

## New handbook to help run your group

In December 2006, the Community Network (ComNet) Program revised and republished a new edition of the ComNet Handbook.

The handbook is a reference tool for diabetes support groups and provides practical everyday

information about establishing or maintaining a ComNet diabetes support group. It explains the structures and procedures groups require to function effectively on a daily basis; the roles and responsibilities of support groups to their members and the general

community; and suggestions of how diabetes support group members can support each other in managing their diabetes.

Ask for your copy of the handbook which has been provided to all ComNet group convenors.

## My Connected Community Project update

The second training phase of the *My Connected Community Project* (MC2) will begin with the training of three additional diabetes support groups this year.

MC2 is a Victorian Government community-based program aimed at encouraging internet uptake by targeting groups with low levels of internet use. This includes seniors,

unemployed people and those outside the education system or workforce.

The three groups offered training are the Albury Wodonga, Peninsula and Sale diabetes support groups. Three groups were offered training in 2006 and have since commenced online interactive support groups with members

joining and communicating online about support group meetings, information and peer support. In 2007, MC2 will expand further to include other diabetes support groups.

**For further information contact Sandra Leone on (03) 9667 1721 or [sleone@dav.org.au](mailto:sleone@dav.org.au)**

## Bookreviews

### **A Matter of Balance – Professor Trish Dunning**

This is the first book devoted exclusively to complementary therapies and diabetes and has several key features:

- It is an informative evidence-based text that will help health professionals understand complementary therapies commonly used by people with diabetes, their potential benefits possible adverse events and how these can be minimised or prevented.
- It describes clinical practice guidelines for the safe combination of complementary and conventional therapies in diabetes management.
- It suggests appropriate advice to give people with diabetes and vascular disease about

complementary therapies.

Written by experts in the various fields, this book makes important reading for all health professionals managing patients with diabetes and associated vascular disease, including nurses, doctors, dietitians and podiatrists.

### **Refresh Your Life – Liz O'Halloran**

The new *Refresh Your Life* program is a revolutionary holistic 'good health' program designed by Liz O'Halloran to combat the limitations of most diets that people find unpleasant due to negative feeling states associated with restrictive eating plans.

The *Refresh Your Life* program provides a simple-to-follow plan to tackle 'emotional eating', improve well-being and change the belief that healthy eating needs to be bland and boring. It is designed



to make you feel like you have a personal trainer, life coach and dietitian at your fingertips and comes with a bonus guided relaxation CD and on-going email support. Testimonials on the program are available at [www.thewaytoahappyliife.com](http://www.thewaytoahappyliife.com). The book retails at \$39.95 and is available through [www.booktopia.com.au](http://www.booktopia.com.au), Evelyn Faye Nutritional Health or by phoning 1800 602 110.