively pursue our vision of freedom from diabetes.

These are just a few of the incredible achievements of the past year – many more are outlined in this review. I would like to extend a personal thanks to my fellow directors who have utilised their passion for the cause by spending many hours driving the future direction of Diabetes WA, and to the team of Diabetes WA staff and volunteers whose passion, commitment and hard work have achieved amazing results over the past 12 months.

Claire Thomas  
President



## CEO's Message

Leading Diabetes WA is an honour that I feel privileged to have. The entire team – staff, volunteers, members and supporters – are an amazing group of people committed to raising awareness and understanding of diabetes and supporting those living with, affected by and at risk of the condition.

They have worked long and hard throughout the past year to achieve the key priorities, set out in the Diabetes WA 2007 – 2012 Strategic Directions Report, which guide our work. These are to:

1. Play a lead role in 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 organisation's sustainability and future growth;
3. Make use of our resources to facilitate the fulfilment of our roles and future strategic direction; and
4. Ensure effective Corporate Governance to guide the future direction of the organisation.

I am proud of the incredible achievements of the last year as I know they have made a significant difference to the thousands of Western Australians touched by diabetes. Just some of the key highlights include:

- Representing a membership base of over 15,000 individuals and health professionals;
- Responding to more than 5,000 diabetes related queries via the Diabetes WA Information and Advice Line (DIAL);
- Providing information and diabetes related products to in excess of 87,000 Western Australians registered on the Australian Government's National Diabetes Services Scheme (NDSS);

- Increasing our network of NDSS Sub-Agents to provide greater access to the scheme throughout WA;
- Teaching over 200 people newly diagnosed with type 2 diabetes how to self-manage their condition through our popular Living with Diabetes program;
- Conducting in excess of 350 individual consultations 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;
- Launching a new online program, My Healthy Balance, to assist people wanting to live a healthy lifestyle;
- Continuing to grow and improve *dialog*, our quarterly member magazine dedicated to providing a wide range of diabetes related and lifestyle articles;
- Establishing our monthly electronic newsletters to help keep our members informed on the latest diabetes news and information;
- Launching our regular information sessions which provides members and others with diabetes the opportunity to hear from a range of different health professionals and experts on topics as diverse as retinopathy, stress management and continence;

- Expanding our popular Speak Out program, which aims to help inform people about diabetes and how to avoid or delay the onset of type 2, to regional areas; and
- Raising in excess of \$528,000 through appeals, raffles, corporate sponsorship and other fundraising initiatives to enable the organisation to continue to develop and provide much needed diabetes services and research.

I would like to take this opportunity to say how honoured I have been to serve Diabetes WA as Chief Executive Officer during this past five years. It is with sadness that I leave such a fantastic organisation and group of people but I am buoyed by the knowledge that this good work will continue as we build upon the successes of the last year to offer an even wider range of services, reaching more people in need of our support. I look forward to the opportunities that lie ahead and am confident that the Diabetes WA team will rise to meet them.

Liz Benson  
Chief Executive Officer

# Our Vision: 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 peoples' 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.

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

We will achieve these 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, those at risk of diabetes, and the broader community.
- Prevention – offering a range of initiatives 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.

**Securing funds is crucial to ensuring we have the means to make all of this a reality.**



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



# Corporate Governance

The Board of Diabetes WA monitors and measures performance to continually improve its effectiveness and efficiency. The Board, Management and all staff are set performance objectives each year. Performance against these objectives is reviewed regularly. Diabetes WA recognises the value of strong corporate governance. In seeking to continuously improve its performance, Diabetes WA periodically assesses its overall approach and ongoing development.

As an Association Incorporated organisation, Diabetes WA meets certain corporate planning and reporting requirements and, through its Board, is accountable to its many key stakeholders. Diabetes WA's corporate governance framework, including the planning and reporting approach, is achieved through a number of Board Committees; these are Finance & Risk Management, Governance Review, and Health Services who in turn provide recommendations to the Board and Management.

