

Koorie diabetes

Grapevine

Summer edition
December 2022



Major prize winner

This photograph was submitted by Dhauwurd-Wurrung

Elderly and Community Health Service in Portland.

The photo is of Shae Rotumah and his daughter Kirili Rotumah, celebrating Family Day. They are wrapped in a cultural possum skin cloak - a powerful reconnection to their ancestors.

Major prize winner

This photograph was submitted by Dandenong and District Aborigines Co-operative Ltd in Hallam.

The photo was taken during a Mums and Bubs Yarning Circle at Casey Aboriginal Gathering Place in March this year.



Inside, we wrap up the 2022 year and look forward to 2023.

Enjoy reading Colin's recent yarn with our new CEO, Glen Noonan, and the great tips for healthy eating and staying well during the festive season. And try the easy, delicious and healthy recipes to cook up a storm to share with family and friends over summer.

The two photographs on the front cover are the winning entries in our photograph competition. Thanks to all who entered and congratulations to our winners Dhauwurd-Wurrung Elderly and Community Health Service and Dandenong and District Aborigines Co-operative Ltd. Each will receive a \$100 gift card to enjoy. It was hard to select only two winners, so please check out the two honourable mentions on page 8.

Read about our *Road to Good Health* and peer support programs - there's so much great support for everyone in Victoria affected by diabetes.

Wishing our readers a safe and happy holiday season.

Happy reading everyone!

Artwork: Journey, Commitment & Respect
Artist: Emma Bamblett – Wemba Wemba

Funding for this newsletter is provided by the National Diabetes Services Scheme. The NDSS is an initiative of the Australian Government administered by Diabetes Australia. The NDSS Agent in Victoria is Diabetes Victoria.

To find out more about the NDSS, visit ndss.com.au or call the NDSS Helpline on 1800 637 700.

Diabetes Victoria acknowledges the Traditional Custodians of our lands and pays respect to Elders past and present.



Aboriginal & Cultural Diversity Team

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Support & assistance

The NDSS is here to help. If you have any questions, please send an email to: info@ndss.com.au or call the NDSS Helpline on **1800 637 700**.

What is the NDSS?

The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government that commenced in 1987 and is administered by Diabetes Australia.

The NDSS supports people with diabetes and is free to join. It provides timely, reliable and affordable services and products to help manage diabetes. The NDSS Agent in Victoria is Diabetes Victoria.

Scan the QR code below for more information.



Tips for eating well during the festive season

Christmas, end-of-year celebrations and summer holidays can mean a change to routine and eating habits. When you are living with diabetes, this may cause stress and uncertainty about how to best manage your blood glucose levels (BGLs).

A couple of unusual days causing slightly higher BGLs are unlikely to be a problem. However, it is best to aim to keep your BGLs within your target range over the longer term and to avoid very high levels.

There are several reasons for higher BGLs over Christmas and the holiday period, including:

- Eating more food! Many festive foods contain carbohydrate so just the fact we tend to eat more will increase BGLs.
- Eating different types of carbohydrate food. We might think it's just the Christmas pudding or pavlova that increase BGLs but all carbohydrate foods (not just the ones with sugar in) will increase BGLs.
- Being less active.

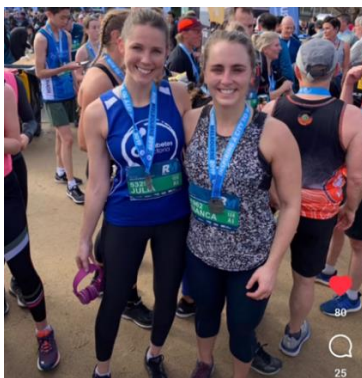
Keep in mind some of these tips to help you manage your diabetes if you are going to a party or have a family celebration:

- Keep an eye on healthy food options; include vegetables and salad, lean meat or seafood for a main meal.
- Try to eat a similar amount of carbohydrate to your usual intake to avoid higher BGLs.
- Limit finger foods such as chips, biscuits, crackers, sausage rolls and fried foods, especially before a meal, as they are high in carbohydrate which will increase your BGLs.
- Enjoy just a small portion of dessert or, instead, have some lovely summer fruit such as berries and mango, as most desserts will affect your BGLs.
- Watch what you drink and try to have mainly water, sparkling water or sugar-free drinks. Follow the [alcohol guidelines](#) if you are drinking and remember that alcoholic drinks can also impact on your BGLs.

