

Information for Patients Attending Shoalhaven Diabetes Service

5 – 7 Lawrence Avenue, Nowra

Contact Details: Phone 1300 308 969 Fax: 4231 1960 Mail: PO Box W58 Wollongong NSW 2500

Email: WollDiabetesAdmin@health.nsw.gov.au

How do I make an appointment?

Phone the **Illawarra Shoalhaven Diabetes Service** on **1300 308 969**. Press 1 to make an appointment. If you are seeing the diabetes specialist (endocrinologist), a referral letter is required. We need to see this referral before we can make your appointment. Please send us or bring us your referral letter and we will phone you with an appointment time. This service is free with a Medicare or DVA card.

What do I need to bring?

- Any paperwork and blood tests relating to your appointment at the Diabetes Service.
- Your blood glucose record diary.
- A list of all the medications (tablets and injections) you take.
- Your Medicare or DVA Card.

Who will I see?

Our friendly staff will help you make an appointment with the right person.

- The **Diabetes Educator** will help you look after your diabetes
- The **Dietitian** will help you choose what food is best to eat for your diabetes.
- The **Endocrinologist** is a specialist doctor who will give advice for the best treatment for your diabetes. This service is for people with Type 1 Diabetes.



Where is the Diabetes Service?

We are located in **Nowra Community Health Centre** on the corner of Lawrence Avenue and Worrige Street. We are opposite the Centrelink building.

How do I get there?



By car: There is free parking in the car park next door. There is another car park opposite on Worrige Street with 2 and 3 hour parking spaces. You may also park on the nearby streets (some with limited parking times).



By bus: Main bus depot at Stewart Place (200 meters from the Community Health Centre).

Need an Interpreter? Interpreters are available if you need help to communicate with staff. The service is free and confidential. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to someone before your appointment.

Need an Aboriginal Health Worker? An Aboriginal Health Worker (AHW) advocates for the needs of consumers who identify as Aboriginal or Torres Strait Islander. They can provide support and information to help you. Tell staff you would like to speak to an AHW, or let them know if there is an AHW you would like us to contact.