

Independent Diabetes Support Groups in WA

A diabetes support group is a collection 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.

City and Metropolitan Areas

Support Group	Contact	Venue	When	Frequency
BELMONT LIVE LIFE CLUB For people over 50 or with a chronic illness	Monica Strasser T: 9458 0505	Rivervale Community Centre Cnr Surrey Road and Francisco St Rivervale	10am – 11.30am	4 th Thursday of month
FREMANTLE & DISTRICTS	Jasmine Small T: 9418 1994	Scots Church 90 South Tce Fremantle	10am – 12pm	3 rd Wednesday of month
GOSNELLS LIVE LIFE CLUB For people over 50 or with a chronic illness	Monica Strasser T: 9458 0505	Richardson Hall The Agonis Gosnells Civic Centre Cnr Albany Hwy & Dorothy St Gosnells	10am – 11.30am	3 rd Friday of month
ITALIAN SPEAKING GROUP	Ettore Raspa T: 9271 5960	Italo-Australian Welfare and Cultural Centre 209 Fitzgerald Street Perth	9.30am start	1 st Wednesday of month
MANDURAH	Danica Joyce T: 9535 6777	Bortolo Pavilion Cnr Bortolo & Murdoch Drives Greenfields	9am – 11am	Last Friday of month
MIRRABOOKA	Joan McLachlan T: 9342 5441	Sudbury House Corner Sudbury & Chesterfield Rds Mirrabooka	1pm – 3pm	2 nd Wednesday of month

City and Metropolitan Areas

Support Group	Contact	Venue	When	Frequency
ONLINE Type 1 social group aimed at 18 – 30 year olds but all are welcome	Mitch Coles ywait@live.com	Online support on Facebook and meet up socially	Contact Mitch for more information	
ONLINE Type 1 social group aimed at 30+ year olds 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 T: 9204 1510	Innaloo Sportsman Club	9.30am – 11.30am	4 th Thursday of month
PERIPHERAL NEUROPATHY SUPPORT GROUP	June Gascoigne T: 9296 7190	W.I.S.H 337 Pier St Perth	10am – 12pm	2 nd Monday of month
PERTH/SUBIACO Type 1 Diabetes Group	Robin Lees 0424 973 842 robin.lees@bhpbilliton.com	Diabetes WA Level 3, 322 Hay St Subiaco	7pm	1 st Monday of month
SUBIACO Parents of children with type 1. Children also welcome	Eric Leotta 0408 904 950 ericleotta@gmail.com	Diabetes WA Level 3, 322 Hay St Subiaco	TBA	Please phone Eric to confirm meeting dates & time
ROCKINGHAM For adults with Type 2	Rosemary Macro T: 6363 5042 M: 0419 954 347	St Nicholas Church Centre Council Ave Rockingham	10am – 12pm	2 nd Tuesday of month
ROCKINGHAM For parents with children with type 1	Suzanne Hoecker t: 9528 5807	Suzanne would really like to hear from parents and their children with type 1 within the Rockingham area. The aim of this group is to provide a positive and fun environment for kids to meet one another.		
VIETNAMESE (HOAI VIET) MIRRABOOKA	Loc Nguyen T: 9345 7114	Mirrabooka Community Centre Unit 4-14 Chesterfield Rd	10am – 12pm	Last Monday of month
VIETNAMESE LOCKRIDGE	Nga Tran T: 9328 6420 or 9279 0115	Lockridge Community Centre 32 Weddall Rd Lockridge	1.30pm – 3pm	Every 3 months
YANCHEP/TWO ROCKS	Len and June Sims T: 9561 1174	Capricorn Community House 73 Lindsay Beach Blvd, Yanchep	10am – 11:30am	3 rd Wednesday of month

Association for the Blind of WA Diabetes Telelink (telephone support group)	Susan Douglas T: 9311 8202	Phone Link	10am	Weekly
---	-------------------------------	------------	------	--------

Country Areas

Support Group	Contact	Venue	When	Frequency
BEVERLEY For Type 1 and 2, plus friends and relatives	Leonie Hill T: (08) 9646 4149 leogra1@westnet.com.au	Beverley Hospital Cnr Sewell and John St Beverley	7pm start	2 nd Tuesday of month
BRIDGETOWN	Wendy Rayner T: (08) 9761 4143	Bridgetown Hospital Peninsula Rd Bridgetown	10am – 12pm	1 st Tuesday of month
NORTHAM	Chris Winsor T: (08) 9622 2684	Silver Chain Base 84 Newcastle Rd Northam	7pm – 9pm	4 th Thursday of 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.