

## Jorgia heads off to diabetes camp

Eleven year old Jorgia Hickey packed her bags and waved goodbye to mum and dad as she headed off to summer diabetes camp in Anglesea yesterday.

The Marymede School student was diagnosed with type 1 diabetes when she was nine years old. She is excited and a bit nervous to be attending junior camp along with nearly 70 other children with type 1 diabetes. She says it will be good to be around other kids who have diabetes and know how it feels to live with diabetes day-to-day.



“At my school I am the only kid with diabetes, so I am looking forward to having fun with kids like me, it’s good to feel part of a group,” she says.

Campers spend five days trying out activities including surfing, canoeing, mountain biking, skating, visiting an adventure park as well as arts, crafts and disco dancing.

Recreational team leader, Dave Murdoch, says kids also have the opportunity to learn more about managing their diabetes from onsite health professionals.

“They learn about changing insulin injection sites, finger prick rotation and carbohydrate counting. They derive a lot of support from being around other kids with diabetes too,” he says.

Four camps divided by age-group are organised annually by Diabetes Camps Victoria (DCV), a consortium which includes Diabetes Australia – Vic, the Royal Children's Hospital and Southern Health.

Camps co-ordinator Linda Douglas says places are highly sought after with between 100 and 200 young people missing out every year.

“370 kids and teenagers applied for 222 places this year. DCV gives priority to kids who haven’t been before and those living in remote areas, who might not have much contact with other children with diabetes,” she says.

Camps would not be possible without volunteers. Nearly 30 volunteers and 10 health professionals are donating their time to make this year’s camps a success. Download a volunteer application form from [www.diabetescamps.com.au](http://www.diabetescamps.com.au) or contact Beth Dunlop on 03 9667 1791 to find out more about volunteering.

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