

New Fellowship awards announced

The Fellowship Board of Governors approved the award of **7 funding grants totalling almost \$22,000** to youth with diabetes and community organisations in the December 2024 funding round. These include:

\$4,500 in Youth Support Grants

to 3 youth with diabetes for a range of activities including attendance at an interstate diabetes camp and purchase of smart devices to assist with BGL monitoring.

\$3,500 to Zion Community Care Darwin

to assist with the establishment of a school breakfast program at 3 primary schools in Palmerston.

\$5,000 to Pintupi Homelands Health Service

for the purchase of football shoes and equipment to assist Kintore community members to engage in physical activity, as part of a broader health promotion program.

\$2,848 to the Marrakai Progress Association

to assist with the installation of a water bubbler in the Marrakai Community Hall.

\$5,000 to Smart Global Health Australia

to assist with the running of health education workshops, fitness sessions and nutrition programs for the Nepalese and other culturally and linguistically diverse communities in Darwin.

In late 2021, the Ti Tree community teamed up with the health clinic and Food Bank with the idea of running a community-led program to support and empower women with the skills and knowledge to help improve their self-management of chronic conditions, particularly type 2 diabetes.



With \$5,000 funding from the Bill Raby Diabetes Fellowship, the Sugar Sistas program was launched. The program got fully underway in 2023/24 with monthly get-togethers and workshops covering a range of topics within diabetes management and prevention, including a range of activities such as nutrition education, cooking, physical activity and drawing/painting.

An evaluation of the program highlighted the positive impact of the Sugar Sistas workshops on the women's diabetes management. The educational aspect of the workshops was highly valued, with women identifying it as very informative. Participants reported continued engagement with cooking at home, helping to improve the management of T2D for themselves or their family members. The workshops fostered a sense of community and support among participants, who found them valuable for creating a collaborative environment that enhanced their learning experience e.g. for sharing ideas, getting different ideas from people including ingredients and recipes.

The Sugar Sistas project also highlighted many challenges including food scarcity and the high cost and limited availability of the healthy food options in Ti Tree and the 6-mile community. Socioeconomic barriers such as non-functional fridges, limited transportation, housing stability, lack of adequate cooking utensils, running out of money etc makes it hard for communities to adopt and maintain healthier lifestyle.

Despite these challenges, the community is now looking at ways to continue the program in Ti Tree and how to extend it by engaging the next generation.

Bill Raby grants applications open for 2025

Applications to the Fellowship are considered twice a year with the next round **closing on 31 May 2025**. Applications are now open in the categories of **Youth with Diabetes** and **Health-promoting Community Support Grants**.

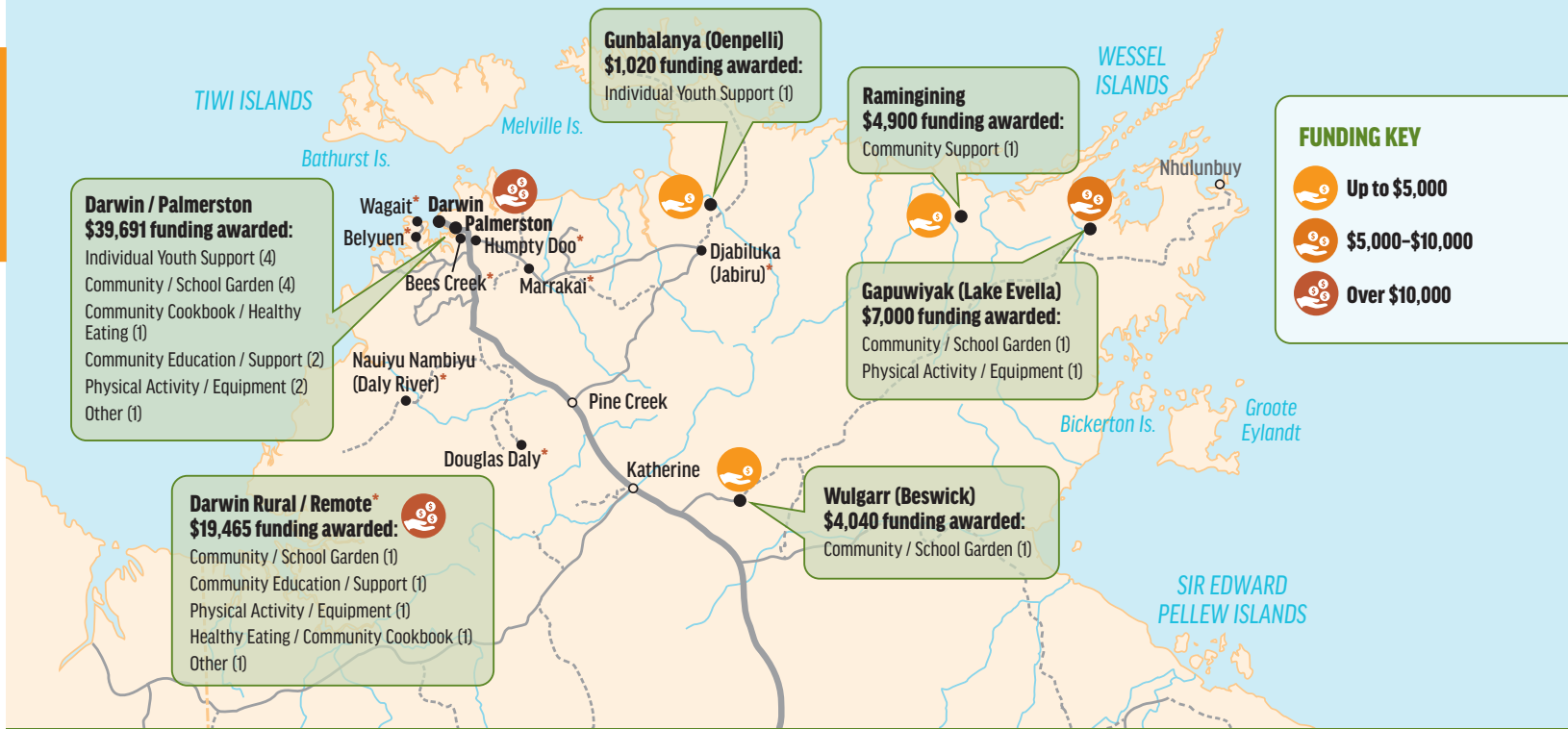
Since its relaunch in 2016, the Fellowship has awarded **over \$138,000** in funding to 55 community groups and youth with diabetes. For further information, go to www.healthylivingnt.org.au or call Healthy Living NT on 8927 8488.

