



MISSION STATEMENT

We are all parents and care-givers of children with diabetes. Our purpose is to support, and to provide and facilitate information exchange through networking, while assisting in the resolution of identified issues.

**CALENDAR OF
EVENTS :**

**Meeting dates,
Guest Speakers &
Special Events**

Next PODS Meeting:

Thursday, 22nd October
Special Guest speaker:
Dietitian – Elisha Matthews
9th Floor, Main Building,
Gastroenterology Seminar Room,
6:45pm for 7pm start to 8:30pm

Family Day

Sunday, 15th November 2009
Time: 11am to 2pm
Venue: Malahang Reserve,
Oriental Road, Heidelberg West
Cost: \$5 per family
See flyer inside page 4 of this
newsletter

Also remember - for all your unwanted clothes, toys, books etc call Diabetes Australia collection crew on 9923-8400 and donate your items and help support DAV.

Please email your ideas or suggestions for this newsletter (if you would like this newsletter emailed to you in the future or have email support with the group) at: podssupport@optusnet.com.au



**Phone
Numbers
That might
come in
handy!**

RCH 9345 5522
(Royal Children's Hospital)
Ask switch to connect you to your diabetes educator
Diabetes Unit Social Workers:
Jessica Drabkin 9345 6111
Jana Fugaro

JDRF 9696 3866
(Juvenile Diabetes Research Foundation) *incl. D1 Connect*

DA Vic 9667 1777
(Diabetes Australia - Victoria)
Type 1 Program co-ordinator:
Kim Henshaw 9667 1761
Beth Dunlop 9667 1732

Advocacy Co-ordinator:
Susanne Baxendall 9667 1769
Children's Camp Officer:
Linda Douglas 9667 1746
info@diabetescamps.com.au

JDRF
School Talks Co-ordinator
Bronwyn Metha 9725 2265

Hello to all,

Hope everyone is well.

Well school holidays are over once again and the end of the year will be coming up quickly. We have some great info for you inside this newsletter and we are also asking for your support by writing a letter to help Abbott get the Optium Blood Ketone strips on the NDSS list. This would greatly benefit us all, especially those on pump who need to know quickly if they have any ketones.

Also inside this newsletter please see all the details of our next PODS meetings with our guest speaker, Elisha Matthews, Dietitian at RCH and also YES – a family picnic day – Sunday, 15th November 2009 at Malahang Reserve in West Heidelberg.

Thanks , PODS

DAV Teacher Seminars

To compliment the "Diabetes Basics" DVD, DAV are now running teacher seminars to further teacher's knowledge of type 1 management in schools. Contact DAV for dates and location.



DIABETES AUSTRALIA - VICTORIA

Six in the City 2009

(www.dav.org.au)

17th November – Staying in the know

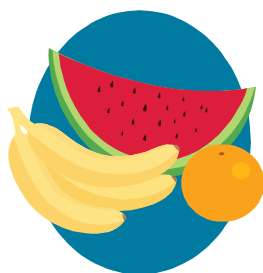
Contact DAV on 1300 136 588 – Bookings Essential (Free to DAV members, \$10 for non-members)

Upcoming Meetings and Events

Next PODS Meeting – Thursday, 22nd October 2009

Special Guest speaker: Elisha Matthews – Dietitian from RCH

Venue: Royal Children's Hospital,
9th Floor, Gastroenterology Seminar Room
6.45pm for 7pm start (to approx 8:30pm)
Contact: podssupport@optusnet.com.au



Have all your dietary questions answered!

Is my child having enough carbohydrates?

Ideas for school snacks and lunches?

Do we count by serves or carbohydrate grams?

What about birthday parties and lolly bags?

What are free foods?

What do I do when my child is still hungry??

How many carbohydrates in that?

What about snacks and sport?

What is Low GI? How do I know the GI of food?



FAMILY DAY – SUNDAY, 14TH NOVEMBER 2009

Date: Sunday, 15th November 2009
Time: 11am to 2pm
Venue: Malahang Reserve, Oriel Road, West Heidelberg
Cost: \$5 per family
Reply by: 1st November 2009 by email
Info: contact podssupport@optusnet.com.au

See page 4 of this newsletter for all the details.

IMPORTANT INFO – WE NEED YOUR SUPPORT FOR TEACHER SEMINARS!!

You may or may not be aware that the Teacher Seminars for Diabetes Education at RCH are currently on hold. We need these seminars to help educate teachers at school in caring for our children while they are at school all day. Please contact Judith Smith, Family Liaison Officer @ RCH and add your name to the list of people demanding these seminars are run for teachers in the future. To register your support, please contact:
Judith Smith, Consumer Liaison Officer, Royal Children's Hospital
Telephone: 9345-5676 Facsimile: 9345-5050 Email: Judith.smith@rch.org.au

Royal Children's Hospital – Diabetes Symposium 2009

Tuesday, 10th November 2009, starting at 5pm to approximately 9pm
Keep the date and time free. Further details will be sent out by RCH.

Important Info

Optium Blood Ketone Strips

Abbott Diabetes Care, are once again, putting in a submission to NDSS to have the Optium Blood Ketone Strips listed, therefore making them more affordable and accessible to all of us.

We have been advised that letters of support from the Type 1 community will greatly assist the cause for reimbursement to the Type 1 community.



