



**TYPE 1 DIABETES
FAMILY CENTRE**

Annual Review 2018

WE'RE IN THIS TOGETHER

Social Media

Follow the Type 1 Diabetes Family Centre online and stay connected with our important work

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type1familycentre.org.au

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t +61 9446 6446

11 Limosa Close
STIRLING WA 6021



**TYPE 1 DIABETES
FAMILY CENTRE**

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TALEAH (age 15)

Diagnosed: 1 Oct 2015, age 12

4,961 finger pricks

2,325 insulin needle injections

Loves dancing, music and netball

THIS IS TYPE 1

Type 1 diabetes is a complex autoimmune disease that impacts more than 10,000 Western Australians.

Type 1 involves medical management around-the-clock: frequent blood tests and multiple doses of injected or pumped insulin each day, careful control of carbohydrates in foods, and managing the impact of physical activity and stress on blood glucose levels. People with type 1 diabetes are more vulnerable to depression, anxiety, and eating disorders than others, and the impact of a diagnosis of type 1 and its ongoing management on families, partners, and other close networks is profound.

Type 1 is tough, and that's where the Family Centre comes in.

The only service of its kind in Australia, the Family Centre is a Western Australian charity offering information and education, community connection, clinical care and wraparound social support under one roof. Our services are designed in collaboration with the type 1 community, our team is rich with knowledge and lived experience of type 1 diabetes, and our mission is to help people with type 1 truly thrive.



Huxley, age 5

Diagnosed 16 February 2015, age 2

5,036 finger pricks

8,785 injections

Loves Lego, sea creatures and playing at the park



Bec, age 35

Diagnosed on 26 April 2001, age 17

37,794 finger pricks

44,093 insulin injections

Loves scuba diving, mountain biking and her dog Rosie



Alijah, age 3

Diagnosed on 17 March 2017, at 22 months

2,483 finger pricks

161 insulin pump site changes

Loves bike riding, playing outside and his dogs



Yasmeen, age 18

Diagnosed on 21 November 2002, age 3

32,160 finger pricks

1,757 insulin pump site changes

Loves snow boarding, yoga and baking

A MESSAGE FROM OUR CHAIR AND CEO

There is simply no organisation that does what the Type 1 Diabetes Family Centre does.

This year has been one of change, progress and inspirational impact.

The Family Centre has continued to reach, inspire and support more and more Western Australian kids with type 1 diabetes and their families with its action-packed program of community events, camps, workshops, online outreach and health services. We have engaged with hundreds of families from around the state, welcomed new people to our Board and team, developed a new Strategic Plan and built partnerships that will have lasting and positive benefits for the type 1 community.

Our impact: a snapshot

This year the Centre has had over 1,000 attendees at information nights and community events, which included talks from inspirational type 1 diabetic personalities Rob Palmer and Neil McLagan, who rode his bike across Australia in just 20 days to raise awareness of type 1 diabetes and vital funds for the Family Centre. We ran two Teen Camps, alongside our two Family Camps, taking a total of 132 campers and medical teams away with support from the Mazda Foundation and generous individual donors, and our Online Parents' Community has grown to include nearly 700 members, averaging a phenomenal 300 engagements every day.

Holistic support is at the heart of the Family Centre's work, and translates to our vibrant offering of clinical services, information, advocacy and peer support. In keeping with the Centre's focus on practical support, we have developed a new Schools' Education package which can now be delivered to schools across the metro area thanks to the ongoing support of the North Perth Community Bendigo Bank which this year generously donated a vehicle to the Family Centre. Children with type 1 diabetes need considerable help to manage their blood glucose levels in the school environment so they can learn and thrive. Our Schools' Education package, delivered by a registered nurse, is designed to educate school staff caring for kids with type 1. Every child is different, so she works with parents first to incorporate their specific instructions into a course that is tailored directly to the needs of each child.

The Centre also now provides a suite of diabetes services: diabetes education, dietetics, psychology and most recently, important blood monitoring services,

thanks to a generous grant from the St George Foundation to purchase our new HbA1c testing machine. The Centre offers the option of clinical care in a friendly, community setting that is custom-designed for people with type 1, and where they can also access, essential peer and social support.

