

The Western Sydney Diabetes Support Group Success Story

Western Sydney is a diabetes “hot-spot” with more than one quarter of the population (approx. 200,000 people) likely to have diabetes or pre-diabetes. More than half of western Sydney's population is overweight and at risk of developing Type 2 diabetes.

WentWest as the Western Sydney Primary Health Network (WSPHN) responded to these concerning statistics with the establishment of the Western Sydney Diabetes Support Group in 2014. This group provided community members with the unique opportunity to meet other people diagnosed with diabetes as well as diabetes specialists.

Each meeting focused on a different aspect of diabetes management including diet, exercise, medication, foot and eye care, as well as how to access services. The meetings encouraged greater consumer engagement, understanding and self-management of their condition. Each session was delivered by an expert in the field and provided participants with the opportunity to ask questions and share experiences. A total of 49 sessions were delivered over the period until December 2018.

The program has had an excellent track record of success. This can be seen through the feedback given by participants of the program.

“It was very hard to find any information unless you ask the right questions but without knowing the right questions you can't find the right answers. The Western Sydney Diabetes Support Group made it much easier to understand all the problems associated with diabetes.” says Mr Kenneth Murray

Due to the success of the program it has developed into a self-sustained peer-lead model. If you have any patients that would benefit from Western Sydney Diabetes Support Group, visit our webpage or contact the Peer Leader Cathryn Ward



Events

Hepatitis B and C Updates for Filipino General Practices

Saturday 23rd March 2019

6:30pm - 9:00pm

Small Group Learning - My Health Record: Medical Director Training

Thursday 4th April 2019

6:30pm - 9:00pm

Consumer Academy

Wednesday 10th April 2019

9:30am - 1:30pm

Working with Young People in General Practice

Thursday 11th April 2019

5:30pm - 8:00pm

Small Group Learning: My Health Record - Best Practice Training

Tuesday 23rd April 2019

6:30pm - 9:00pm

Other News

National Close the Gap Day

Aboriginal and Torres Strait Islander people still face unequal health outcomes. On average, Aboriginal and Torres Strait Islander people die more than 10 years younger than other Australians.

☒ National Close the Gap Day, on Thursday 21 March, highlights this issue and provides Indigenous and non-Indigenous Australians the opportunity to come together to share information and to support the work that aims to achieve Indigenous health equality. We have a strong history of collaborating with Aboriginal and Torres Strait Islander communities in western Sydney to identify gaps in services relating to health and taking action to close those gaps.

If your practice would like to know more information about Aboriginal Cultural Awareness Training please contact Rita McKenzie, our Aboriginal Cultural Liaison Coordinator at Rita.McKenzie@wentwest.com.au

HealthPathways - New Pathways

HealthPathways are clinically developed, online pathways for western Sydney health professionals that provide locally relevant, up-to-date information on an extensive range of health conditions. We have just gone live with

the following pathways:

☒NSW Ambulance Authorised Care Plans ☒Diabetes Diagnosis in Children ☒Vitamin D Deficiency in Children
☒Paediatric Endocrinology Advice or Assessment Access these and many more via the HealthPathways portal
using the below log in details:

Username: healthPassword: w3stern

NSW Health Alerts

NSW Health has released new media releases on the below topics:

☒Summer flu strikes aged care facilities ☒Meales alert - Two new cases in western Sydney ☒Measles alert for school
kids, backpackers The full media releases are available on the NSW Health website.

BreastScreen Dates

The BreastScreen trailer is at ☒Stanhope Village Shopping Centre until Thursday 11th April, offering screening for
all women aged 40 years and over. Appointments can be made by calling BreastScreen NSW on 13 20 50.

GP Association meeting

The following GP Association meeting is coming up in western Sydney:

Hills: Walking into Good Health, Community Initiative to Promote Smoking Cessation, Wednesday 10th April.

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