If you would like more information or tips on navigating the festive season, call the NDSS Helpline on **1800 637 700** and ask to speak to a dietitian.

Anna Waldron ♦ Accredited practising dietitian at Diabetes Victoria

Farewell to Julia



We farewelled Julia Stoneham, Aboriginal and Cultural Diversity Program Team Leader, in October 2022. Julia had been at Diabetes Victoria for almost 10 years and moved into the team leader role 18 months ago. Throughout her time at Diabetes Victoria, Julia put the needs of Aboriginal and culturally diverse communities at the forefront of her work and embedded health literacy and diversity into everything we do. Some highlights include working on the *Acknowledgement of Country* guidelines for staff, incorporating the Aboriginal artwork on the Diabetes Victoria t-shirts that our staff wear to events, and developing guidelines around the appropriate use of the artwork. Julia was also pivotal in running and supporting events including *National Reconciliation Week*, NAIDOC Week and *Health Literacy Month* and she has also worked closely with our partners, the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) and the NDSS.

We thank Julia for her hard work at Diabetes Victoria and for always putting the community's needs first. We wish her all the best on her exciting next chapter.

What's coming in 2023?

As COVID-19 restrictions continue to ease, the Aboriginal team is excited to work more closely with the Aboriginal communities and the health workforce living in Victoria. In 2023 we are looking forward to increasing our presence and engaging with community by attending community events run by health services, running Living Well events for people living with type 2 diabetes in rural areas and continuing to work together with the Victorian Aboriginal Community Controlled Health Organisation (VACCHO).

We have been working with Diabetes Australia on what the Aboriginal program will look like moving forward and how we can better engage with Aboriginal people living with, and affected by, diabetes in Victoria. We will keep you updated on these recommendations, including any new and exciting programs that we will be delivering. We are also looking forward to the NDSS National Aboriginal Gathering to be held in Perth in June 2023.

We are excited to be on the road again and look forward to attending more community events and visiting Aboriginal Community Controlled Health Organisations to find out the needs of their health workers and community members. *Feltman* is a pivotal part of the work that we do, and we will continue to run *Feltman* training with health workers - either online or face-to-face - and working with the community more.

Please reach out if there is any way that we can support your team or community.

Natalie Arambasic ♦ Acting Aboriginal and Cultural Diversity Program Team Leader

Colin's 2022 Reflections

Diabetes Victoria has had a unique year. Our former CEO Craig Bennett decided to move into retirement after 9 years at the helm and we wished him all the best. Glen Noonan took over as our new CEO in June and will lead Diabetes Victoria into the future as well as moving us to our new office based in Carlton.

In 2020, Kristie Cocotis and I spoke to the Senate Inquiry in Canberra about why the Aboriginal Flag should be free for all Aboriginal people. We explained that at Diabetes Victoria we use the flag on our resources to identify with Aboriginal people and their communities. We were thrilled earlier this year when the flag was officially freed.

During COVID-19 restrictions, *Feltman* and *Feltmum* training has been delivered successfully through Zoom. Technology allowed us to engage with Aboriginal health workers and communities in rural areas and interstate. A big thanks to Wendy-Anne who organises all our training, and to Jenny Hickleton, our diabetes nurse educator, who does the training with me.

Our *Koorie Living Well* event in Portland was another success. It was great to finally get back out into Aboriginal communities to talk about diabetes and share our resources. Since then, I've been able to start visiting Aboriginal Community Controlled Health Organisations (ACCOs) and other organisations in person and it's been great to re-engage.