People are noticing the Family Centre's work. In August, we were honoured with a visit from Prime Minister Malcolm Turnbull and Minister for Human Services Michael Keenan, who spent an hour at the Family Centre connecting with kids and families, learning about type 1 diabetes, and hearing about how the Family Centre has changed their lives. Family Centre staff were invited to speak at the Australian Diabetes Society/Australian Diabetes Educators' Association and Dietitians' Association of Australia National Conferences, with the Centre's diabetes educator and dietitian Amy Rush winning a clinical case study award. The work of Family Centre team members in collaboration with the University of Auckland was recently published in the prestigious British Medical Journal Open, a first for the Centre and an achievement of which we are immensely proud.

New faces

The Centre welcomed Maria Cavallo to its Board. Maria is a Chartered Accountant who has served as the Family Centre's Company Secretary and she brings a wealth of governance and financial management skills to the Board. The Family Centre team also welcomed new members: Tarn Hede – Fundraising and Marketing Manager, Lauren Haddow – Schools Education Coordinator, and Gabby Lane – Adult Community Coordinator. This takes the Family Centre team to five full-time equivalent staff and two casual staff – a growing team to support our growing community.

Strong support

With no government funding, the Family Centre draws funding from organisations, individuals and community groups. More than 75% of our funds are channelled into providing support, services and our facility to the community. We are pleased to report a surplus this year, which is in keeping with the Board's aim to establish a reserve base to provide long-term capital growth and a stable annual income stream for the Family Centre in the future.



The Family Centre's community support base grows each year, with families, kids and adults working hard to raise awareness of type 1 and funds for the Family Centre. Valued community supporters include the team at Bunnings, which has raised funds through sausage sizzles, donated products, and volunteered at the Centre's events. It is simply wonderful that so many members of the type 1 community, and their families and friends, value the Centre's work enough to support us in return.

We gratefully acknowledge the Family Centre's corporate supporters for their amazing generosity. This year we were proud to work with the team at AHG to hold two successful fundraising events for the Centre, a golf day and a trek along the iconic Bibbulmun Track. In conjunction with Leeuwin Estate Wines and Telethon, the Family Centre held another sensational fundraising lunch at Leeuwin Estate Winery in Margaret River. Flametree Wines also gave great support to the Family Centre with a magnificent fundraising lunch.

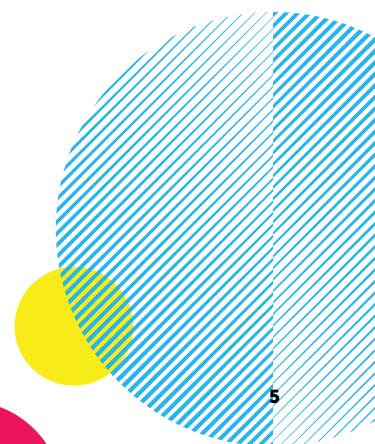
The Family Centre Board, team and community are deeply grateful to our corporate partners, community supporters and grant funders – you help us change lives.

We're in this together

We acknowledge the outstanding commitment of the Family Centre's Board and team this year – we have a truly dedicated group of people working on our important mission.

The Family Centre's success is the community's success. With the ongoing support of our donors, partners, Board, team, volunteers, and of course the type 1 tribe, the Family Centre is ready for the challenges and achievements ahead.

**Jeff Newman OAM, Chair
and Bec Johnson, CEO**



FUTURE FOCUS

The Family Centre's strategic objectives, developed at inception and honed by our recent planning process, are to reach and serve every person impacted by type 1 in WA, to deliver a service that builds confidence and connection, to build a team of people who share our values, and to create a financially sustainable organisation known for its good governance.