Four key divisions drive the work of Diabetes WA. 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.



Claire Thomas, Troy Cook, Bill Coleman, Patricia Marshall, Moira Watson, Brian Handley, Rob Maurich.

## Diabetes WA Board Members and Office Bearers 2007/2008

President	Claire Thomas
Vice President	Patricia Marshall
Honorary Treasurer	Robert Maurich
Honorary Secretary	Bill Coleman
Other Directors appointed by members	Troy Cook Brian Handley Michael Lawrence Erica Smyth Moira Watson
Auditors	RSM Bird Cameron
Registered Office	Level 3, 322 Hay Street, SUBIACO WA 6008



# Finance Report

For the financial year ended 30 June 2008, Diabetes WA has reported a surplus of \$57,786 compared to \$297,903 for the same period in the previous financial year.

This result includes a one-off expenditure item being a donation to Diabetes Research Fund (DRF) of \$100,000. If we were to extract this expense the actual operating surplus would have been a net surplus of \$157,786.

In 2007-2008, our net worth grew to \$3,479,523 from of \$3,421,737 at 30 June 2007.

Overall revenue reduced by \$900,000 for the year. This was primarily due to the loss of Government contract funding for one off media campaigns for the Don't Ignore Diabetes and Nutrition programs.

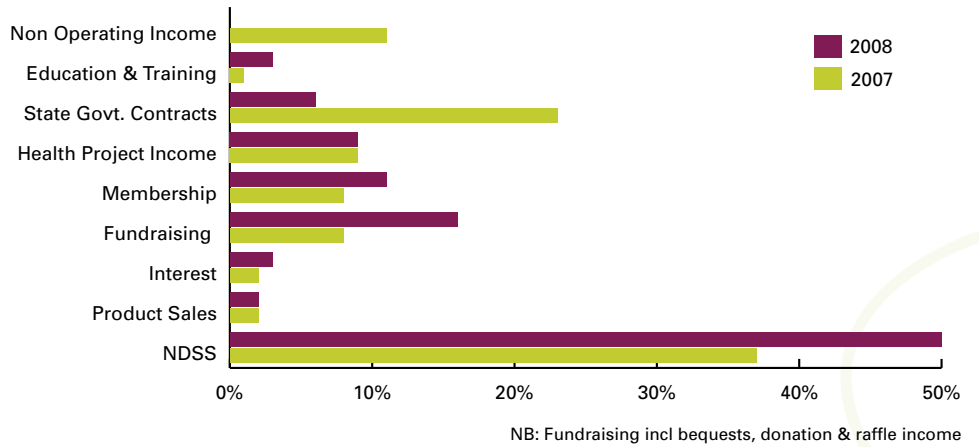
Income from the National Diabetes Services Scheme increased by 8% to \$1,736,279.

Significant increases in fundraising income occurred during the year as a result of an increased emphasis in this area.

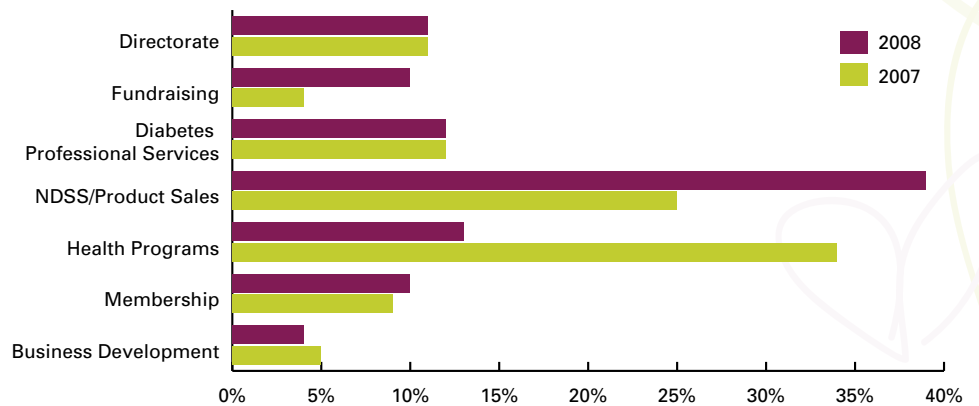
Diabetes WA has agreements with both State and Federal Governments for new and existing projects including the development of the Living with Diabetes program, Speak Out program in regional and rural areas, Healthy Weight program, Healthy Lifestyle Challenge, My Healthy Balance program and the continuation of existing programs such as the Diabetes Indigenous Action Plan.