I attended the third NDSS National Gathering in Brisbane in June with Nat and Julia. It was a good opportunity for Aboriginal and Torres Strait Islander programs to catch up, network and discuss diabetes issues that affect Aboriginal communities around Australia.

We also consulted with ACCOs across the state to re-engage with Aboriginal health workers and communities after lockdowns and promote our programs, resources and diabetes services we can provide.

Colin Mitchell ♦ Aboriginal Liaison Officer



↑ The top two photos were taken at MDAS Kerang with Hack Webster. The photo above is of me with Craig Bennett (former CEO), Natalie Arambasic and Julia Stoneham.

← At far left is a photo of me and my good mate *Feltman*. The middle photo is me with Clayton Carelse and Shaun Thomas at Co-health in Braybrook. The photo of the Aboriginal flag was taken recently on the Westgate Bridge.

A yarn with our CEO



↑ Pictured above: Colin Mitchell and Glen Noonan, Diabetes Victoria CEO.

Colin: 2022 has been a year of challenges and change. How would you sum up some of the challenges and highlights since becoming CEO in June?

Glen: Thanks for the opportunity to have a yarn. I've really enjoyed my time in the role, and I'd say that 2022 has been a year of transition. Transitioning out of two-plus years of COVID-19 lockdowns and restrictions, and back to being more active. It's also been a great year in terms of what has been achieved. I'm particularly proud of the work we've done around the continuous glucose monitoring (CGM) announcement and both political parties agreeing to fund CGM for everyone with type 1 diabetes, irrespective of age. That's a very notable achievement, as is restarting our face-to-face programs. We're back delivering face-to-face events and seeing a real ramp up of attendee numbers in our programs, which is great. That includes a fantastic Kellion celebration event just last week. It was wonderful to have so many people in the room together to celebrate them living with diabetes for 50 years or more. (Read more about Kellion on the next page.)

Colin: Can you share some plans and strategic priorities for 2022/2023?

Glen: I have spent much time meeting with our teams and with external partners too - including people in the community living with diabetes, the NDSS, researchers, GPs and other health professionals or philanthropic groups - to really get an understanding of the work we do and the challenges that people living with diabetes face. When I think about strategic priorities, we know there are 374,000 Victorians living with diabetes today and that number will grow to 500,000 by 2026. It is the fastest growing chronic condition in Victoria and our purpose is to **support, empower and campaign** for all Victorians affected by, or at risk of, diabetes. That's a big, big challenge. The way I look at it is we have both an enormous challenge and an enormous opportunity to deliver on our purpose and I think there's also opportunity for us to have even greater impact and reach going forward. For me, that means providing leadership across the entire health system for greater reach and impact in the areas of health policy, programs, advocacy, prevention, research and the translation of research into tangible outcomes. This frames my thinking around strategic priorities going into the next few years.

Colin: How hard is it for Diabetes Victoria to provide services to so many diverse cultural groups in Victoria?

Glen: That is a big challenge. Firstly, we need to be aware and mindful of the breadth of cultural diversity within our state. With this awareness we then need to tailor our resources, services and programs for each group in a collaborative and respectful way to meet their needs.

Colin: Has Diabetes Victoria embraced innovation?

Glen: We have embraced innovation, but we want to do more. With diabetes growing as a chronic condition, for us to achieve our goals and fulfil our purpose, we need to become more innovative. We need to be innovative in the way we reach people all over the state and in all culturally diverse groups.

We also need to be innovative in who we collaborate with and how we work to reach as many people living with, at risk of, or affected by diabetes as possible.

Colin: During the last few years with COVID-19, Diabetes Victoria has embraced technology to keep us in touch with communities all over the state, and even interstate, so that's been a positive. How have you seen COVID-19 impact our staff?

Glen: Staff adapting and delivering services more flexibly amid restrictions and lockdowns has been incredibly positive. Also positive is what we were able to continue delivering during these challenging times. For example, the *Life!* program is now delivered face-to-face, online or via telephone coaching, depending on what's most suitable. It's great that we've built in that flexibility.