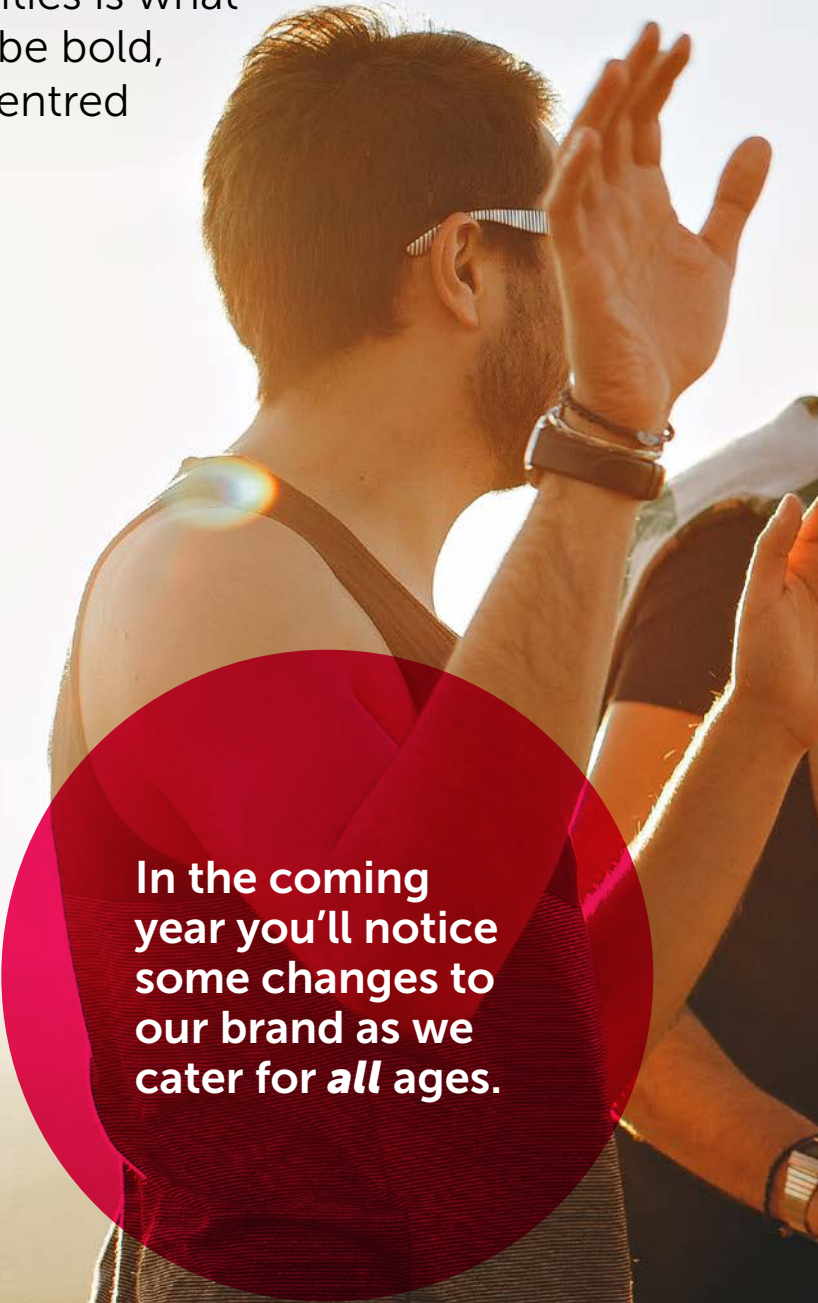
Achieving these broad priorities is what drives the Family Centre to be bold, effective and community-centred in its work.

An exciting new direction

People with type 1 diabetes need support throughout their lives at every age and stage. In an exciting new move, the Family Centre will now support young people 16+ and adults alongside our services for children and their families. The Family Centre's expansion into adult support services is central to the Board's intensive strategic planning process which focuses on the compelling need for lifelong support for a lifelong condition.

Every child with type 1 in WA will now grow up with the Family Centre to support them, particularly during the difficult transition from paediatric to adult care – a time when many young people disengage with diabetes care and risk serious health complications.

In the coming year, you'll notice some changes to our brand as we cater for all ages, and a whole new set of services, workshops and social events targeted toward people aged 16+ with type 1 and the people who care about them. This essential expansion will allow the Family Centre to fully deliver on our vision: to be the type 1 hub for Western Australia.



