



Diabetes WA Membership

Diabetes WA is a charity providing a range of services to people in the Western Australian community living with, affected by and at risk of diabetes.

Type 1 Through education, activities and advocacy, we assist people living with type 1 diabetes. We work closely with Princess Margaret Hospital to deliver activities, events and support to children with type 1, and their parents.

Type 2 We educate the public about prevention of type 2 diabetes, and act as an advocate for the disease. We are here to assist those who have already been diagnosed with diabetes to ensure that they live well with the condition.

As a Diabetes WA member you are connected to the diabetes community in Western Australia. You will now receive the most up-to-date information on diabetes, have access to a range of education and information sessions, and you are also helping to support a charity working toward our vision of *'freedom from diabetes'*.

If you have any questions about the services and programs we offer, or would like some information and advice on diabetes, you can contact us on 1300 136 588 or alternatively visit www.diabeteswa.com.au

DIABETES WA MEMBER BENEFITS

Diabetes WA is a member-based organisation which provides support to people living with, affected by and at risk of diabetes. Around 15 000 members are now connected to the latest news, events and services facilitated by Diabetes WA. Your ongoing membership not only helps us to achieve our vision of ‘freedom from diabetes’, but also provides you with access to a range of exclusive member benefits, including the following products and services:

- ✓ **Subscription to *Diabetes Matters***, Diabetes WA’s local quarterly magazine packed, health and wellbeing information, research developments, real life stories, recipes, and much more
- ✓ **Subscription to *Conquest***, Diabetes Australia’s national quarterly magazine
- ✓ **10% off private consultations** with a Diabetes WA educator or dietician
- ✓ **Free telephone advice** from DIAL (diabetes information and advice line) 1300 136 588
- ✓ **Free attendance** to Cook Smart and Shop Smart courses
- ✓ **Free attendance** to our information sessions held throughout the year
- ✓ **Discounted** products in our retail stores located at our Belmont and Subiaco offices
- ✓ **Shoprite access** which entitles members to a discounted buying service including 15% discount at Friendlies Chemists, on movie tickets, electrical products, motor vehicles and private health cover

Exclusive Discounts from Our Corporate Supporters

Abernethy Owens Optometrists 15% off all products (excluding contact lenses 10%)

Hearing Life 10% off

Royal Life Saving Society of WA 10% off senior first aid courses

Tanita Electronic Precision Scales 30% off all products

Step Into Life Outdoor Training first three sessions free of charge

Integrated Professional Services free analysis of life insurance policy

Donna Barlow Travel 20% off travel insurance, specialized insurance for people with diabetes

EVENTS GUIDE

Diabetes WA Support Events

Diabetes WA, together with Princess Margaret Hospital, offers a program of events for children and families living with diabetes in Western Australia.



A wide range of activities provide the opportunity for children with diabetes to learn, meet others just like them and share their experiences in a fun, safe and supportive environment. Siblings are also encouraged to attend some of the activities.

As parents play a key role in the management of their child's diabetes, specifically designed activities are also available.

For all the latest events happening in the diabetes community in WA please visit

http://www.diabeteswa.com.au/News_and_Events/Events

School Holiday Activities

School holidays provide a perfect time to take part in exciting activities like sports clinics, cooking classes, adventure days, indoor activities and sailing.

Children who participate will meet other kids with diabetes of a similar age and develop new skills, self confidence and independence, while learning more about how to manage their diabetes.

Parents Activities

Research Information Sessions

PMH is involved in various research initiatives to better understand and treat diabetes in young people. The PMH research information sessions are designed to provide an update on the progress or findings of these studies in a relaxed, parent friendly atmosphere.

Support Groups

Parental support groups are held at local kids play centers so parents can relax and talk while their children have some fun. A Diabetes WA representative will also be on hand to provide more diabetes-related information and resources.

**For more information about these events, or to volunteer please contact Diabetes WA
1300 136 588 or visit www.diabeteswa.com.au**

GROUP EDUCATION AND INFORMATION SESSIONS

Information Sessions

Diabetes WA facilitates a range of information sessions to help you manage and live well with diabetes. Learn about diabetes and your kidneys, hearing, oral health and vision.

- Medication Interactions
- Mental Health
- Get Wise on Portion Size
- Gentle Exercise
- Good Bladder and Bowel Habits
- Managing Chronic Conditions
- Diabetes and Vision
- Diabetes and Kidneys
- Foot Care

Cost: **FREE** for Diabetes WA members ONLY, \$20 for all others.