Colin: Where did your passion and interest in diabetes come from?

Glen: It really came when my son Lochie was diagnosed with type 1 diabetes at 10 years old. He is 21 now. Like any family, diabetes had a significant impact on us all and we went from not knowing anything about it to having to deal with it immediately. Initially, my wife and I wanted to embrace and understand the condition so we could support Lochie. I then became involved in different community activities to support other people and I joined the Board of Diabetes Victoria.

The **Kellion Victory Medal** is awarded throughout Australia to acknowledge the courage, determination and resilience of people who have lived with type 1 or type 2 diabetes for 50 years or more.

The **Kellion Victory Medal** confirms that diabetes need not be an impediment to living a long and healthy life. It also encourages others to live well with diabetes. You can read more here: <https://www.diabetesvic.org.au/Kellion-Victory-Medal>

Thanks for yarning Glen!

Through this involvement, I gained an understanding of the challenges faced by people who are affected by diabetes. I am reasonably educated, yet the extent to which I, and my family, found it challenging probably meant that many others might find it equally or more challenging too. That drove my desire to become increasingly involved to help others.

Colin: Managing diabetes is easier now with all the information, support and modern technology that's available. What changes to support and technology have you seen since diabetes impacted your family?

Glen: I've seen huge changes in technology since Lochie was first diagnosed. He was on four injections a day but moved to CGM and pump technology as soon as it was possible. We've certainly seen advancements in technology over the last 11 years which has been fantastic, particularly for a young kid growing up through his school years to have that innovative technology to help him.

Colin: Who inspires you personally and professionally?

Glen: It's people who are willing to give back and have a genuine desire to help others because they want to improve society.

Colin: What makes you feel most proud about working at Diabetes Victoria?

Glen: It's the passion of the people. We have a unifying purpose which everyone can relate to and which everyone is on board with. When your purpose is clear like ours, to **support, empower and campaign**, and people are passionate to achieve that purpose, that's what makes me feel most proud.

I'd like to take this opportunity to thank everyone in the Aboriginal healthcare workforce and communities for their support and contribution to Diabetes Victoria. We're looking forward to moving to new premises in Carlton next year and to increasing connection and collaboration. The work we do, and the contributions we can make, mean we have much to look forward to in 2023.

Life! Road to Good Health program

A new campaign for the *Road to Good Health* program was launched in October. The focus of the campaign is to hand the microphone over to individuals with lived experience and showcase the success stories of the program.

Life! champion Sharon, and her facilitator Mick, live in Cummeragunja, on Yorta Yorta country. Sharon participated in the program in 2020 says: "The *Life!* program has helped me improve my chronic health conditions, to the point that I'm not just existing but I'm actually living my life."

Watch Sharon's story here: youtube.com/watch?v=G3EpBRLdbP8

Sharon's facilitator Mick started delivering the *Road to Good Health* program because it was designed for the Indigenous community in his area - Yorta Yorta country - a group he wanted to provide a service to.

Mick explains: "Having lived and grown up in Indigenous Australia my entire life, one thing is the lack of knowledge around mindful or healthy eating habits. There aren't enough providers out there who understand the cultural needs of Aboriginal communities."

"*Road to Good Health* uses Aboriginal resources, Aboriginal arts and well-known Aboriginal people from the Victorian community. As an Aboriginal person, when we see our culture represented in these programs, it makes us feel more connected."

Watch Mick's story here: youtube.com/watch?v=Jxr9EA_FsqY

You can check your eligibility for the *Road to Good Health* program by doing our simple online test at: lifeprogram.org.au/test or get in touch with our helpful team today on our infoline: 13 RISK / 13 74 75.



The *Life!* program is supported by the Victorian Government



Photograph competition honourable mentions

→ This photo was submitted by Sunbury Aboriginal Corporation. It was taken during their Children's week celebrations in October.



