

## New Fellowship awards announced

The Fellowship Board of Governors approved the award of 8 funding grants totalling just over \$29,000 to youth with diabetes and community organisations in the June 2025 funding round. These include:

### Youth support grants of almost \$2,000

to 2 youth with diabetes to support the purchase of smart devices to assist with BGL monitoring

### \$2,852 to the Darwin Triathlon Club

for a series of free tri-style events for youth

### \$5,000 to Baseball Northern Territory

for pre-season community engagement and fitness activities

### \$5,000 to the Mala'la Health Service

for the Maningrida Healthy Women's project – a 12 month exercise and education program

### \$5,000 to the Nourish Nation Foundation

for the Cook Smart, Live Well project supporting participants from a culturally and linguistically diverse background

### \$4,980 to Danila Dilba Health Services

for a trial of Continuous Monitoring Glucose as a means of improving outcomes for people with type 2 diabetes in an ACCHO setting

### \$4,600 for the Dementia Alliance Darwin

to establish a dementia-friendly walking group.



CatholicCare NT

## School Breakfast and Lunch Program 15 Mile Community

The Bill Raby grant allowed for the installation of new fridge, freezer, cooking utensils and kitchen equipment. The items provided by the grant are used daily to support the Breakfast program, early years sessions, women's group and after-hours sessions run by Children's Ground, enabling food and meals to be kept safely for the Community.

Cookbooks purchased through the funding have inspired some nutritious meals prepared during the Children's Ground lunch time sessions. The new resources have enabled the programs offered by Children's Ground to be supported by OzHarvest, a key partner in food relief, to provide food to the community with better access to storage. OzHarvest has been able to increase the availability of nutritious food, which has had a positive impact on diets and meal preparation. Some homes in 15 Mile don't have fridges and/or freezers so when families are coming together for sorry business, they are able to have a cook up and store food safely in the community.

Additionally, the momentum generated by this initiative sparked important conversations within the community about the future of food security for children. Children's Ground now run the breakfast/lunch program for school aged children 5 days per week.

## Apply for a Bill Raby Diabetes Fellowship grant

Applications to the Fellowship are considered twice a year with the next round closing on 30 November 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 almost \$168,000 in funding to 63 community groups and youth with diabetes. For further info, go to [www.healthylivingnt.org.au](http://www.healthylivingnt.org.au) or call Healthy Living NT on 8927 8488.

Community Support



Youth with Diabetes



# Diabetes Victoria Youth Camp Warburton, Victoria *Ivy Loughman*



**With assistance from the Bill Raby Diabetes Fellowship, Ivy was able to attend her first diabetes camp with Diabetes Victoria, in April 2025 in Warburton.**

Since diagnosis in late 2022 at the age of 7, Ivy had experienced a multitude of challenges and we identified that meeting peers with type 1 diabetes would be crucial to her accepting her diabetes and gaining confidence in trying new options for care.

Once she turned 9 and was old enough to attend a camp interstate, we were absolutely thrilled to learn about the Bill Raby Fellowship which enabled us to access the Diabetes Victoria camp.

The camp experience was incredible for both Ivy and me. She gained independence, being in a safe and supported environment, met some new friends and I was able to have some respite, knowing she was in safe hands.

Her first comment when I picked her up from camp was, “can I come back again next year?”. That said it all. She now remains in contact with some of her camp friends and she hopes to be able to join them again at camp next year.

We have noticed significant growth in Ivy since the camp. Her maturity and health have blossomed, with recent blood sugars being the most consistently in range since her diagnosis. Her confidence in her management has also increased and I am finding we are working as a team more than ever.

As a family, we are so grateful to the support of the fellowship to assist our beautiful girl to shine and grow.

# Apple Watch for Type 1 diabetes management *Tino Gashirai*



**I would like to express my most sincere gratitude to the Board of Governors of the Bill Raby Diabetes Fellowship. As a recipient for funding to purchase an Apple Watch to help with real time monitoring of my blood glucose levels, I am very grateful for such an initiative.**

Apart from benefiting financially through the award, I must say that what was more important to me was the sense of belonging that it brought to me. The mere thought that my wellbeing as I navigate type 1 diabetes matters to other people apart from my immediate family is both reassuring and refreshing. Thank you so much for the beautiful work you do, it has a profound impact that goes well beyond just another gadget or simply attending a conference. It means that we belong and we matter – Thank you!

I have been enjoying my Apple Watch for 4 months now and it has made my life so much easier especially when I am in class or playing sport. Prior to this I relied on my Dexcom G6 continuous monitor module to check on my blood glucose levels from time to time. However, this involved me having to pull out the CGM monitor (which looks like a phone) and this occasionally got me into trouble with my teachers in class. I would then have a lot of explaining to do to my teachers and classmates, which was a bit embarrassing at times.

I am an avid soccer fan and I love playing as well – I always look forward to the start of each season. Playing is so much fun but once on the pitch it became difficult if not awkward to keep an eye on my glucose levels. Nowadays with my Apple Watch, I can check my readings inconspicuously during a match or training and that helps me stay on top of things. Before the apple watch, I had to either wait until half time or keep an eye out for my dad on the touchline to see if he was signalling me to start eating my gluco-gels! So many thanks to you for that.