In the coming year you'll notice some changes to our brand as we cater for *all* ages.

OUR STRATEGIC OBJECTIVES

1

Brand and Reach

Build a friendly, well-respected brand that is known for being progressive and community-oriented.

Reach and serve:

- Every person impacted by type 1 diabetes in WA, and the people who care about them
- Health care professional and pharmacy networks.

3

People

Build a team of highly skilled people whose values align.

4

Capacity

Create a financially stable and sustainable organisation.

2

Offering

Deliver a service that builds a confident and connected type 1 diabetes community.

5

Governance

Ensure the Family Centre is governed in a manner that is transparent, accountable, effective and responsive.



Life Without Limits:
Inspirational Speaker Series

Schools & Daycare Education
> **NEW!**

Online Parents' Community

Video Series:
Tips, Tricks & Hacks
> **NEW!**

Babysitters Training

Cyber Carbs: Online Carb Counting
> **NEW!**

Solutions Forums:
Support for Diabetes Dilemmas



Information & Inspiration



Online Support

Our World

Cooking Masterclasses for Adults
> **NEW!**

Teen Camps



Camps & Community Events

School Holiday Excursions & Activities

Kids in the Kitchen

Teen Cooking

Family Camps

Teenage Social Events, 'Gathos' & Movie Nights

Community Events & Get Togethers



Fundraising

Corporate Partnerships

Signature Fundraising Events

Online Adults' Community
> **NEW!**

Peer Support

ur
ork

aising

Diabetes Education

Dietetics:
• Cutting edge, carb-conscious nutrition advice
• Recipe packs

Flexible Insulin Therapy Program



Clinical Care

Diabetes Detective Program

Technology:
• Insulin Pump starts > **NEW!**
• Freestyle Libre starts > **NEW!**
• CGM Starts & Loans



Mindset & Mental Wellness

Wellness & Self-Care Videos
> **NEW!**

Mental Wellness Workshops

Clinical Psychology Services

Virtual Psychology Appointments for the Regions
> **NEW!**

Community Fundraising, 'Gathos' & Movie Nights

Workplace Giving



OUR IMPACT



New friends

I'm part of a group on Snapchat of other teenagers I met at Teen Cooking at the Family Centre. We don't just talk about type 1 diabetes, we talk about everything. Seeing how other people handle it really helps me **(Miki, age 15)**

Connecting with inspiring role models

This one-of-a-kind West Australian Family Centre is absolutely nailing psychosocial support, education and advocacy. How fortunate we are that the Family Centre team is dedicated to connecting the children and families of Perth with inspiring role models thriving with a lifelong chronic disease **(Melissa Prince, type 1 Mum)**

Regional reach

We are thankful to be part of the Family Centre community. We travel down from Geraldton for the events at the Family Centre. My wife and I are both in the Family Centre's Online Parents' Community, and we can access support through this even though we're outside of Perth **(Keith Roffman, type 1 Dad)**

Education puts me in the driver's seat

I did the Flex IT course at the Family Centre on a Saturday so it fitted into my life. It got me onto carb counting and helped me realise that I needed more insulin for what I was eating. I tried the techniques and got decent numbers. I guess I'd love to go back to a time when I could go to a party and not look at food as a maths calculation. But I am grateful for the support I've had, and for my new sense of purpose and direction. I'm in the driver's seat and life is exciting **(Blake, age 21)**

Dietetics and diabetes education

I'm much more confident in all aspects of life - eating out is easier, being out with friends is less stressful as I feel more energetic and more in control, exercise is less unpredictable and hypos have dropped significantly and aren't so bad. My HbA1c has dropped to the 6s from 7.9% in less than a year, and I don't feel too far off from getting it down to the 5s **(Clinic client)**

Educating the educators

When Ajay came into my class and I learned he had type 1 diabetes, I thought, wow that's a lot for a kid to deal with. I wanted to learn more about it and how to help him in the classroom. We had the Family Centre come out to the school and talk about diabetes so the class understood it better **(Miss Heather Mott, teacher)**