↑ This photo, submitted by the Tasmanian Aboriginal Centre Aboriginal Health Service, is of a beautiful traditional cook up of Yolla (mutton bird), salad seasoned with native pepper berries and vegetable kababs.

Support Groups

For those living with, or affected by diabetes, connecting with others who might share the same experience in a diabetes support group can help them feel more confident about their diabetes. It can also help bring about change for themselves and their wider community. Diabetes support groups not only help people to meet others but can help them to better connect with their diabetes care team.

Colin Mitchell, Aboriginal Liaison Officer, recalls his involvement with a peer support group at an Aboriginal health service and the importance of connecting

people living with diabetes: “Elders were excited to meet others, grow comradery and know that they weren’t alone.” Their group helped to create a space where community could share, learn new things, and not feel judged.

Colin remembers the first time the Elders met and how it helped them realise they weren’t the only ones with diabetes which helped to take away the shame they felt. Most members didn’t know that other people they knew also lived with diabetes and having the support group made it easier to ask questions and share stories.

Diabetes Victoria has a peer support program which can assist people wanting to run groups. They can access insurances and resources and

learn about opportunities for grant funding. Our team can answer questions and provide support to promote and grow new and existing groups.

Anyone can run a peer support group. We just ask that you provide a safe space for the group to connect. If you would like to start a group or get involved with an existing group, you can email the Aboriginal and Cultural Diversity Team at: [culturaldiversity](mailto:culturaldiversity@diabetesvic.org.au), or call Giovanna Taverna, Peer Support Coordinator on 0426 202 912.

You can also head to the Diabetes Victoria peer support map:

diabetesvic.org.au/support-groups

Giovanna Taverna ♦
Peer Support Coordinator

Recommended reading

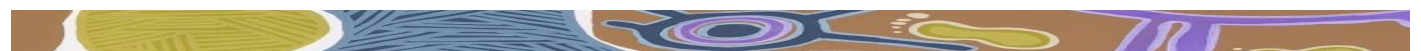
Diabetes Victoria media release: The other pandemic – diabetes

Diabetes Victoria has urged the Victorian Government to address the other pandemic: diabetes. Read the release here: [Victorian Government urged to address the other pandemic: diabetes](#)

NDSS Resources

Please visit the [NDSS](#) for a full list of NDSS resources for health professionals, covering such topics as:

- Assisting people with diabetes to access professional psychological support
- Assisting people who have an intellectual disability order
- Continuous and flash glucose monitoring
- Diabetes management in aged care
- Diabetes and emotional health
- Emergency guide for local councils, emergency services and the not-for-profit sector
- National Diabetes Nursing Education Framework
- Pre-pregnancy planning and care for women with diabetes
- Sick day management



Better Bean Dip

Recipe: Foodbank WA

Serves: 4-6

Prep time: 15 mins

Cost per serve: \$0.40

Veg per serve: 1

*Perfect for
Summer
entertaining!*

Nutrition information

Per serving

Energy: 250kJ

Protein: 2g

Total fat: 4g

Saturated fat: 1g

Carbohydrate: 2g

Fibre: 2g

Sodium: 109mg

Carb exchanges: 0

Ingredients

400g can butter beans

½ lemon

1 garlic clove

Small bunch fresh parsley
(leaves only)

2 tablespoons olive oil

1 teaspoon reduced salt
vegetable stock powder

PLUS:

Fresh vegetable sticks to
serve

Method

1. Drain and rinse the beans. Place drained beans in small bowl and mash well with a fork.
2. Finely grate rind of ½ lemon and squeeze juice. Add 1 tablespoon of the juice and the grated rind to the bean mixture.
3. Finely grate the garlic clove. Finely chop the parsley. Add the garlic and the parsley to the bean mixture.
4. Combine bean mixture with 2 tablespoons of olive oil and 1 teaspoon of stock powder. Use fork to mix dip well until evenly combined.



TIP: Serve with vegetable sticks and rice crackers for a delicious healthy snack.

