

7 January 2013

Yesterday's Campers Become New Camp Leaders

Diabetes Australia – Vic is developing the leaders of tomorrow by welcoming past campers as camp leaders for junior camp on 6–10 January 2013.

Cassie Lukies, Sarah Posthewaite and Andrew Amos are three new camp leaders to complete the full circle coming back to assist junior campers this week at the Anglesea camp.

"I became a leader because I felt I would like to give back some of the fun I had while being a camper. This will be my first camp as a leader, and my expectation is that it will be entertaining and enlightening for the kids and for me personally," Cassie said.

The camps enable young people to meet and form friendships with other young people who are facing similar challenges associated with living with diabetes. The junior camp has 65 kids aged between 10–12 years old living with type 1 diabetes.

The camp offers a range of activities including a visit to the adventure park, an environmental clinic, trivia and movies nights, surfing, swimming and canoeing. Media are invited to attend the Adventure Park at 11 am Wednesday 9 January.

The camp gives many young people the confidence to manage their diabetes and more independence when they return home. Onsite doctor Orla Neylon from the Royal Children's Hospital said the camp was a chance for young people with diabetes to meet others their age who also have the condition.

"Although diabetes is increasing worldwide, it is still uncommon for children to know other children with diabetes. Diabetes camp gives them a chance to have fun, whilst not being singled out as the only person in their peer group who has extra needs, for example, injecting insulin and testing blood sugars," Dr Neylon said.

Type 1 diabetes in Australia:

- is estimated to affect more than 7,200 children (aged 0–15 years)
- it is one of the most common chronic childhood diseases
- represents 10–15 per cent of all cases of diabetes
- there are over 120,000 people living with the condition
- occurs when the pancreas does not produce insulin
- is managed with insulin injections several times a day or the use of an insulin pump
- approximately 275 people are diagnosed with either type 1 or 2 diabetes every day.

Diabetes Australia – Vic is the leading charity and peak consumer body working to reduce the impact of diabetes.

MEDIA ENQUIRIES:

Angela Perez (03) 9667 1744, aperez@diabetesvic.org.au

Lyn Curtis (03) 9667 1714, 0411 019 924, lcurtis@diabetesvic.org.au