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

Where each \$ came from



Where each \$ was spent



# Highlights from 1 July 2007 to 30 June 2008

## 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 2007 and 30 June 2008, over 3,700 individuals received information and advice from our DIAL Diabetes Educators and 1,850 information packs were sent out. In addition, more than 1,170 individuals were assisted by our helpful and knowledgeable Customer Service Officers, who deal with a wide range of queries on a daily basis.

- 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 commencement and adjustment and weight management. 350 individuals were supported through one-on-one consultations during the 2007 – 2008 year.
- Through our membership program which connects individuals to the latest information and services to help them to live well with their diabetes or reduce their risk of developing type 2 diabetes. Between 1 July 2007 and 30 June 2008, 1,109 new members joined to take our total membership base to 15,290. These individual members enjoy a great range of benefits including discounts on consultations and an annual subscription to *dialog*, a quarterly magazine with articles on managing diabetes and leading a healthy lifestyle.

- Connecting people with the network of independent diabetes support groups in WA. A support group is a collection of people with diabetes, who regularly get together to share information, experience and knowledge, supporting each other and working together to improve each others' quality of life. A listing of support groups, which includes 21 metropolitan and six country groups, is promoted through all new membership packs, our website and to over 200 health professional members.

## 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 undergo continuous review throughout



## Highlights from 1 July 2007 to 30 June 2008



the year to ensure they are relevant and user friendly, providing visitors with all the latest diabetes information, news, events and links. We've had over 63,000 visitors to our websites over the past year.

- Via our range of diabetes information and fact sheets. We have over 20 titles in the series covering a range of topics including Hypoglycaemia, Insulin Pumps, Physical Activity and Glycaemic Index. 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 individual and health professional members, as well as the wider community, are provided with up to the minute information.
- Through our quarterly member magazine, *dialog*. *dialog* is a diabetes lifestyle magazine containing healthy recipes, inspiring stories and all the latest news and information on programs, research and issues affecting people with diabetes.

We always welcome letters and feedback regarding *dialog* and are constantly looking at ways to improve its content to ensure each issue has something for all of our members.

- Through our monthly e-blast. This is an electronic newsletter which was developed in October 2007 to help keep our individual members and health professional members updated. In our efforts to widen our reach to all people with, affected by or at risk of, diabetes, our e-blasts are now open to anyone who registers their interest and has an email address. As at 30 June 2008, we were distributing our e-blasts to more than 3,300 individuals and 200 health professional organisations.
- Monthly information sessions. To encourage the engagement of our Resource Room launched in early 2007, a new initiative of regular monthly information sessions was launched in January 2008. With the support of partnering health professionals, we have been able to deliver a variety of interesting topics relating to pumps, stress and

diabetes, retinopathy and hearing loss. The attendance and success of these sessions has grown steadily with the promotional assistance of our Sub Agents and health professional members.

### Education

Educating people to live well with their diabetes has always been a key focus for 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. With the support of NDSS funding the following key education initiatives have been provided free of charge to NDSS registrants:

- Our Shop Smart tours. 34 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 supermarket. 148 people joined our Diabetes Educators on Shop Smart tours at 10 different supermarket locations across the metropolitan area.
- 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 includes 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. 174 participants joined our Diabetes Educators at 24 Cook Smart demonstrations to experience a new suite of recipes during the year. Cook Smart was generously supported again this year by Wembley Supa IGA.
- Living With Diabetes – A six week group education program designed to improve the understanding and self

## Highlights from 1 July 2007 to 30 June 2008

management of type 2 diabetes. This year we received funding under the Australia Better Health Initiative (ABHI) Chronic Disease Self Management Strategy to conduct the Living with Diabetes program in the metropolitan area. Up to 30 June, 215 people with type 2 diabetes attended one of 18 Living with Diabetes programs which were conducted across 10 different community venues.