Psychology services that really help

Our type 1 teen couldn't even talk about the 'D' word before having therapy at the Family Centre. After just six sessions, he now explains what he needs to people himself. Just being there and connecting with other people with type 1 helped **(Mum of psychology client)**

Breaking down isolation

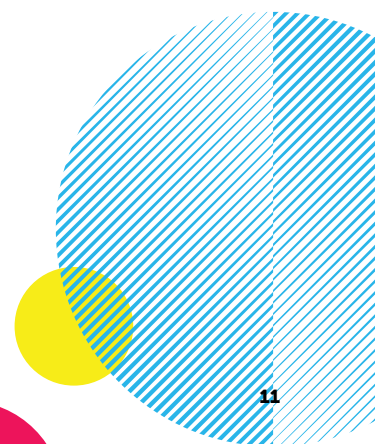
I live in Broome, and this year I attended both the Family Centre's type 1 teen camps. Being around other teenagers with diabetes was a great experience for me because I feel isolated in Broome. I felt normal and I didn't need to worry about people thinking of me differently because I was testing my blood or injecting myself **(Nikki, age 14)**

New frontiers

A lot of traditional health services still play down prospects for an exciting life once type 1 is diagnosed, and the Family Centre is disarming the fears that many young people might well end up carrying for life without the right role models and access to leading research and advanced guidance **(Roger Hanney, type 1 diabetic ultramarathon runner)**

Giving back

The Family Centre brings a human side to type 1 diabetes. It helps make me and my family feel normal, and we are so happy to have attended the Family Centre's camps, community events and education programs. I'm now volunteering at the Family Centre because I want to give back **(Brendan Drage, type 1 Dad)**



SPOTLIGHT ON TEEN CAMP

Held at Camp Kulin, the Family Centre's camp for teenagers with type 1 diabetes, changes lives.

Five action-packed days of challenging activities, thought-provoking games, cooking competitions and a talent show await our kids when they get on the bus, and the bonds they form and skills they learn last forever.

Camp changes attitudes

'I learned that it's always okay to ask for help and that there are other people out there who fight the same battle as me every single day.'

'I think the most important lesson I will take away from this camp is that it doesn't matter what situation I'm in, diabetes cannot hold me back.'

'It taught me that sometimes, no matter how much I feel life sucks, there's always a bright side waiting.'

Camp teaches skills

'I learned how to manage exercise and my sugar levels.'

'I can now do temporary basal rates and a dual wave bolus on my insulin pump.'

'Different ways to treat lows.'

'Perseverance.'

Camp connects

'A fun positive way to meet people that know what I go through.'

'Fun, supportive, entertaining, safe.'

'Cool, and you get to meet other people like you.'

