

Independent Support Groups

A diabetes support group is a group of people with diabetes, who regularly get together to share information, experiences and knowledge. The group support each other and work 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 and receiving advice from a support group is complementary to professional care and not a replacement for it.

Type 1 diabetes support groups

Online	About the Group: 18-30 year olds, but all are welcome. Online support on Facebook Meet up socially, also hold occasional events	Contact: Mitch Coles or Rachel Lamb E: ywait@live.com.au
Online	About the Group: 30+ year olds, but all are welcome. Online support on Facebook Meet up socially, also hold occasional events	Contact: Julie-Anne Watson E: laterWAITers@live.com
Northern metro	About the Group: Taking expressions of interest for a new group Parents of children with type 1 diabetes Children welcome to attend Will be meeting on a regular basis	Contact: Olivia Marcinkowski P: 0410 556 935
Central metro	About the Group: Parents of teens with type 1 Contact Eric for more information	Contact: Eric Leotta P: 0408904950 E: Ericleotta@gmail.com

Type 2 diabetes support groups

Mirrabooka Vietnamese	About the Group: Vietnamese speaking group Monthly meetings	Contact: Loc Nguyen P: 9345 7114
Yanchep Two Rocks Area	About the Group: Events and outings Monthly meetings	Contact: Len and June Sims P: 9561 1174

Mixed support groups: type 1 and type 2 diabetes

Belmont Area	About the Group: Run by the Live Life Club For people aged 50 plus or with a chronic illness \$3 includes morning tea and raffle Monthly meetings	Contact: Carole Chong P: 9458 0505
Beverley	About the Group: People with diabetes, their friends and relatives Monthly meetings	Contact: Leonie Hill P: 96464149 E: Leogra1@westnet.com.au

Bridgetown	About the Group: Monthly meetings	Contact: Joyce Ingram P: 9761 4208
Broome	About the Group: Please contact Julie for information on this group.	Contact: Julie Pearce at BOAB Health Service P: 91927888
Gosnells Area	About the Group: Run by the Live Life Club For people aged 50 plus or with a chronic illness \$3 includes morning tea and raffle	Contact: Carole Chong P: 9458 0505
Fremantle and Districts	About the Group: Mostly people with type 2, however those with type 1 are welcomed Monthly meetings	Contact: Jasmine Small P 9418 1994
Mirrabooka Area	About the Group: Monthly meeting Medium sized group with regular attendees	Contact: Joan McLachlan P: 9342 5441
Northam	About the Group: Monthly meetings	Contact: Chris Winsor P: 96222684
Rockingham Area	About the Group: A fun environment to meet others with diabetes Rockingham General Hospital Monthly meetings	Contact: June Streeter or Rockingham Hospital P: 9527 3850
Osborne Park and Innaloo	About the Group: Medium sized group of regulars Monthly meetings	Contact: Gwen Stonehouse P: 92041510
Perth City	About the Group: Provides support to people who are having difficulty in coping with peripheral neuropathy Monthly meetings	Contact: June Gascoigne P: 9296 7190
Lockridge Area Vietnam	About the Group: Vietnamese speaking group Meeting every three months	Contact: Nga Tran P: 93286420
Association for the Blind of WA	About the Group: Telephone group Weekly phone- in	Contact: Susan Douglas P:9311 8202

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 **1300 136 588** or email info@diabeteswa.com.au. We can provide you with resources to help you start a group and promote your contact details to other interested parties.