



Media Release

14th Nov 2016

Support Group offers assistance to those living with diabetes

With one in four Australians aged over 25 years living with diabetes or pre-diabetes, *World Diabetes Day*, on Monday 14th November, comes at an opportune time to promote western Sydney's Diabetes Support Group. The service is available at no-cost, for people who have Type 2 Diabetes or are at risk.

In tackling the condition WentWest, the Western Sydney Primary Health Network and its partner the Western Sydney Local Health District, hosts a monthly community support group. This is one of many diabetes initiatives* led by the two partners as part of a region-wide strategy to reduce its impact on the region's health.

Targeting the local residents, the support group is an ideal platform for those living with the condition to keep up-to-date on self-care management tactics. Each month, attendees hear from a range of local health professionals and have the opportunity to share stories and ideas.

Christine Grant, aged 66 years and western Sydney resident has found the support group particularly valuable, "I've had diabetes for over 10 years and have found it frustrating at times and hard to control. Over the years I wasn't aware of any support channels available for me, and when I heard about the group jumped at the opportunity."

"I've been going to the monthly diabetes sessions for almost two years and really value them. It's a great way to find help, educate yourself and meet with others in the same boat. The sessions have a great network of health professionals who speak about various topics which is important, especially for people who have just been diagnosed," said Ms Grant.

The next monthly Diabetes Support Group is held at WentWest Offices in Blacktown on Tuesday, 22nd November. Email: events@wentwest.com.au to register.

Additionally and for residents of the Rouse Hill area, there is a [Rouse Hill Diabetes Education service](#) available. Contact Sharon McClelland sharon.mcclelland@wentwest.com.au for more information.

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Additional information:

*To find out more about how western Sydney is combating diabetes, download a copy of the [Western Sydney Diabetes Prevention & Management Initiative](#) – a comprehensive, multilayered approach between WentWest and its partners the Western Sydney Local Health District.

For more information please contact:

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About WentWest

WentWest's focus on providing better health care in the community was strengthened with its appointment as a Tranche 1 Medicare Local in July 2011 to now operating as the Western Sydney Primary Health Network. WentWest has built on its experience as a Division of General Practice in supporting GPs and their practices, connecting health services to meet local needs, and striving for better health outcomes for western Sydney.

The population living in western Sydney is culturally, linguistically and socio-economically diverse, and we also have the largest urban Aboriginal community in Australia. WentWest works closely with doctors, allied health professionals, the Local Health District and many others to improve the coordination of local health and human services for these patients and their families.