



Making a difference for kids with Diabetes



Queensland
Government

Dear Potential Staff Member,

Thank you for your interest in volunteering to work at Camp Diabetes. We would prefer that all staff are aged 15 years or older. Please find enclosed the necessary application forms and some information about the camps.

Included with your paperwork is the Staff Application and Publicity form. All staff members aged 18 years or over are required to hold a Working with Children card before they can volunteer at the camps. If you need this form, you can download it from www.bluecard.qld.gov.au Please fill out your part of the form and send it back to me.

At the present time, the camps are held at the Queensland Camping and Conference Centre (QCCC) Mapleton in the beautiful Sunshine Coast hinterland. All staff at Camp Diabetes receive complementary shared accommodation and all meals and snacks.

Once you have completed the forms, please return them to Julie at the address below. We will then add you to our staff database and look forward to contacting you in the near future to attend camp.

We look forward to seeing you at Camp Diabetes.

Yours sincerely,

Julie Pearson
Co-ordinator "Camp Diabetes"

Julie Pearson
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Southport 4215 Queensland
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All About Camp Diabetes

Camp Diabetes is the Queensland Health Camping Programme designed to meet the needs of children and adolescents with Type 1 Diabetes as well as their parents and carers.

Camp Diabetes was established in 2002 by Diabetes Educators Christine Sheehan and Julie Pearson and the inaugural week long camp held at Alexandra Headlands with 45 children aged 9 - 12 years from all over Queensland was a roaring success.

Camp Diabetes has now grown to a minimum of 6 (sometimes 8) camps each year. These camps include:

Camp Diabetes - Jelly Beans. Weekend camps for parents and children aged 0 -8 years

Camp Diabetes - Young Guns - and action packed weekend camp for teenagers with Type 1 Diabetes aged 13 - 18 years (no parents allowed)

Camp Diabetes Sleepover Camp - a great introduction to the Diabetes camp experience for children aged 9 - 12 who may be anxious to spend a whole week away from home (no parents allowed)

And the flagship of the Camp Diabetes Programme - the themed 9 - 12 camp where a minimum of 60 children from all over Queensland and interstate spend a week learning more about their Diabetes in a fun and supportive environment. Each September during the school holidays, the QCCC Mapleton resounds from the sounds of the happy campers as one of the themed camps take place. During the camp there is never a shortage of fun activities to so such as Red Faces Night, Movie nights (complete with the big screen and popcorn), Boys Club, Girls Night, Party Night, outings, visiting 'celebrities' as well as lots of art, games, swimming, eating, singing, dancing and most importantly fun, fun, fun.

While camp provides a wonderful opportunity for health professionals to see Type 1 Diabetes in action, it cannot be underestimated the positive effect for the parents of children aged 9 - 18 years who are given 'time out' from the 24 hours a day routine of diabetes and for parents of children aged 8 and under, who are given the opportunity to meet and share their experience of Diabetes with other parents. It is surprising how many children have never met another child with Diabetes and the young campers are often amazed when they arrive at camp to find that the majority of people, including staff also have diabetes. The benefit of positive peer pressure cannot be underestimated and many children (in the 9 - 12 camps) will learn to do their own blood glucose testing and draw up and give their own insulin injections or change their pump

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site for the very first time under the watchful eye of their diabetes educator and support of other campers.

Children attending the camps are encouraged to come back to work at camp as staff members and there is a very long list of campers waiting until they are old enough (15 years) to enjoy this honour.

Camp Diabetes is fortunate to have a dedicated team of health professionals and volunteers who give their time so generously to work and promote the camps. Current staff includes, Diabetes Educators, Doctors, Dietitians, Exercise Physiologists, Social Worker, Special Education Teacher, and lots of young teenagers and adults with Type 1 Diabetes who act as wonderful role models for the campers. It is interesting to note that the staff with Type 1 Diabetes have formed positive support networks for themselves from their camp experience.

While Camp Diabetes is a Queensland Health Programme it is a requirement that it run at cost neutral to Queensland Health, but the reality is, that it costs more than \$50,000.00 each year for the camps to continue, so major fundraising is always on the agenda. This is perhaps the reason why you always see the Diabetes Centre conducting fundraising events such as seminars, raffles and our yearly "Camp Diabetes Gala Dinner".

Chris Sheehan and Julie Pearson were recently awarded an international global award for their work establishing Camp Diabetes. Both Chris and Julie and their partners were flown to San Diego to accept the award and attended the American Diabetes Association symposium (an amazing experience). The Lilly Partnerships in Diabetes award is global excellence award, with an international judging panel and only five winners world wide. It was an honour to be considered, let alone win, such a prestigious award for Australia and Queensland Health.

It is hoped that Camp Diabetes will continue for many, many years yet and that the benefits of the camping programme for these children will result in happy, psychologically well adjusted young adults. Perhaps the best feedback received about the camp was from one of the children who told us "I hope they never find a cure for Diabetes, because that will mean there will not be any more camps!"

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Staff Code of Conduct

- Alcohol, cigarettes and recreational drugs are totally forbidden at Camp.
- Obscene language will not be tolerated
- Music and activities must be appropriate for the Camp age group
- Staff at all times must act as a good role model for the campers
- Noise should be kept to a minimum
- Staff must attend scheduled education sessions and meetings
- Please observe the "lights out" at 11.00 pm each night
- Please sign the "In/Out" book in sick bay when you are leaving and returning to the campsite
- Staff should ensure they are familiar with their job description and expected duties during camp

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Camp Diabetes Camping Programme

Please select which camp/s you are interested in volunteering for:

- Camp Diabetes - Jelly Beans - A weekend camp for children aged 0-8 years and their parents/carers/grandparents. Camp Diabetes conducts at least two of these camps each year

- Camp Diabetes - Young Guns - A weekend camp for teenagers age 13-18 years (no parents). Camp Diabetes conducts at least two of these camps each year

- Camp Diabetes - Sleepover Camp - A weekend camp for children aged 9-12 years (no parents). Camp Diabetes conducts one of these camps each year

- Camp Diabetes - 9-12 years Week Long Themed Camp. This camp accommodates a minimum of 60 children (no parents) from Sunday to Friday during the September school holidays

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Camp Diabetes Camping Programme

Please select which position/s at camp you are interested in volunteering for.

- Medical Officer
- Hut Supervisor
- Activity Staff
- Activity/Art Assistant
- Diabetes Educator
- Dietitian
- Dining Room Captain

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