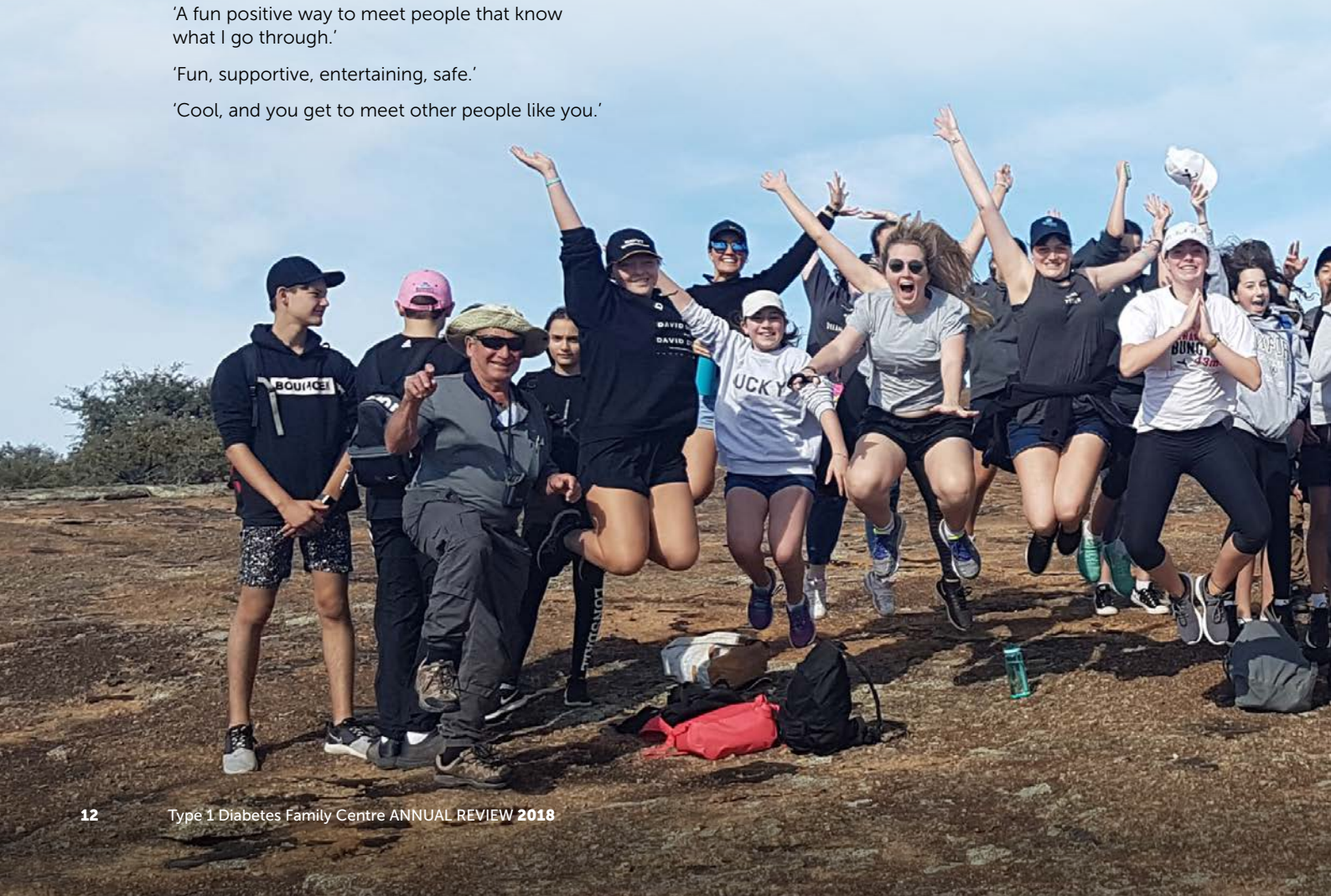
Parents say

'This camp provides an environment where diabetes is the norm, and the kids can be there without feeling they are different. We live in a small country town 2.5 hours from Perth, so this camp allows my son to mix with other kids his age - who he can find similar interests with, and understand how diabetes impacts on his day to day, 24/7.'

'I love to hear how much he enjoys camp and I love to see him get so excited about going. We are also extremely grateful for the respite it provides us as parents. It is amazing how refreshed you can feel after having just a few nights off the midnight checks.'

'My son absolutely loves the Family Centre camps and has built strong friendships from attending the last few years.'

'After the first camp she was so much more confident about living with diabetes, she didn't feel alone any more and stayed in contact with the group - she became a happier person.'



Our Teen Camp was independently evaluated by the National Diabetes Services Scheme. We're proud of the results!

96%
OF CAMPERS

Said 'I got to support other kids who have diabetes' and 'I met people I would like to keep in touch with after camp'

93%
OF CAMPERS

Felt that 'other kids were supportive'

88.9%
OF CAMPERS

Said they 'learned things about living with diabetes from other people at camp'

100%
OF CAMPERS' PARENTS

- Gave their child more people to turn to for help and support
- Provided their child with greater confidence to look after their diabetes
- Helped their child feel more comfortable being away from home

94%
OF CAMPERS' PARENTS

Felt that camp helped their child feel better about living with diabetes, develop resilience, and talk about their diabetes



“
Camp is a fun positive way to meet people who know what I go through!
”



FINANCIALS 2017/18*

Despite a challenging financial climate, the Family Centre had a strong year.

