

Youth Newsletter



Kia ora

Happy New Year

We are back and planning for 2020! The Youth reports are done and dusted and we are settling into the rhythm of being in an open plan office. It is a very different experience for us but a very positive one especially being able to network with other health professionals who work alongside us.

Our first event of the year was our Jewellery making Workshop. We had a very enjoyable night making our designer jewellery, necklaces and key rings. I think they are even more stunning than last time..! A huge thank you to the beautiful 'Rachel' from Retro Rehab and her whanau for creating another magical night for us.



Following on from this we have our usual Support groups followed by Outdoor Lazertag and BBO in Whanganui, Ten Pin Bowling and a Young Adult dinner at the end of March.

One event that wont be on this March which had been previously advertised is the Whanganui Raft Race. This has had to be canceled but will be back bigger and better in 2021! There will be plenty more time now all of you to create and build that 'winning raft'.

Coming up:

- **Family Day— Lions Club –coordinating this day for us in Feilding—April 5th**
- **Family—Cirkus Quirkus Magic Show— May**
- **Family—Owlcatraz—May**
- **Soy Candle making workshop 8yrs and up—May**

All of the above events will be advertised in upcoming newsletters and on our FB page however you can put your names down now if you wish.

Books: We have a number of children/youth books that may be borrowed from the Trust. These would be helpful for children/youth who are newly diagnosed or just wanting support around their diabetes. Age appropriate for 4-14yrs. Just let me know if you are interested.

FAMILY EVENT— Outdoor Lazertag Whanganui

Ages—4yrs and up although families of younger aged children most welcome to come and watch and enjoy the BBO.

For younger children under 7yrs of age they may need some help from a parent (the Lazertag guns are heavy)

Venue: [Lazer Overload, Brunswick, Whanganui](#)

Date: [Sunday 23rd February](#)

Time: 10am, with BBO lunch to follow

Cost: Free

Come and enjoy some time in a mini pine forest shooting Lazer guns. This activity is great fun and there are lots of different games played to include all youth/children/parents.

Great exercise too!

RSVP 7TH FEBRUARY WITH NAME AND NUMBERS ATTENDING

YOUTH EVENT— TEN PIN BOWLING

YEAR 8 UP INCLUDING YOUNG ADULTS

At: Bowlarama, 94 Cuba St, Palmerston North

Date: Friday 13th March

Time: 6.00pm - 7.45pm

Food provided at 6pm followed by bowling at 6.30pm.

Please let me know if you are GF or have other dietary requirements.

RSVP: WEDNESDAY 4th MARCH



YOUNG ADULT DINNER -

At: Gengys Mongolian BBQ, Broadway Ave,
Palmerston North

Date: Thursday 26th March

Time: 6pm-8pm

Cost: Free

This is a dinner for young adults 18yrs—30yrs with diabetes. Please let me know if you are interested asap as we have booked for a limited number.

RSVP: Monday 16th March



Support Groups

PARENT /WHANAU SUPPORT GROUP

Feilding

Date: Tuesday 4th February and Wednesday 18th March

Time: 6.30pm

Venue: Focal Point Café, Focal Point Cinema

These meetings are an informal get together over a cuppa. A chance to meet again or come along and make some new friends with people who understand the daily challenges of diabetes.

The Trust will provide a coffee/tea/soft drink..

RSVP: Monday 3rd February

PARENT/WHANAU SUPPORT GROUP

Whanganui

Date: Tuesday 28th January and Tuesday 10th March

Time: 6.30pm

Venue: Stellar Bar and Grill, Victoria St, Whanganui

These meetings are an informal get together over a cuppa. A chance to meet again or come along and make some new friends with people who understand the daily challenges of diabetes.

The trust will provide a coffee/tea/soft drink.

RSVP: Monday 27th January



Reminder..

Reminder: For any families with newly diagnosed children or older youth, including any young adults please feel free to give me a call or make contact. I am happy to come and meet you at your home, or somewhere you feel comfortable and let you know of the support and service our Trust provides.

Contact details..

Change of address, email or details:

Please let me know if you change address etc., so I can update your details on our database.

Email: youth@diabetestrust.org.nz

Supplies we sell

Dextrose Tablets - \$2.50 pkt. of 14 tablets

We no longer sell silicone bracelets or socks. The silicone T1 and T2 bracelets can be purchased online from the Diabetes NZ Auckland branch.

Our office hours:

We are all part time, 8am - 2pm Mon - Thursday, Friday is morning only and variable hours so please ring first to make sure we are here.

Please feel welcome to come in for a chat.

We are situated at 200 Broadway Ave, PN.

Ph; 357- 5992/0274 928 801

youth@diabetestrust.org.nz

Andrea Bell,

Youth Coordinator

MHT Diabetes Trust.