One-on-One Education Sessions

Personal education sessions can be booked with any of our Credentialed Diabetes Educators who provide personalised advice in all areas of diabetes prevention and management. Our Accredited Practising Dieticians provide expert counselling on healthy eating and weight management. Individual consultations cost \$60 for a short appointment or \$90 for a long appointment. Diabetes WA members receive a 10% discount off this price. Medicare and private health fund rebates may be applicable. Individual consultants are free to eligible DVA registrants.

Group Education

Diabetes WA holds group education sessions throughout the year which allow you to learn about how to use a meter, getting started on your diabetes journey, as well as shopping for, and cooking healthy foods.

Meter Smart

This 90-minute program covers how to effectively self-test your blood glucose levels, the range of meters available and how testing fits into effective diabetes management.

Shop Smart in a Classroom

An alternative to ShopSmart, for those who would prefer to learn healthy shopping in a class setting.

Getting Started

If you are newly diagnosed with type 2 diabetes, this session will help you to understand more about diabetes management and how to access on-going information and support.

Shop Smart

A two-hour shopping tour where you learn how to decipher and analyse food labels in order to make healthy choices for everyday meals.

Cook Smart

This 90-minute interactive food preparation session will demonstrate a range of cooking techniques that will enable you to prepare tasty and healthy snacks and meals without compromising on taste.

BOOKINGS ARE ESSENTIAL.

Cost: **FREE** for Diabetes WA members and NDSS Registrants, \$20 for all others.

Bookings are essential, to secure your place call our friendly team on 1300 136 588.

To find out more about Diabetes WA information sessions, visit www.diabeteswa.com.au

HOW TO CLAIM DIABETES WA MEMBERSHIP ON YOUR HEALTH FUND

A number of private health insurance funds offer products which include a rebate on Diabetes WA membership. Please note that not all members will be eligible for the rebate and it is dependant on your level of cover. Please call your health fund directly to find out if you are eligible.

Australian Unity If you have diabetes and would like access to the support and assistance that Diabetes WA offers, Australian Unity will support you with 80% of the cost of an annual single membership. Available with all Hospital and Combination covers except Care 'n Repair, Smart Start and Overseas Visitors Cover. * To find out more please call 13 29 39.

MBF Members with MBF hospital cover, who have also enrolled in the MBF Diabetes Management Program, are eligible for a free 12 month membership to Diabetes WA. The MBF Diabetes Management Program for adults with diabetes or the parents of children with diabetes provides tools to manage the condition and improve your wellbeing. To find out more please call 131 137.

HBF offers two levels of insurance cover that allow for a Diabetes WA membership rebate. Diabetes WA rebate is listed under Extra Essentials and Premium Essentials cover with HBF. You may be asked for the Diabetes WA provider number, which is B2645PRE. One claim can be made each calendar year. To find out more please call 133 423 or visit www.hbf.com.au

Medibank Private Members who have HealthyPlus, SmartPlus, AdvantagePlus or PremierPlus health cover, may be entitled to claim a portion, or even all, of their Diabetes WA Membership. To find out more please call 132 331.

GMHBA Members who combine their hospital and extras cover are rewarded with additional benefits each year called Connect Rewards Plus. With Connect Rewards Plus, members may be entitled to claim up to 70% of the cost of their Diabetes WA membership. To find out more please call 1300 446 422.

Other Information

If your fund isn't listed above we encourage you to contact them and find out if you can make a claim for your Diabetes WA membership. * Conditions apply: Information is correct at the time of printing but may be subject to change. Please contact your Health Fund for the most current information, terms and conditions.

ONLINE MEMBERS AREA



The exclusive online member's area is now live! Get online to check out the library, connect with other members, get support from our educators, find out about great events and offer us feedback.

What can I do on the members area?

The member's area is available exclusively to Diabetes WA members, offering a range of information and advice for our members. You can also renew your membership and update your details online.

- ✓ **My Place** create a personalised profile, save your favourite articles and recipes, or write a blog.
- ✓ **Library** view a range of educational diabetes-related articles, find tasty recipes and read true stories.
- ✓ **What's On** get the list of the current events
- ✓ **Diabetes Matters** read our member magazine online
- ✓ **Member Benefits** find out about the benefits of Diabetes WA membership, including a range of discounts from our partners.
- ✓ **Online Support** ask an educator for advice, read our blog, or access support networks

How do I log in?

Visit our website www.diabeteswa.com.au. Login in is located on the top tool bar.

Your login details will follow this formula:

Example: John Smith, born 23/11/1955

Username JSmith55 **Password** 23111955

Please note that membership logins are manually set up for new members, and it may take a few days for your login to become active.