The Family Centre receives no government funding; successful grant applications and income from events, including the Leeuwin Lunch with Telethon, the AHG Track Trek and Golf Day and the Flametree Lunch, made up the majority of the Centre's income this year. Increasingly, the people we support are giving back to their Family Centre, and as a result community fundraising and direct donations have become our fastest growing income streams.

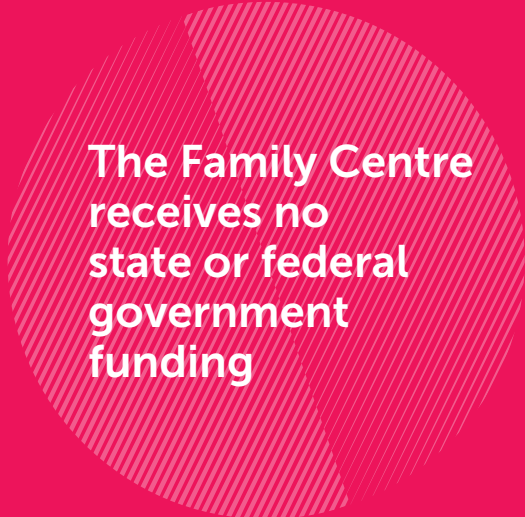
As in previous years, more than three-quarters of the Family Centre's expenditure went to developing and delivering programs and services, running camps,

workshops and events, new equipment – such as our new blood testing machine – and providing the Centre's facilities to families.

This year, we delivered a surplus that will contribute to a reserve base, which will allow the Family Centre to invest for the future: an exciting future where we reach and support every person impacted by type 1 diabetes in Western Australia.

Income		
Events	\$462,180.00	56.9%
Grants	\$207,123.00	25.4%
Community fundraising and donations	\$90,880.00	11.2%
Programs and services	\$52,500.00	6.5%
Total	\$812,683.00	
Expenditure		
Programs, services and community events	\$258,880.00	45.2%
Community facility provision, operations, plant and equipment	\$156,070.00	31.6%
Business development	\$124,755.00	21.8%
Staff development	\$7,790.00	1.4%
Total	\$572,140.00	

*Subject to audit



The Family Centre receives no state or federal government funding

BOARD OF DIRECTORS



Jeff Newman OAM
Chair

Jeff's career with Channel 7 spanned five decades, and his work earned him five Logies. He spent 38 years as the anchor for Channel 7's Telethon, the annual televised 24-hour fundraising appeal which raises vital funds for the benefit of children and young people in Western Australia. His commitment was so unwavering that it earned him the title of Mr Telethon. Jeff was awarded the Order of Australia Medal in 1994 for his contributions to children's health and the community. Jeff's vision for a bright future for every child impacted by type 1 diabetes has guided the Family Centre from the very beginning.



Rick Malone BJuris LLB BCom
Deputy Chair and Director

Rick practised law for more than 40 years and he has been both a partner and director of national law firms. He is now a consultant with national law firm Johnson Winter & Slattery. Rick has served voluntarily on numerous sporting club and nonprofit committees throughout his lifetime. A surf lifesaver for over 45 years, Rick was the Foundation Chairman of the City of Perth Surf Life Saving Trust as well as the Hon Solicitor for over 20 years. A keen golfer, Rick was Hon Solicitor for Women's Golf WA. He assisted with the amalgamation of men's and women's golf in WA and served as an inaugural Board member of the amalgamated body, Golf WA.

With eight young grandchildren he is passionate about children's health and has worked tirelessly for the Family Centre since its inception.



Bec Johnson MPH LLB/BA
DipBus(Gov)
Director and CEO

Diagnosed with type 1 in 2001, Bec is passionate about making positive changes in the type 1 community. An experienced community health practitioner, she has undergraduate qualifications in Law and Arts (UWA), a Masters in Public Health (USyd), and is an Adjunct Research Fellow at Curtin University, a member of the Australian Institute of Community Directors and a Fellow of Leadership WA. Bec believes that there are no limits on a life with type 1 diabetes, and she has swum solo across the 20-kilometre Rottneest Channel, sailed across the Atlantic, and become a SCUBA dive guide to prove it.