### 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:

- Our Speak Out community presentations. These presentations have been delivered by our team of experienced and dedicated volunteers, to over 76 workplaces and community groups, reaching more than 1,700 people. Each Speak Out presentation raises awareness of the seriousness of diabetes, reinforces the Don't Ignore Diabetes messages and provides information to participants on how to prevent or delay the onset of type 2 diabetes.

- My Healthy Balance, our new online program. The Health Promotion team developed this innovative program, which is a free resource suitable for adults who want to increase their knowledge, skills and confidence to live a healthy lifestyle. My Healthy Balance is an eight stage program, including information on healthy eating and physical activity as well as motivational emails for participants to make lasting behaviour change. The program, funded by the Department of Health WA, has evolved from the Diabetes WA pilot program, Detour Diabetes, into My Healthy Balance and was launched during National Diabetes Week in July 2008.
- The Aboriginal Health Project. Developed with funding received from the Office of Aboriginal and Torres Straight Islander Health (OATSHI) and BHP Billiton, the project commenced with community consultation in Perth and the 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 encourage a positive outlook around diabetes. This resulted in the development of the prevention booklet "Live Now and Have Hope for the Future". The resource has been trialed and undergone evaluation within the Perth metropolitan area, which will inform the development of future resources.

- Joint partnerships with other health related non-government organisations 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 WA on the "Go for 2 and 5" campaign; working with the Heart Foundation on a state-wide initiative to promote healthy weight amongst Western Australians; and working with other Diabetes Australia member organisations on the National Diabetes Week campaign.



## Highlights from 1 July 2007 to 30 June 2008

### Specials for Diabetes WA Members now include:

- **10% discount** on a range of cushioned footwear, orthotics, innersoles and protective socks from Comfort Products
- **10% discount** on spectacles, sunglasses and accessories at all Abernethy Owens Optometrists
- **Insurance advice** and life insurance policies tailored for people with diabetes through Integrated Professional Services
- **10% discount** off the cost of hearing aids and assistive listening devices (ALDs) such as telephone amplifications or headphones for the TV, through HearingLife
- **20% discount** off the cost of travel insurance through Donna Barlow Corporate Travel
- **Great discounts** up to 41% on annual subscriptions to a variety of Pacific Magazines publications such as Diabetic Living, Men's Health and Women's Health.



### 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 allied health workers. Our Educators handled in excess of 3,700 calls, 15.4% of which came from people living outside of the metropolitan area.
- Expanding our popular Speak Out presentations to WA. Regional health professionals have been consulted on how to expand and deliver the program in the regions, with 37 receiving the Speak Out Kit and most being trained to deliver presentations.
- Providing member discounts on Diabetes WA seminars, information sessions, programs, individual consultations with Credentialed Diabetes Educators and Accredited Practising Dietitians, and products such as meters and lancets that can be ordered from us.
- Offering our popular Cook Smart demonstrations and Shop Smart tours at no cost to NDSS registrants and Diabetes WA members.
- Securing new Member Benefit Partners to add to our list of partnering organisations that support our membership program by extending special offers and discounts to Diabetes WA members.
- 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

## Highlights from 1 July 2007 to 30 June 2008

prices. Products include syringes, needles for special injection systems, and blood and urine testing strips. Over 87,118 Western Australians are registered on the NDSS and we see one of our roles as ensuring that 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 currently have a network of 80 NDSS Sub Agents, and are committed to continuing to grow this to provide the best possible access for people with diabetes.