Not online?

Just because you don't have the internet doesn't mean you'll miss out! As a Diabetes WA member you will still receive a range of fantastic benefits. For assistance please call Membership on 1300 136 588.

SHOP AT DIABETES WA

If you require diabetes-related or general health products, you can shop with Diabetes WA at our on-site retail stores. Our stores, located in Subiaco and Belmont, exist to provide you with access to a variety of health products, including products listed under the National Diabetes Services Scheme (NDSS).

Diabetes WA members are able to purchase products with up to 20% off the recommended retail price. The latest health and diabetes management products we have in store now include:

- ✓ Blood glucose meters
- ✓ Test strips
- ✓ Glucose gel
- ✓ Storage cases
- ✓ Foot care products
- ✓ Sharp disposal containers
- ✓ ID bracelets
- ✓ Calorie counters and portion size guidebooks
- ✓ Recipe books: healthy eating, weight loss and low-GI



You can shop online at www.diabeteswa.com.au or at one of our Perth offices:

Subiaco

Level 3/322 Hay Street
Subiaco WA 6008

Belmont

172 Campbell Street
Belmont WA 6104

MEMBER SUPPORTERS

One of the many benefits you receive with Diabetes WA Membership is access to a growing directory of member supporters who generously provide discounts and give-aways on their products and services to Diabetes WA members.

15-30% Discounts



Donna Barlow Travel can assist Diabetes WA members in the acquisition of travel insurance specifically for people with diabetes. DBT extends a **20% discount to Diabetes WA members and anyone else travelling with them.** 5% of sales to members are donated back to Diabetes WA. DBT and Cruise Scene are able to assist with holiday planning and extend further negotiated rates to members. Call their toll free number on 1800 678 555, visit their websites www.dbt.com.au and www.cruisescene.com.au



15% off all products at Abernethy Owens excluding contact lens products which are discounted by 10%. In addition, Abernethy Owens will bulk bill eye examinations, unless un-allowable under Medicare regulations. To find out more about Abernethy Owen Optometrists, or to locate your nearest store, visit www.abernethyowens.com.au



Tanita products are designed to give you a complete picture of your inner health. Tanita stocks a range of body composition monitors, giving you a complete picture of your inner health. Tanita offers Diabetes WA members **30% off their Body Composition Monitors, Scales and Kitchen Scales.** For further information, visit www.tanitaaustralia.com.au or call 188 656 444.

10% Discount



Hearinglife employ professional, government accredited audiologists and audiometrists who are highly trained and experienced to help clients with their hearing difficulties. **Clients with suspected hearing loss receive an initial consultation and appropriate recommendations at no charge***. Diabetes WA members requiring a hearing aid, or assistive listening devices (ADL's) will also have a **10% discount** extended to them on behalf of Hearing Life. For more information or to find a location near you, visit www.hearinglife.com.au/

** Pensioners and DVA cardholders are covered under the Australian Government Hearing Services Program – conditions apply. Private clients with suspected hearing loss, referred by a G.P, will not be charged (this offer does not apply to pre-employment tests).*

Nominated Discounts



Integrated Professional Services are advisors who can review and analyse insurance policies, providing life insurance tailored for people with diabetes. Integrated Professional Services the **fee is waived for Diabetes WA members (normally \$750)**. All applications are considered individually by underwriters. This means you will be judged on a case-by-case basis in line with how well you manage your diabetes. We encourage you to phone Beverley free of charge on 1800 006 226 to discuss your needs and ask questions.



RLSWA delivers a Senior First Aid training program that teaches the essential skills required to administer first aid to a victim of illness or injury until the arrival of professional medical help. The Royal Life Saving Society WA Senior First Aid certificate is valid for three (3) years. RLSSWA offers Diabetes WA members with a **10% discount on public Senior First Aid Certificate Courses**. Please call (08) 9383 8200 to book your place and quote "DiabetesWA" to receive a 10% discount.



Step into Life is an affordable and sustainable exercise option offering carefully planned outdoor exercise programs encompassing a variety of Cardiovascular, Toning, Kickboxing, Bootcamps and Fitness Assessment exercises. Step into Life WA offers DWA members **3 FREE group outdoor personal training sessions**. For further information visit www.stepintolife.com or call 1300 134 136

INDEPENDENT WA DIABETES SUPPORT GROUPS

A diabetes support group is a group of people with diabetes, who regularly get together to share information, experiences and knowledge, thus supporting each other and working together to improve each others quality of life. In most instances, the support groups are led by individuals living with diabetes rather than Diabetes Educators or other health professionals. Being part of and receiving support from a member run group is complementary to professional care and not a replacement for it.