Recipe developed by Foodbank WA's Nutrition Education team as part of *Food Sensations*[®]
foodbank.org.au/healthyeating
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Super Nice Rice

Recipe: Foodbank WA

Serves: 8

Cooking time: 0 minutes

Prep time: 20 mins (with pre-cooked rice)



Nutrition information

Per serving

Energy: 1124kJ

Protein: 5g

Total fat: 4g

Saturated fat: 1g

Carbohydrate: 50g

Fibre: 3g

Sodium: 86mg

Carb exchanges: 3

Ingredients

4 cups cooked rice (cooled)

1 cup corn kernels

2 sticks celery

½ red capsicum

1 red apple

1 carrot

Small bunch parsley

½ cup sultanas

¼ cup pepitas (pumpkin seeds)

Dressing

2 tablespoons olive oil

2 tablespoons white wine vinegar

1 tablespoon Dijon mustard

1 tablespoon honey

Method

1. Measure cooked rice into large bowl. Add drained corn kernels.
2. Chop celery, capsicum and apple into small pieces. Add to bowl.
3. Grate carrot, chop parsley. Add to bowl.
4. Measure sultanas and pepitas into bowl. Mix salad together.
5. Measure dressing ingredients into small jar. Put lid on tightly then shake well. Pour dressing over salad and stir through.



Recipe developed by Foodbank WA's Nutrition Education team as part of Food Sensations® foodbank.org.au/healthy-eating

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TIP: Store salad in the fridge for up to 2 days.

Plum Pudding Truffles

Recipe: Sanitarium

Serves: 16 Servings (16 balls)

Type of recipe: dessert

Preparation time: 15 minutes

Cooking time: 0 minutes



Nutrition information

Per serving

Energy: 369kJ

Protein: 2g

Total fat: 4g

Saturated fat: 0.9g

Carbohydrate: 11g

Sodium: 18mg

Fibre: 1.9g

Carb exchanges: 1



Ingredients

- 2 Weet-Bix™ very finely crushed
- ½ cup raw almonds or walnuts (80g)
- ½ cup dried plums/prunes, pits removed (90g)
- ½ cup medjool dates, pits removed (90g)
- ¼ cup orange juice
- ½ teaspoon ginger powder
- 3 teaspoons cocoa powder
- pinch salt

To decorate

- 50g white chocolate
- Red and green glace cherries, or other festive edible decorations

Method

1. Place nuts in the bowl of a food processor and pulse to a fine meal. Add dried plums, dates, ginger, cocoa, and orange juice and pulse to a rough puree. Add crushed Weet-Bix™ and stir to combine.
2. Scoop tablespoon measures of the mixture onto a tray. Use clean hands to roll into 16 balls.
3. Cut red glace cherries into quarters with a sharp knife. Cut green glace cherries into small pieces, to make leaves.
4. Gently melt chocolate in microwave or a double boiler. Spoon a bit of chocolate over the top of a truffle, then top with one red cherry piece and two green leaves. Repeat with remaining truffles.
5. Store truffles in an airtight container in the refrigerator until ready to serve.

Acknowledgment:

© Recipe and images kindly provided by Sanitarium Health and Wellbeing. Reproduced with permission.

TIPS:

1. For smoother truffles, blitz Weet-Bix™ in the processor on its own, then set aside until needed and continue with Step 1.
2. Dark chocolate can be substituted for white chocolate if you prefer. For a non-chocolate option, combine 50g cream cheese with 1 teaspoon maple syrup, spread a small amount over the top of each truffle before adding decorations.

