Diabetes in Loddon Action Group

Client Information Kit

The Diabetes in Loddon Action Group (DiLAG) is proudly supported by

Help in your region

Please contact your local health service for further information in your area.

Local Health Providers

Inglewood/Wedderburn

Inglewood and Districts Health Service
(Inglewood and Wedderburn sites)
Ph 5431 7000

Boort

Boort District Health, Ph 5451 5200
Northern District Community Health Service
Ph 5451 0200

Pyramid Hill

Northern District Community Health Service
Ph 5451 0200

Dingee

Dingee Bush Nursing Centre
Ph 5436 8309

Services

- **Diabetes Educator**
- **Foot Care/Podiatry**
- **Counselling**
- **Occupational Therapist**
- **Physiotherapist**
- **Dental Health**
- **Diabetes Support Group**
- **Supply of Sharps Containers**

Further support

National Diabetes Services Scheme Information

Local Outlets

Pharmacies:
Inglewood, Wedderburn

Pyramid Hill/Boort/Dingee:
Speak to your Diabetes Educator or Community Health Nurse

Diabetes Australia Infoline:
For more information, please call 1300 136 588

Sharps Containers

Collection and Disposal

Boort:
Boort Resource and Information Centre,
115 - 119 Godfrey Street, Boort

Inglewood:
Inglewood Guardian Pharmacy,
54 Brooke Street, Inglewood

Pyramid Hill:
Pyramid Hill Pharmacy Depot
15 Kelly St, Pyramid Hill

Serpentine:
Loddon Shire Council Office,
37 Peppercorn Way, Serpentine

Wedderburn:
Loddon Shire Council Office,
41 High Street, Wedderburn

Boort District Health
Ph 5451 5200

Northern District Community Health Service
Ph 5451 0200

IDHS Inglewood & Districts Health Service
Ph 5431 7000

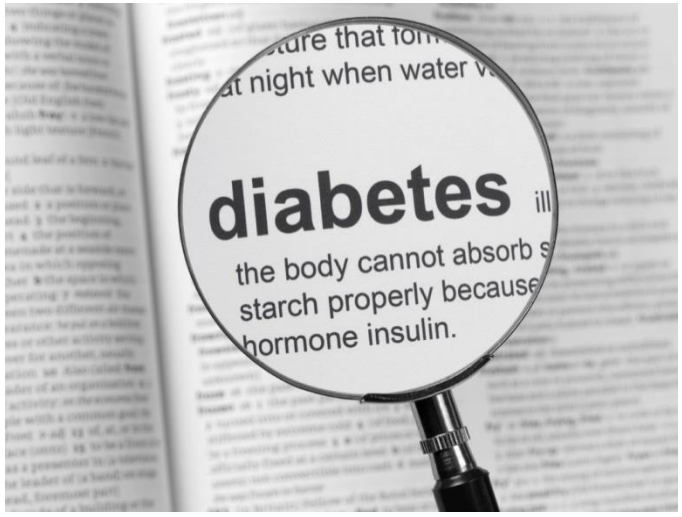
Loddon Shire
Ph 5437 7999

DBNC Dingee Bush Nursing Centre Inc.
Ph 5436 8309

phn Murray — An Australian Government Initiative

Primary Care Partnership Bendigo Loddon

DiLAG
Diabetes in Loddon Action Group



How to Live with Diabetes in Loddon

March 2015

Diabetes and YOU

Many people live well with Diabetes, however, if left untreated, or it is not well managed, this can result in serious complications including:

- Heart
- Eye
- Feet
- Kidney
- Nerve damage

You CAN achieve good health by managing your lifestyle including:

- Exercise
- Healthy eating
- Mental health and wellbeing
- Know your numbers, i.e. blood glucose (blood sugar) levels, blood pressure and cholesterol levels.

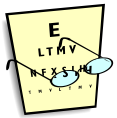
What to do now...

Speak with your local **GP** or health service who will link you with a diabetes educator or other health professionals.

A **Diabetes Educator** will help you plan for living with diabetes. They will discuss referrals and other necessary actions, such as:

- Registration for you with **NDSS (National Diabetes Services Scheme)** to allow supplies to be purchased at a reduced cost.
- **VicRoads** notification of your diabetes.