Community Support



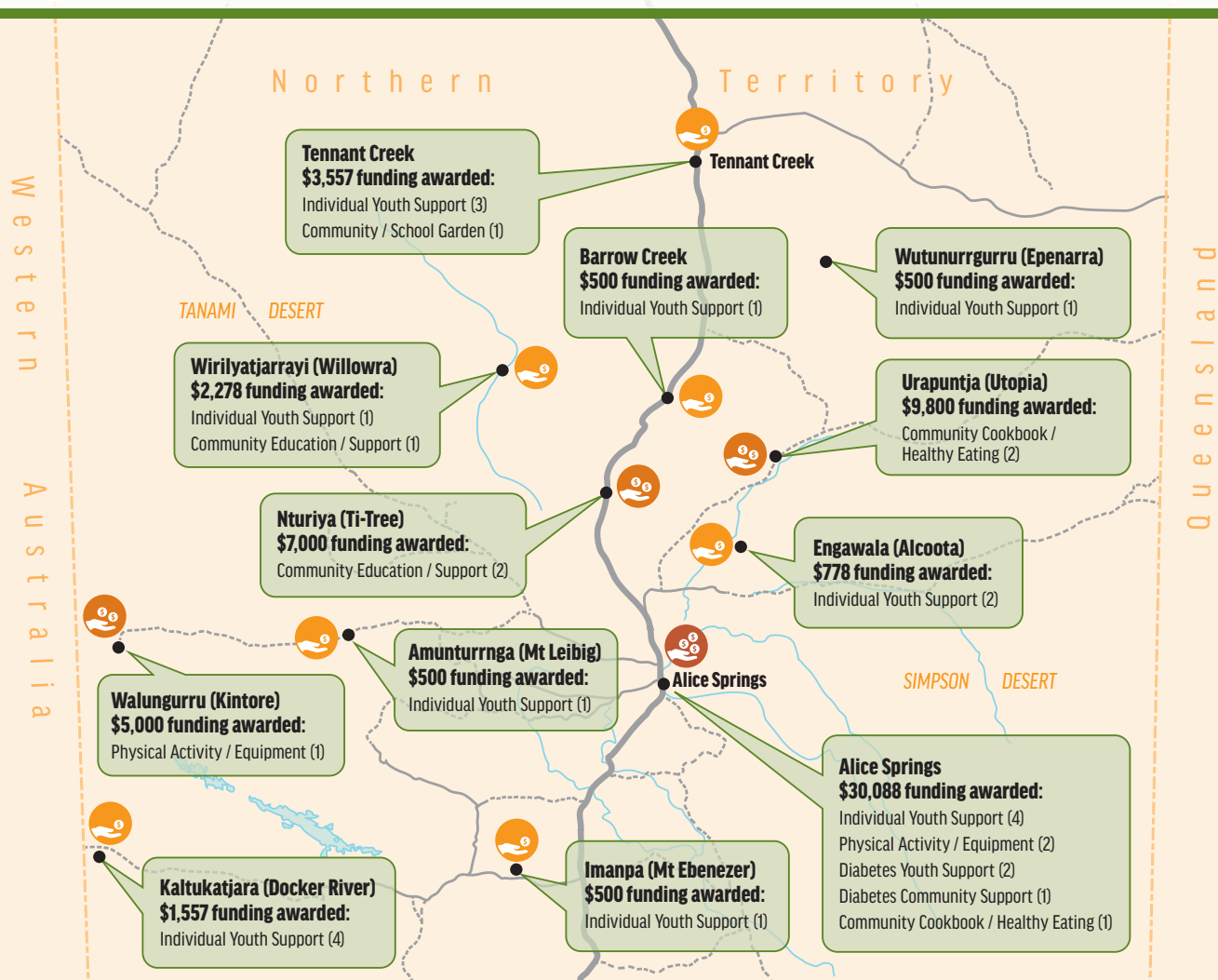
Youth with Diabetes





Bill Raby
Diabetes Fellowship

2016-2024
FUNDING BY REGION



For further information or to apply, go to: healthylivingnt.org.au/about-us/bill-raby-diabetes-fellowship