

Diabetes and your health

Your guide to diabetes services in Melbourne,
Moonee Valley, Moreland and Yarra.



Are you at risk of type 2 diabetes (t2d)?

To find out if you are at risk complete the online risk assessment tool or talk to your doctor.

[Go to the risk assessment >](#)

Find diabetes programs in your area

The following services and programs may benefit you:

- if you have a high risk of developing type 2 diabetes, or
- if you are already living with diabetes, or
- care for someone who has diabetes.

Suitable for people:

● at risk ● have t2d



● **Life!** aims to work toward a weight loss of at least five per cent of body weight through a better diet and 30 minutes of moderate exercise every day.

Contacts:

www.lifeprogram.org.au

cohealth: www.cohealth.org.au

- Kensington Community Centre 8378 1600
- Niddrie Community Centre 8378 3500
- North Yarra Community Centre 9349 7333

[Inner North West Melbourne Medicare Local](#) 9347 1188



● ● **HEAL Program (Healthy Eating Activity and Lifestyle)**

is for people who are overweight or obese, with or at risk of developing chronic disease (such as type 2 diabetes) to improve their health and well-being by providing lifestyle education, focusing on nutrition and physical activity, and promoting self-management. Sessions are run by a dietician and physiotherapist.

Contacts:

www.essa.org.au

Merri Community Health Service
Phone for current location

9355 4913

Visit www.inwmmml.org.au/diabetes for more information



● ● **Lift For Life** is an evidence-based resistance training program for people with, or at risk of, type 2 diabetes. This program works towards better diabetes control, increased muscle strength and tone, a healthier weight, stronger bones, improved flexibility, balance and posture, and increased energy.

Contacts:

www.liftforlife.com.au

Phone for current program:

- The Royal Melbourne Hospital 8387 2539
email: craig.schulz@efm.net.au
- Collingwood and Richmond Leisure Centres 9205 5032
www.yarracity.vic.gov.au
- FITAS Personal Training 9421 6848
<http://fitas.com.au/>



● **Heartmoves** is a gentle physical activity program suitable for anyone who hasn't done any exercise in a while. It is run by accredited exercise professionals and designed to be safe for people with stable long term health conditions such as heart disease, diabetes or obesity.

Contacts:

www.heartfoundation.org.au

Active Moreland Centres: www.activemoreland.com.au

- Brunswick Baths(YMCA) 9381 1840
 - Brunswick Neighbourhood House 9386 9418
 - Sussex St Neighbourhood House 9354 2210
 - Coburg Leisure Centre 9358 6600
 - Fawkner Leisure Centre 9354 3504
- Ascot Vale Leisure Centre 9375 3411



● **Living Well with t2d – 6 week program**

Assists individuals to:

- Understand diabetes and make informed lifestyle and treatment choices
- Incorporate physical activity into daily life
- Understand and effectively use medications, including insulin
- Monitor blood glucose levels and use the results to improve diabetes control and reduce the risk of diabetes complications
- Manage diabetes care when sick, as well as with the demands of work, family and life

Contacts:

cohealth: www.cohealth.org.au

- Niddrie Community Centre 8378 3500
- North Yarra Community Centre 9349 7333

Merri Community Health Service 9388 9933

www.mchs.org.au



● **Restoring Health – Diabetes** is for people who are at risk of frequent hospital admissions. Aims to reduce hospital presentations and improve health outcomes by coordinating and integrating services between acute, sub-acute and community sectors.

Contacts:

St Vincent's HARP
www.svhm.org.au

9288 2211

Contact a peer support group



● **Peer Support Groups** provide an opportunity to share information and hear about other people's experiences of living with diabetes. They can provide support, education and information in an inclusive environment amongst peers, family and carers.

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Diabetes: A Positive Approach (DAPA) 9354 9623
Peer Support Group, Coburg
(contact Heather Campbell)

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Essendon and District Diabetes Support Group 0411 261 017
(contact Edith James)

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Arabic/Tigre, Mandarin or Vietnamese
speaking support groups 8378 1600
(contact Thu Nam Nguyen)

.....
North Richmond Vietnamese speaking
Diabetes Support group 9412 9800
(contact Yung Nguyen)

.....
Greek Speaking Support Group 9388 9998
(Brunswick, contact Dimitri Bouras)



Other Services



Find a Local Exercise Group

You can find a local group near you such as a walking group, gentle exercise class or water based activity to suit your needs. Inner North West Primary Care Partnership Physical Activity Directory. www.inwpcp.org.au



Find a Health Professional or Service

You can find a doctor, endocrinologist (diabetes specialist), dietitian or diabetes educator to help manage your diabetes. www.betterhealthchannel.vic.gov.au (go to Services & Support)



Diabetes Australia - Victoria

1300 136 588

Provides information about a range of resources and services including diabetes education, prevention kits, programs and support groups. www.diabetesvic.org.au



Multilingual Information

1300 801 164

Contact a dietitian or diabetes educator with help from an interpreter. www.diabetesvic.org.au/multilingual



Aboriginal and Torres Strait Islander Information

1300 566 743
or 1300 KOORIE

Information tailored for Aboriginal and Torres Strait Islander people. www.diabetesvic.org.au/diabetes-prevention



Diabetes Supplies and Testing

1300 136 588

The National Diabetes Services Scheme (NDSS) can provide blood and urine testing strips, syringes and needles for special injection systems at subsidised prices.

www.ndss.com.au

Inner North west Melbourne Medicare Local

ACKNOWLEDGEMENTS

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www.inwmml.org.au

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**medicare
local**

INNER NORTH WEST MELBOURNE

Connecting health to meet local needs

www.inwmml.org.au/diabetes