

# Diabetes Burnout

an event for and by people with type 1 diabetes

## Our Websites

[Reality Check](#) young adults who happen to have diabetes

[A Starter Kit](#) for adults newly-diagnosed with Type 1 diabetes

[Munted Pancreas](#) a community for Australian parents of kids with diabetes

[The Sweetest Thing](#) Vanessa's adventures of pregnancy with diabetes

[Resources for Health Professionals](#) Free fact sheets, consumer booklets, research papers.

Hi there!,

We are delighted to be presenting,  together with DA-Vic, an event for and by people with Type 1 diabetes in Melbourne next month.

We will hear from a health psychologist about the latest research into how people balance the medical side of managing diabetes with the **emotional aspects**, and learn some **practical strategies** that we can all try when the going gets tough (or just dull!).

Then, it will be my turn - to share with you some tricks I have learnt from my own years of **living with diabetes**. I am also looking forward to sharing with you the most creative and interesting things I have learnt from the **thousands of people** of all shapes and sizes who have come through the 'doors' of **Reality Check** in the last 9 and a half years!

I hope you can join us on 28th July.

Cheers,

***Kate***

**Kate Gilbert**

Founder & President

The Type 1 Diabetes Network

## Beating Diabetes Burnout

### Getting motivated and staying that way

- What to do when you can't be bothered any more
- What other people do
- Why we all feel crappy about D sometimes.
- And lots of chances to laugh!

#### Speakers:

DR SARITY DODSON, Health Psychologist

KATE GILBERT, Founder and President of the Type 1 Diabetes Network and manager of the Reality Check website

**Cost:** \$15 per person

(includes light lunch and afternoon tea)

#### Event Info

Melbourne Town Hall, Portico Room  
Swanston Street, Melbourne  
Saturday 28 July 2007  
1:00PM-4:00PM

**Bookings Essential**

**[CLICK HERE for more details](#)  
[and to Register Now](#)**

## Reminder:

### Tell us about growing up with Diabetes?

As featured in Yada Yada newsletter last week, we have been commissioned to do a survey about being a teenager and that the tricky time of diabetes (and life!) known as 'transition'.

If you had diabetes when you were around 16-20, or are that age now, we'd love your help.

The survey takes just 5-10 minutes.

[Click here to do Reality Check's Transition Survey](#)

**Last chance. Survey closes tomorrow!**

**The Type 1 Diabetes Network is people affected by Type 1 diabetes, creating opportunities to share real-life experiences, information and knowledge in order to make living with diabetes a better experience. [More...](#)**

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