Maria Cavallo BBus CA
Director and Company Secretary

Maria is a director of AMD Chartered Accountants and she holds a Bachelor of Business, is a Chartered Accountant and a Registered Company Auditor. She is the Western Australian representative on the Chartered Accountants Australia and New Zealand Regional and Rural Advisory Committee and lectures in accounting at Edith Cowan University, South West Campus.

Maria is actively involved in her community, serving on the Edith Cowan University South West Campus (Bunbury) Advisory Board; the Bunbury Cathedral Grammar School Board; the Catholic Diocese of Bunbury Diocesan Finance Council. She is the Treasurer for the Bunbury Cathedral Grammar School Old Grammarians' Association Inc and the Catholic Parish of Donnybrook. She brings exceptional governance and finance skills to the Family Centre Board.



Shelley Robertson BSc,
GradDip(EngSc Petroleum),
GAICD, BM
Director

Shelley is CEO and MD of listed exploration company Norwest Energy NL, with a career spanning over 30 years in oil and gas, renewables, mining and agriculture. In 2006, Shelley was awarded the Order of Australia Bravery Medal for her rescue of a man and two boys caught in a rip at Geographe Bay, Western Australia.

Shelley's youngest son was diagnosed with type 1 diabetes in 2004, and she believes that people with type 1 diabetes should have access to the very best support and care. Shelley brings deep knowledge of the lived experience of family life with type 1 diabetes to the Family Centre Board, helping shape the Centre's programs and services to effectively meet needs.



Rob Towner
Director

Following a successful stockbroking career spanning 20 years, Rob has founded several companies and is the Managing Director of ASX-listed Triangle Energy (Global) Limited. In 2007 Rob and his family established the successful boutique Margaret River winery, Flametree Wines.

Alongside his unwavering commitment to raising funds for the Family Centre, Rob is an active participant in his community. A long-term member of several local sporting clubs, Rob has also served on the Christ Church Grammar School Old Boys' Association as a committee member.

THANK YOU TO OUR COMMUNITY AND CORPORATE SUPPORTERS

The passionate, committed fundraising and volunteer efforts of individuals, families, sporting groups, community organisations and corporate partners ensures that the Type 1 Diabetes Family Centre continues to positively support people impacted by

type 1 diabetes in Western Australia. Thank you from the bottom of our hearts – you are helping the Family Centre make a real difference.

Founding Sponsors



Community Fundraisers and Supporters

Amber Steele
Applecross Senior High School
Bill Symonds and the Currumbine TAB
Bob Bollen
Butler Family
Carl Kennedy
Dillon Smith
Ferrari Club of WA
Hannah Matthews
Jayde Taylor and Denada Co
Jeff Leisk
Jeffrey Browne and Rhonda Wyllie
Jennifer Burton and the Foothills
Circle of Friends Craft Association
Jim Litis
John Jordan
Julie Otremba and Monika McCarthy
Kara Payne and 180 Cakes
Katherine Vandenberghe

Kim Brown
Kingsway Christian College
Kobi Roberts
Lee-Anne Spray and Karrinyup Primary School
Liam Dowling
Lions Club of Whitfords
Lloyd and Cheryl Noel
Louis Botes
Matt Jenkin
Michael Dee
Molly, Meerab and Woodland Grove Primary School
Neil McLagan and Crossing for a Cause
Owen West
Performing Arts Association of Notre Dame Australia
Peter Wesley
Sabrina Davies
Tams Family
Teresa Newton and the Paua Rose Netball Club
Wray Family

Corporate Supporters

AHG
AMD Chartered Accountants
ARC Infrastructure
Bunnings
Diabetes WA and the National Diabetes Services Scheme
Flametree Wines
HLB Mann Judd
Intersight Design
Leeuwin Estate and the Horgan Family
Mazda Foundation
Mineral Resources
North Perth Community Bank
Racing & Wagering Western Australia
Range Ford
Roche Diabetes Care Australia
St George Foundation
Wesfarmers



**Thank you
from the
bottom of
our hearts!**



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