Continuing the successful roll out of the NDSS Sub Agent Connectivity (SAC) project throughout WA, in order to make product ordering easier for both people with diabetes and Sub Agents.

### 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. We now have available a 'Taking Charge' fact sheet with advice on making the most out of appointments with health professionals. In addition, we

have developed a fact sheet called 'Assessing Products and Information – Is it Suitable For You?' to help people to make sense of the width of information targeted at 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 the workplace. We have also supported individuals through the process of formally lodging complaints and supported them to ensure they have been able to achieve a positive outcome and/or personal closure on their issue.
- Raising awareness of the now mandatory reporting of medical conditions through our website and mail out of Department of Planning and Infrastructure pamphlets on this new legislation

### Research

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

- A \$100,000 donation to the Diabetes Research Foundation of WA towards the purchase of the FACS Aria II machine, a state-of-the-art piece of equipment and one of the first in Australia. The FACS Aria II allows Professor Grant Morahan at the Centre for Diabetes Research to further develop the Islet Stem Cell Program and efficiently separate rare cells from within complex mixtures. Professor Morahan is anticipating that this equipment will generate more important results in the coming years. The UWA Medical Faculty and the Western Australia Institute for Medical Research have followed the lead of Diabetes Research Foundation



## Highlights from 1 July 2007 to 30 June 2008

and Diabetes WA to help purchase this equipment, which will also assist other WA scientists to perform sophisticated medical research.

### Leadership

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

- Continue to promote and develop our Diabetes WA Health Professional Membership Program launched in early 2007. The initiative keeps 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. As at June 30, we had over 200 health professionals including NDSS Sub Agents, hospitals, individual General Practitioners and Divisions of General Practice, community health centres, diabetes educators, dietitians, podiatrists, and optometrists.

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

### Funding

Establishing and securing community and corporate support to fund our programs and to ensure the sustainability of the organisation is crucial to us. All of the funds we raise remain in Western Australia to benefit those living with, affected by and at risk of diabetes in the local community. Over the last year, our Fundraising Team and supporters have secured these funds by:

- Raising over \$98,000 net profit through two "Lucky Numbers" raffles. This was made possible through a successful partnership with the Royal Life Saving Society of WA (RLSSWA), who operate two call centres located in Bridgetown and Manjimup and managed all telemarketing and administrative duties for us.



## Highlights from 1 July 2007 to 30 June 2008



- Conducting another successful tax appeal which raised over \$50,000 in funds which will be contributed towards new initiatives to support people with diabetes.
- Launching a Christmas Appeal in December 2007 to raise funds for Diabetes WA and Princess Margaret Hospital (PMH). The appeal raised over \$33,000 which was directed to a PMH Samaritan Fund to assist families with items such as ambulance cover, MedicAlert bracelets and costs of transportation and accommodation to cover hospital visits for those living in regional areas. We would also like to acknowledge a key donation of \$8,000 from North West Shelf Australia LNG.
- Partnering with the Rotary Club of Osborne Park to host "Coaches' Corner", a joint fundraising lunch held on 4 April 2008 at the Novotel Langley, Perth. Approximately 280 guests attended the luncheon and were entertained by Western Warriors coach Tom Moody, Western Force coach John Mitchell and Western Fury coach Stephen Philippe, all being interviewed by ABC Commentator, Glenn Mitchell. Sponsored by the AMP Foundation, the event included a charity auction and raised nearly \$47,000 for Diabetes WA and the Rotary Club of Osborne Park to support prostate cancer research.
- Re-launching the Great Australian Bite on 11 April 2008 with a public breakfast for commuters at Subiaco train station. This national fundraising event runs throughout April and is an opportunity for groups to get together, share a "bite" to eat and donate to diabetes education, services and research. 40 individuals and groups across WA hosted their own "bite" and collectively raised over \$6,000.
- Continuing to work in partnership with organisations such as Fruit Boost and E'Co Kids. Fruit Boost delivers fresh fruit to workplaces around Perth to help improve and maintain the health and morale of staff, while donating a portion of funds from fruit box deliveries to Diabetes WA. Fruit Boost also sponsored many of our events throughout the year through the provision of an assortment of fresh fruit. E'co Kids are a not-for-profit organisation who are dedicated to preserving the environment for our children through fun solutions. They also gather and distribute second hand clothing to people in Africa, giving us a small monetary donation for every kilogram of clothing collected by our supporters. Our supporters collected 5,008kg in shoes and clothing over the year.
- Welcoming new members into the Walker Society, a group 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. Members of the Walker Society have been invited to special events throughout the year to acknowledge their forethought and kindness.
- Maintaining our Freedom Fighters group, for those individuals who support our work through a regular, monthly donation. The generosity and commitment of these individuals