Feltman 2023

You've probably heard about *Feltman* and *Feltmum*. They are becoming quite well-known all-over Australia and in many overseas locations too. For information about these wonderful resources, please head to our website: [Feltman and Feltmum](https://www.feltmanandfeltmum.com.au)

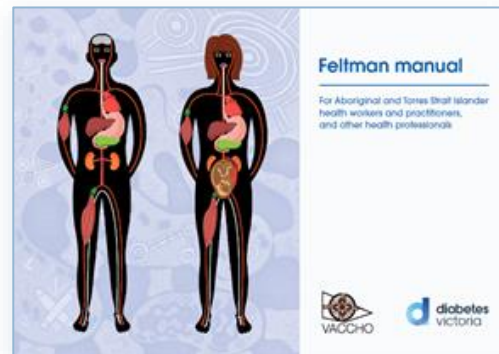
We are starting to plan for 2023 *Feltman* and *Feltmum* training. Are you interested in attending FREE training? We offer both online and face-to-face sessions throughout the year and attendees can earn 6 CPD points. If you are interested in attending next year, please contact us at: culturaldiversity@diabetesvic.org.au



← Our trainers, Jenny Hickleton, Diabetes Nurse Educator and Colin Mitchell, Aboriginal Liaison Officer with *Feltman*.

Feltman manual

The [Feltman manual](#) for Aboriginal and Torres Strait Islander health workers, practitioners and other health professionals is now available to order as a printed book. It makes a fantastic addition to your *Feltman* kit.



To place an order for a *Feltman*/*Feltmum* kit, or to order a copy of the new manual, please visit our online shop at: [Diabetes Victoria online store](https://www.diabetesvic.org.au/online-shop)

Feltman® and *Feltmum*® are diabetes education tools made by Diabetes Victoria and the Victorian Aboriginal Community Controlled Health Organisation (VACCHO). They are designed to help health professionals explain diabetes in a way that is easy to understand. *Feltman* can be used with individuals and community groups, as a one-way demonstration or as a two-way interactive workshop.

Thank you for reading Grapevine!

Please spread the word or share your copy - we want to reach as many new readers as possible.

Scan or share the QR code to subscribe.



→ The Diversity Team loving our *Clothing the Gap* face masks, which feature artwork by Emma Bamblett, Wemba Wemba.



***** Community events *****

<p>International Day of People with Disability Saturday 3 December</p>	<p>Human Rights Day Saturday 10 December</p>	<p>Central Australian Aboriginal Women's Choir Saturday 17 December</p>	<p>National Close the Gap Day Friday 17 March 2023</p>
	<p>ALL HUMAN ALL EQUAL</p>	<p>7:30pm Hamer Hall Arts Centre St Kilda Rd Melbourne Tickets via Ticketek</p>	

Diversity team end of year arrangements

The Aboriginal and Cultural Diversity team will finish work for the year at the close of business on Thursday 22 December. Team members will begin to resume work from Monday 9 January 2023.

We will monitor our email periodically during this period, so please continue to reach out to us at: culturaldiversity@diabetesvic.org.au

2022 has been another year impacted by COVID-19, but it also saw slow and steady progress back to a new normal. It's also been a year of devastating weather events and worrying global unrest, so we send our best wishes and support to those who have been affected.

We are looking forward to 2023 and wish you and your loved ones a safe and happy holiday season.

To arrange a visit from our team, or to register interest in FREE *Feltman* training between February and June 2023, please email us at: culturaldiversity@diabetesvic.org.au

Watch our *Feltman* & *Feltmum* YouTube videos here ↓

Video 1: How to use <i>Feltman</i> to talk about diabetes: Video 1	<p><i>Feltman</i>® and <i>Feltmum</i>® are registered trademarks of the Victorian Aboriginal Community Controlled Health Organisation and Diabetes Victoria © 2021</p>
Video 2: What is diabetes? A look at what happens inside the body: Video 2	
Video 3: What is diabetes? (Adapted from <i>Feltman</i> training video): Video 3	
Video 4: <i>Feltmum</i> instructional video: Video 4	

The NDSS is here to help.

If you have any questions, please email:

info@ndss.com.au

Or call the NDSS Helpline on **1800 637 700**.

For the most up-to-date **Victorian COVID-19 news and advice**, and to read about ways to reduce risk and help stop the spread, please visit: coronavirus.vic.gov.au