



Help in your language

GLCH can arrange interpreters free of charge to assist customers who speak little or no English, or whose first language is Auslan (Australian Sign Language).

For more details, please contact your service provider.

### Confidentiality

All clients have the right to expect that information provided will be kept confidential. For more information, please refer to the brochure 'Your Information - It's Private'.

### Let us know what you think

Listening to customers is important as it helps us improve our services. Customers wishing to provide compliments, complaints or suggestions can do so by completing our Consumer Feedback brochure (available at all reception areas) or by emailing [feedback@glch.org.au](mailto:feedback@glch.org.au)

If you do not believe that your concerns have been dealt with adequately, you may contact the [Health Services Commissioner](#).

Level 26, 570 Bourke Street

MELBOURNE VIC 3000

Telephone: 1300 582 113

Fax: 03 9032 3111

Email: [hsc@health.vic.gov.au](mailto:hsc@health.vic.gov.au)

## Gippsland Lakes Community Health Diabetes Support Group



Professional and peer support for  
people living with diabetes

## Why join a diabetes support group?

Diabetes support groups can help people better understand how to best manage their diabetes as well as understand how to live with a chronic condition in a positive and empowering environment. They also provide an opportunity meet new people and learn from others by sharing experiences and information.

At Gippsland Lakes Community Health (GLCH), we have created a safe, supportive and helpful space for people of all ages living with all types of diabetes, and invite them and their support people to join us.

**Health professionals and guest speakers** will be invited to speak at the meetings and cover a range of topics including (but not limited to):

- Setting personal goals
- Lifestyle management
- Managing blood glucose levels
- Eye and foot care
- Diet and nutrition
- Medications including insulin
- Physical activity
- Mental health care
- Preventing diabetes complications

They can answer your any specific questions you might have relating to your diabetes and provide you with the latest information, resources and contacts.

## Meeting information

Our diabetes support group meets on the first Thursday of the month from 9.00am to 11.00am at Gippsland Lakes Community Health, 18 - 26 Jemmeson Street, Lakes Entrance in the Bakewell/Bulmer meeting rooms.

## Contact

Please contact Sophie, our diabetes educator and chronic conditions nurse on **5155 8300** or email [sophieb@glch.org.au](mailto:sophieb@glch.org.au) if you're interested in being an important member of our group.

Support people are also encouraged to attend.



Peer Support Groups and events are an opportunity for people of all ages to learn about living with diabetes and develop social support networks in a safe and supportive environment.