## Highlights from 1 July 2007 to 30 June 2008

through their regular giving provides us with a dependable source of funds that allow us to plan ahead and commit to programs that produce long term results.

In addition to these initiatives, we have received extensive support from generous individuals and companies keen to help us along the way, in particular:

- Avril Fahey and Angele Gray. Avril is a Diabetes WA member with type 1 diabetes who undertook the ride of a lifetime in June 2007. Angele is her good friend and joined Avril on the epic ride. Together the women rode their bicycles from Perth to Melbourne to raise awareness of diabetes. The "Diabetes Ride Across Oz" event was a 4,000km cycling adventure that took 41 days and raised over \$25,000 to support the work of diabetes research. A portion of this money has been set aside to establish a foundation to provide junior sports scholarships for young people with type 1 diabetes.
- Michael Brain, the Director of Well Connected Business Equipment, who was inspired to assist Diabetes WA after seeing his father cope with type 1 diabetes and the complications it can cause. Michael set himself a personal challenge to swim the Rottneest Channel, a 21km course he successfully completed in seven hours and 46 minutes. His "Big Swim" on 16 February 2008 raised over \$20,000 for Diabetes WA.
- Johan Alvemalm, a Diabetes WA member with type 1 diabetes who, along with his wife, Amrit, organised a fundraising event with a difference on 10 May 2008. The "Roller Ride for Charity" was modelled on a 90km cross-country ski race held annually in Sweden. Johan roller bladed around the Perth metropolitan area, finishing at the University of WA's rowing head quarters, along with groups of cyclists, runners and walkers who also participated in the event. The \$20,000 they raised was donated to support children with type 1 diabetes and the Breast Cancer Foundation of WA.

We are also 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!



### **Diabetes WA would like to acknowledge and thank the following key supporters:**

Abbott Medisense  
AGC (Ausclad Group of Companies)  
AMP Foundation  
Angele Gray  
Angove's  
Asphar & Associates  
Avril Fahey  
BHP Billiton  
Choice Home Loans  
City of Subiaco  
Cladtek International  
Comfort Products  
Crumpler  
Decina Baths and Spas  
Denby MacGregor  
E'Co Kids  
Esanda  
Fruit Boost  
Future People Strategies  
Galvin Plumbing Supplies  
Hiddlestone Electrics  
IGA Wembley  
Kailis Bros  
Lester Blades  
Liquor Stores Association of Western Australia  
Macro Funds  
Maslen Frederico & Associates  
Maunsell Australia  
Michael Brain  
Midway Ford  
Novetec Building Products  
Pitcher Partners  
Rotary Club of Osborne Park  
Smart Software  
Sygnum Financial Services  
Synergy  
Tony Lester  
Tuck Plumbing Fixtures  
Tupperware  
Weathwise Financial Planners  
Western Australian Yachting Foundation

## 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 and community partnerships
- Payroll giving and matched gifts
- Event and program sponsorship or participation
- Cause related marketing activities
- Fundraising initiatives
- Volunteering
- Pro-bono work
- Gifts in kind
- Donations
- Gifts in celebration
- Bequests and memorial gifts
- Membership – both individual and health professional.

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 – simply call **1300 136 588**.



