

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	Meet	When	Frequency
ARMADALE	Roxanne Byrne T: 9887 0967	Armadale Community Health 3056 Albany Hwy	5.30pm – 6.30pm	1 st Wednesday of month
BULLSBROOK Adults with type 2 group formed. Looking to start a group for parents and their children with Type 1	Shayley Abbett T: 9571 2301 M: 0409 786 800	Bullsbrook Neighbourhood Centre	7pm start	Every Tuesday
BELMONT LIVE LIFE CLUB For people Over 50 or with a chronic illness	Andrea Ryder 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	Andrea Ryder T: 9458 0505	Richardson Hall The Agonis Gosnells Civic Centre Cnr Albany Hwy & Dorothy St Gosnells	10am – 11.30am	3 rd Friday of month
HEART TEMPO Joint Heart/Diabetes Group	Ken Waters T: 9276 5940	Bayswater Waves Leisure Centre	9am – 11am	3 rd Friday of month

City and Metropolitan Areas

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Type 1 social group aimed at 18 – 35 year olds but anyone welcome.	Rachel Lamb ywait@live.com.au	Online support on Facebook and meet up socially	Contact Rachel for more information	NEW!
ITALIAN SPEAKING GROUP	Ettore Raspa T: 9271 5960	Italo-Australian Welfare and Cultural Centre 209 Fitzgerald Street Perth	9.30am start	1st Wednesday of month
JOONDALUP	Barry & Pat Lobell T: 9404 6562	Group Room 2 Population Health Building Joondalup Hospital Regent Park Rd Joondalup	9.30am – 11.30am	1st Tuesday of month
MANDURAH	Carrina Garth and Rebecca Jefferson T: (08) 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	2nd Wednesday of month
OSBORNE PARK	Gwen Stonehouse T: 9204 1510	Osborne Div. of General Practice 137 Main St Osborne Park	9.30am – 11.30am	4th Thursday of month
PERIPHERAL NEUROPATHY SUPPORT GROUP	June Gascoigne T: 9296 7190	W.I.S.H 337 Pier St Perth	10am – 12pm	2nd Monday of month
PERTH/SUBIACO Type 1 Diabetes Group	Robine Lees 0424 973 842 Robin.lees@bhpbilliton.com	Diabetes WA Level 3, 322 Hay St Subiaco	1st Monday of every month @7pm	Once a month
SUBIACO Parents of children with type 1. Children also welcome	Eric Leotta 0408 904 950 eleotta@australis.net	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	2nd Tuesday of month
ROWETHORPE AND BENTLEY PARK For residents and non residents	Hannah Reinertsen T: 6363 6347	Claudia Hicks Bldg Cnr Hillview Tce & Jacaranda Ave Bentley	Ad hoc Please phone to confirm	Ad hoc Please phone to confirm

City and Metropolitan Areas

Support Group	Contact	Meet	When	Frequency
SWAN DISTRICTS	Philip Surtees T: 9571 4198	Valley Church of Christ Eveline Rd Middle Swan	10am – 12pm	1 st Wednesday of month
VIETNAMESE (HOAI VIET) MIRRABOOKA	Loc Nguyen T: 9345 7114	Mirrabooka Community Centre Unit 4 14 Chesterfield Rd	10am – 12pm	Last Monday of month
VIETNAMESE LOCKRIDG	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	Community Centre Lagoon Drive Yanchep	9.30am – 11.00am	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

Diabetes Consumer Reference Group (DCRG)

Designed to act as a liaison between Diabetes WA and people with diabetes, the Diabetes Consumer Reference Group (DCRG) has been operating since 2002.

The group is keen to raise its profile within the community and encourage anyone who has a passion and an association with diabetes, to join the group.

To join the DCRG you must:

- Have diabetes or;
- Have an interest in diabetes (ie carer/family/friend of someone living with diabetes); and
- Have completed the Health Consumer Council's Consumer Representative Skills Training course (or be prepared to complete – no cost). For more information regarding this course contact the HCC on (08) 9221 3422.

Meet: Second Monday of each month (except December) at Diabetes WA, Level 3, 322 Hay Street, Subiaco from 6.30pm – 8pm.

To find out about joining the DCRG, or if you have any concerns you would like the DCRG to address, please call Tom Whitelaw - Secretary on 9276 9456 or email lesleyandtom@internetexpress.net.au

Country Areas

Support Group	Contact	Meet	When	Frequency
BEVERLEY For Type 1 and 2, plus friends and relatives	Michele Williams T: (08) 9646 1513	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 Road Bridgetown	10am - 12pm	1 st Tuesday of month
BUNBURY For Type 2	Barry Marshall T: (08) 9725 0716	Group Room 1 Primary Health, Bunbury Hospital Bunbury	1pm - 2.30pm	Last Monday of month
BUNBURY For Type 1. All ages welcome	Liz Ayers T: (08) 9795 4788 ayers@inet.net.au	Conference Room St John of God Hospital Bunbury	7.00pm - 9.00pm	3 rd Wednesday of month
DONNYBROOK For over 40's - Type 1 & 2	Denise Hodsdon T: (08) 9731 1003	Donnybrook District Hospital Bentley Street	<i>This group is currently on hold until new members register interest. If you are keen to become a leader of the group please contact Denise on (08) 9731 1003.</i>	
NORTHAM	Chris Winsor T: (08) 9622 2684	Silver Chain Base 84 Newcastle Road Northam	7pm - 9pm	4 th Thursday of the 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.