You may also be referred to a health professional (recommended annually and at diagnosis) for eg:



An Optometrist (1-2 years)

A Podiatrist (yearly)

A Dietitian

A Physiotherapist, Dentist, Occupational Therapist, Social Worker or Counsellor, if required.

Ongoing Care...

Your GP will organise every year:

Blood Tests

- Average blood glucose (blood sugar)
- Blood fats (Cholesterol)

Urine Test

- Protein in urine (Kidney Test)

For more information about Diabetes please see the following websites:

- **Diabetes Australia Victoria**
  http://www.diabetesvic.org.au/
- **Better Health Channel**
  http://www.betterhealth.vic.gov.au

Supporting you every step of the way

YOUR NEXT STEPS TO RECOVERY IN THE

LODDON SHIRE

The following services are available **24 hours a day** for anyone needing support

Lifeline	13 11 14
Kids Helpline	1800 551 800
Nurse on Call	1300 606 024
Suicide Line	1300 651 251
Sexual Assualt Crisis Line	1800 806 292
Gamblers Helpline	1800 156 789
Carers Support Services	1800 068 978
Family Violence Response Centre	1800 015 188
Mensline	1300 789 978
Maternal and Child Health Line	13 22 29

I'm in an emergency

Ambulance, Police, Fire
000

I need a doctor

Boort Medical Clinic
2 Coutts Street, Boort
03 5451 5220

Inglewood Medical Practice
3 Hospital Street, Inglewood
03 5438 3308

Wedderburn Health Clinic
24 Wilson Street, Wedderburn
03 5494 3511

Gannawarra Family Clinic
28 Gladfield Road, Pyramid Hill
03 5455 7305

I need a hospital

Boort District Health
31 Kiniry Street, Boort
03 5451 5200

Inglewood and Districts Health Service
3 Hospital Street, Inglewood
03 5431 7000

I need a nurse

Boort District Health
31 Kiniry Street, Boort
03 5451 5200

Inglewood and Districts Health Service
3 Hospital Street, Inglewood
03 5431 7000

Dingee Bush Nursing Centre
21 King Street, Dingee
03 5436 8309

I need a nurse

Northern District Community Health Service
24 Fitzroy Street, Kerang
03 5451 0200

I need a diabetes educator

Boort Medical Clinic
2 Coutts Street, Boort
03 5451 5220

Inglewood and Districts Health Service
3 Hospital Street, Inglewood
03 5431 7000

Northern District Community Health Service
24 Fitzroy Street, Kerang
03 5451 0200

I want help to quit smoking

Inglewood and Districts Health Service
3 Hospital Street, Inglewood
03 5431 7000

Northern District Community Health Service
24 Fitzroy Street, Kerang
03 5451 0200

I want to join an exercise group

Inglewood and Districts Health Service
3 Hospital Street, Inglewood
03 5431 7000

Boort District Health
31 Kiniry Street, Boort
03 5451 5200

Boort Resource & Information Centre
119-121 Godfrey Street, Boort
03 5455 2716

I need a counsellor

Northern District Community Health Service
24 Fitzroy Street, Kerang
03 5451 0200

Inglewood and Districts Health Service
3 Hospital Street, Inglewood
03 5431 7000

Boort Medical Clinic
2 Coutts Street, Boort
03 5451 5220

I need help at home

Loddon Shire Council
34 - 41 High Street, Wedderburn
37 Peppercorn Way, Serpentine
03 5494 1200

I need a pharmacy

Boort Community Pharmacy
108 - 112 Godfrey Street, Boort
03 5455 2179

Inglewood Pharmacy
30 - 36 Brooke Street, Inglewood
03 5438 3021

Pyramid Hill Prescription Depot
13 Kelly Street, Pyramid Hill
03 5455 7305

Wedderburn Pharmacy
71 High Street, Wedderburn
03 5494 3309

Visit **www.nhsd.com.au** for the most up to date health service information.

For up to date information and access to additional resources, please visit;

www.diabetesaustralia.com.au

or call 1300 136 588

To submit feedback on this resource, or report an update, please contact Bendigo Loddon PCP on blpcp@bchs.com.au

The Diabetes in Loddon Action Group (DiLAG) is proudly supported by