Support Groups in the City and Metropolitan Areas				
Support Group	Contact	Venue	When	Frequency
Belmont Live Life Club For people aged 50 plus or with a chronic illness	Arlene Wilson P: 9458 0505	Youth and Family Services 275 Abernethy Road Cloverdale \$3 includes morning tea.	10.00 - 11.30	4 th Thursday every month
Fremantle and Districts	Jasmine Small P 9418 1994	Scots Church 90 South Terrace, Fremantle	10.00-12.00	3 rd Wednesday every month
Gosnells Live Life Club For people aged 50 plus or with a chronic illness	Arlene Wilson P: 9458 0505	Richardson Hall Corner of Albany Hwy and Dorothy Street, Gosnells Gold coin donation includes morning tea.	10.00-11.30	3 rd Friday every month
Italian Speaking Group	Ettore Raspa P: 9271 5960	Italo-Australian Welfare and Cultural Centre 209 Fitzgerald Street, Perth	9.30-	1 st Wednesday every month
Mandurah	Danica Joyce P: 9535 6777	Bortolo Pavillion Corner of Bortolo and Murdoch Drive, Greenfields	9.00-11.00	4 th Friday every month
Mirrabooka	Joan McLachlan P: 9342 5441	Sudbury House Corner of Sudbury and Chesterfield Road, Mirrabooka	13.00 -15.00	2 nd Wednesday every month
Online Type 1 social group aimed at 18-30 years but all are welcome	Mitch Coles ywait@live.com.au	Online support on Facebook and meet up socially	Contact Mitch for more information	
Online Type 1 social group aimed at 30+ years but all are welcome	Julie-Anne Watson laterWAITers @live.com	Online support on Facebook and meet up socially	Contact Julie- Anne for more information	
Osborne Park	Gwen Stonehouse P: 92041510	Innaloo Sportsman Club	9.30-11.30	4 th Thursday every month
Peripheral Neuropathy	June Gascoigne P: 9296 7190	Connect Groups 337 Pier Street , Perth	10.00-12.00	2 nd Monday every month
Perth and Subiaco Type 1 group	Robin Lees P: 0424973842 Robin.lees @bhpbilliton.com	Diabetes WA Level 3/322 Hay Street, Subiaco	19.00-	1 st Monday every month

Subiaco Parents of children with type 1. Kids welcome.	Eric Leotta P: 0408904950 Ericleotta@gmail.com	Diabetes WA Level 3/322 Hay Street, Subiaco		Please contact Eric regarding times
Rockingham Parents of children with type 1. Kids welcome	June Streeter P: 9527 3850	The group aims to [provide a fun environment for kids to meet one another. (type 1) Elenora Café , Rockingham General Hospital	10.00 -	2 nd Friday of each month
Mirrabooka Vietnamese Hoai Viet	Loc Nguyen P: 9345 7114	Mirrabooka Community Centre Unit 4-14 Chesterfield Road Mirrabooka	10.00-12.00	4 th Monday every month
Lockridge Vietnamese	Nga Tran P: 93286420	Lockridge Community Centre 32 Weddall Road, Lockridge	13.30-15.30	Every 3 months
Yanchep and Two Rocks	Len and June Sims P: 9561 1174	Capricorn Community House 73 Lindsay Beach Boulevard Yanchep	10.00-11.30	3 rd Wednesday every month
Association for the Blind of WA Telelink Telephone group	Susan Douglas P:9311 8202	Phone link	10.00-	Weekly

Support Groups in Country Areas				
Support Group	Contact	Venue	When	Frequency
Beverley For type1 and 2, plus friends and relatives	Leonie Hill P: 96464149 Leogra1@westnet.com.au	Beverley Hospital Corner of Sewell and John Street Beverley	19.00	2 nd Tuesday every month
Bridgetown	Joyce Ingram P: 9761 4208	Silverchain Peninsula Road Bridgetown	10.00-12.00	1 st Tuesday every month
Broome	Julie Pearce P: 91927888		Please contact Julie for more information	
Northam	Chris Winsor P: 96222684	Sliver Chain Base 84 Newcastle Road Northam	19.00-21.00	4 th Thursday every month

For more information on the aims and profiles of each support group, we encourage you to contact the support group leader and ask questions.

Starting a support group

To register your support group or interest in starting up a support group, please contact Diabetes WA on **9325 7699** or email **info@diabeteswa.com.au**. We can provide you with resources to help you start a group and promote your contact details to members and health professionals.