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**Hi there!**

In this Yada Yada: reading, writing, online chats ... Reality Check is all about sharing our experiences of life with the big D, and teaching each other new tricks of the trade.

Don't forget to share this newsletter with friends or family who might find it interesting. There's a link at the end to make it easy. **The more who start to 'get it' the merrier!** Enjoy!

## Exclusive Online Discussion: Hypos, Fear & Anxiety

**Monday 4th July, 8.30PM Aust EST @ [www.diabetesstation.com](http://www.diabetesstation.com)**

Newly-diagnosed or diabetes veteran, we all ponder our futures. And it's absolutely normal to have moments of being shit scared. Worried about complications, or that hypo warning signs might fade. One of the most common worries is about hypos.

Registered Psychologist and long-term diabetic Kirsty Higgins will join us to discuss the fear and anxiety which living with diabetes often brings about. **What's normal?** Are there ways to get the worrying out of your head and get on with life? **What can you do if your worrying is making you feel really scared, or anxious and stressed?**

Please join this discussion for some useful advice both from Kirsty's professional perspective and from the other people with diabetes who will participate and share their experiences.

**[Join us at www.diabetesstation.com This Monday night](http://www.diabetesstation.com)**

## Story Time: Reality Check's New Writing Competition

▣ **Write us a story under the theme "Dumb Things People Say"**

Anyone can write their story! Don't be scared. There's no excuses. If the theme of our competition has sparked a light somewhere in your brain, put pen to paper, fingers to keyboard, crayon to scrapbook, whatever you like, just get it down because it's Story Time at Reality Check!

The winner of our new competition will receive a \$50 voucher to the online store of their choice (Amazon, Chaos Music, etc.).

**[Click Here for Official Entry Form and helpful tips to get you started on your masterpiece](#)**

**Would you like to add Web Design to your CV?**

**Reality Check is offering a training opportunity for someone with writing and editing skills.** We will be able to provide the right applicant with the necessary software and internet access. And if based in Melbourne and/or able to provide transport, we could provide a new desktop PC as well.

**No web design skills or experience at all is required**, though a strong interest in the internet and online communities is a must.

If you are interested in volunteering with Reality Check and becoming a key part of the only diabetes organisation run entirely by people with diabetes, please contact us.

Write to [kate@realitycheck.org.au](mailto:kate@realitycheck.org.au) explaining:

1. Your experience and/or skills in writing and/or editing
2. Your interest in internet/web design
3. Your connection to diabetes and Reality Check
4. The number of hours per week you feel that you could currently contribute to working on the Reality Check website
5. Please include an evening phone number, your full name, and place of residence in your email.

**[For more information, or to apply, email kate@realitycheck.org.au](mailto:kate@realitycheck.org.au)**

## Seminar in Geelong, Victoria: Living Well with Diabetes

### **a positive focus on preventing and treating complications**

RADS Geelong presents an event on Thursday 14th July @7pm

Speakers: Dr John Agar (kidneys) Dr Ben Clark (eyes) Dr Bernard Champion (endo)

Venue: The John Lindell Theatre @ The Geelong Hospital (level 4)

entry by gold coin donation

info: Kate ph 5224 1432 / 0417 543 566 or email: [knegus@pipeline.com.au](mailto:knegus@pipeline.com.au)

## New to RC website: Refreshing Interview about the GI Factor

### ▫ **Dr Jennie Brand-Miller, GI inventor, chats with Kate Gilbert**

In this relaxed and frank interview, Dr Brand-Miller answers our tricky questions about really making the GI Factor work for us.

How can a glass of wine reduce the GI of a meal? Do you really need to change over to the GI if you've been doing OK without it for 20 years? Where does the money from the GI Symbol program go? And what the heck is the GI anyway?

**[Click Here to read the complete interview](#)**

## Curl up with a good book

### **Reality Checkers review popular books about diabetes**

Miss America's Living with Diabetes, William Polonsky's Diabetes Burnout, Crime writer Peter Norris baring his soul about a life with diabetes ... Book reviews to help you choose your next read.

**[Click Here for Reality Check's Reading Guide](#)**

## Who goes there?

Ever wonder who exactly it is beavering away behind the scenes at Reality Check?

Twenty- question profiles of our volunteers (and some celebrities too!) are a popular read on the Reality Check website. Some of them are even funny.

[Read profiles of the RC volunteer crew here.](#)

#### Contact Information

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