

Media statement

5 February 2019

Plenty of support for locals with type 2 diabetes

Sunshine Coast Hospital and Health Service (SCHHS) health professionals are gearing up to deliver a series of free workshops throughout 2019 to educate and support Sunshine Coast and Gympie residents diagnosed with type 2 diabetes.

People living with the condition can receive updated information and resources and have all their questions answered by attending the free workshops.

Health Promotion Officer Kerry Roach from SCHHS says the workshops help participants to better manage their condition and reduce risks and complications.

“Around 4 per cent of the Sunshine Coast population and 6 per cent of the Gympie population have been diagnosed with type 2 diabetes so it’s important to have a service like this available across the health service to connect with locals,” Ms Roach said.

“The workshop provides a group based learning atmosphere where participants can hear from a range of health professionals on ways to manage their condition daily to reduce those risks, as well as feel comfortable talking to others who are in a similar situation.

“We have been providing the workshops for over five years and our team of nurses, dieticians, social workers and health promotion officers are very dedicated to continuing to support people with their type 2 diabetes self-management practice,” Ms Roach said.

The workshop session is open to anyone diagnosed with type 2 diabetes or pre-diabetes and family or carers are also welcome to attend.

Upcoming workshops dates are:

Thursday 21 February – Gympie

Wednesday 27 February – Caloundra

Wednesday 6 March – Caloundra.

All workshops run from 9:00am to 1:00pm and bookings are essential.

To reserve a spot, phone 5479 9670.

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