Anyone interested in supporting this should write a letter of support and email it to: **catherine.landewee@abbott.com**

or any written letters to: Abbott Diabetes Care, 666 Doncaster Rd, Doncaster, VIC, 3108
Any questions can be directed to Cath at Abbott on the above email address.

BioGrid Australia

At the last PODS meeting Henry Gasko from BioGrid (a research group) attended as our special guest speaker. Henry spoke about BioGrid's role and how RCH patients can be involved.

Basically, BioGrid links data, such as the diabetes data already being collected by Dr Fergus Cameron and his team at RCH, with similar data for patients at adult hospitals (RMH, St. Vincent's, RWH and Austin at this stage).

The idea is that BioGrid are able match patients across the sites and give researchers an ongoing view of a patient's clinical history from childhood into adulthood. This data is totally de-identified and is not used for clinical purposes - only for research. The aim is to answer questions such as the quality of the transition in diabetes care and control as a patient moves through life (childhood, adulthood, pregnancy, old age). Both Dr Cameron and Prof. Peter Colman at RMH are interested in exploring this question in the Australian context but this has not been possible until now because there was no way to connect information about the same patient at different hospitals.

Henry spoke about the project, and especially stressing that patients have the right to opt their child out of it if they choose, however stressing the benefits and explained that the clinicians involved are fully supportive.

For more information, see the BioGrid website at <http://www.biogrid.org.au/> and especially the animations link. Click on "About Us" then click on "BioGrid Animations" and watch the presentations.

Partnerships for Children Diabetes Steering Committee

The Partnerships for Children Diabetes Steering Committee is seeking a Consumer Representative (parent). This Committee meets four times per year usually on Monday afternoons. The Committee is involved in planning and oversight of the Diabetes Service at RCH and parent involvement would be valuable. Interested parents should contact Ms Katie Williams, Partnerships for Children Manager, on 9345 6146 for further information.

PODS' Family Picnic Day!!!!

Sunday, 15th November 2009

11am to 2pm

Yes - We are currently in the process of organising another day out for the whole family. We would love you to join us on Sunday, 15th November 2009 from 11am to 2pm at:

Malahang Reserve, Oriel Road, West Heidelberg, Victoria.
Melways Map 19 Ref F12.



A great range of equipment spread across a large area. Includes a real zip line with poles like a beginners ski lift, another zip line with a seat with harness, huge double pyramid rope climbing frame, huge swinging basket, family size see-saw, small slides, springers, colourful boats, spinning cups with hand wheel, stand-on spinners and a variety of swings including a "comfy chair" and tyre swings. There is a separate structure for toddlers with ramp, block steps, coloured balls and a number of educational boards. There is also a skate ramp for the older kids and a half court basketball court.

There are plenty of seats without shade, a big shelter with BBQs, tables and toilets. There is also an off street parking area.

Bring along your picnic baskets with your lunch or meat for a bbq, chair, hat, sunscreen, hypo kit and smile – we would love to meet you and your family. This is a great opportunity for the whole family to meet other families also living with Type 1 Diabetes.

Cost is \$5 per family (to be paid on the day) includes a free goodies bag per family and a bbq sausage in bread for everyone!!

For more info on Malahang Reserve and its facilities please look at:

<http://heidelbergwest.grassroots.org.au/projects/items/2009/02/248145-upload-00002.pdf>

Please email podssupport@optusnet.com.au if you would like to attend.

We need to confirm attendance numbers by 1st November for catering purposes. If you don't reply you may miss out on your free sausage!!

A confirmation email will be sent out with further details & map to those that reply by 1/11/09.

Helpful Books to Read

All Available at DAV

- † **Caring for diabetes in children & adolescents: A parents manual**
- † **The fat, fibre and carbohydrate counter** published by Murdoch Books
- † **Frances learns about diabetes**
- † **Diabetic Living Magazine** available from local newsagency for \$7.95
- † **Pumping Insulin**



Internet sites worth a look!

www.rch.org.au/diabetes

(Access to Betterdiabetes.com, the diabetes chat newsletter, & the calendar of events)

www.carenet.org.au

www.dav.org.au

www.diabetescounselling.com.au

www.realitycheck.org.au

www.jdrf.org.au

www.childrenwithdiabetes.com

www.diabeteskidsandteens.com.au

www.vic.coeliac.org.au

For current research: www.jdrf.org.au

Your local NDSS supplier: www.dav.org.au OR 1300 136 588

follow prompts for your local supplier, enter postcode and all pharmacy details will be available.

<http://www.runsweet.com/> (about Diabetes and Sport)

www.choicefoodforkids.com.au

www.levelliving.com.au (previously www.id4udesigns.com.au)

Newsletter Input

We would love to hear from you about your diagnosis story, funny stories or sad stories, we have all had them. Please email us at podssupport@optusnet.com.au with your story and we will publish it in one of our future newsletters. We can all appreciate and relate to each other's stories and this way we know that we are not the only family going through these experiences. You are also welcome to email us with any other info you think will be of interest to other families, recipes, stories or articles you come across. Thank you for reading this issue and we hope you enjoyed it.

*A part of what the support group will attempt to establish is a form of a 'friendly faces' program, we all need someone to talk to at sometime, to bounce around ideas, someone who understands on some level of what we are going through.
With thanks, PODS, RCH.*



We acknowledge and thank Diabetes Australia Victoria for their support in the production of this newsletter.