



Manawatu Horowhenua Tararua Diabetes Trust

NEWSLETTER

SPRING 2020

Hello and welcome to our Spring newsletter!

This Newsletter aims to keep you informed and up to date with relevant regional events and education opportunities.

The Diabetes Trust provides FREE Diabetes Education and support in our community. In this issue you'll hear about what our team have been up to over the past few months and how we have continued our work with Covid-19 restrictions in place.

We'd love to hear your thoughts on this newsletter. Send your feedback to admin@diabetestrust.org.nz

DIABETES TRUST CONTACT INFORMATION

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Administrator
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Phone 06 3575992

Check us out on facebook
www.facebook.com/MHTdiabetestrust

WE HAVE MOVED!

Our new address is
200 Broadway Avenue.
Contacts unchanged
admin@diabetestrust.org.nz

Covid 19 update

Whilst we have continued to provide education in level 2 we are very pleased with the announcement of the drop to Level 1 restrictions in our region. We will continue to provide sanitiser and follow protocols to ensure your safety when attending our classes.



Upcoming Classes

- Healthy Living PNth, Oct 13th, 20th, 27th - 5.30PM
- Prediabetes, Dannevirke, 17th Oct - 9.30AM
- Prediabetes, Foxton, 19th Oct - 9.30AM
- Healthy Living Feilding, Oct 27th, 3rd & 10th Nov - 5.30PM
- Budget Meals cooking Demo, Levin, 31st Oct- 9.30AM
- Carbohydrate Awareness, PNth, Nov 9th-10.00AM
- Healthy Living Foxton, Nov 10th, 17th, 24th -11.00AM
- Summer Eats cooking Demo, Eketehuna, 12th Nov - 11.00AM
- Healthy Living Levin, Nov 16th , 23rd, 30th -5.30PM
- Summer Eats Cooking Demo, Feilding, Nov 23rd 11.00AM

Please check out our website or phone us to book any of these classes

Red Lentil Dahl



This Recipe was a hit amongst our staff and people who came along to our Winter Warmers cooking class!

Ingredients

- 1Tbsp. Olive oil
- 1 Brown Onion
- 1 carrot (grated)
- 2 Garlic Cloves, crushed
- 1 tsp Cumin
- 1 Tbsp. Curry Powder
- 1 cup red lentils (rinsed)
- 1 cm Fresh Ginger
- 3.5 cups Reduced Salt Vegetable Stock
- 1/2 cup low fat coconut milk
- 1/2 bag Baby Spinach/1 cup frozen spinach cubes
- Fresh coriander (optional)

Method

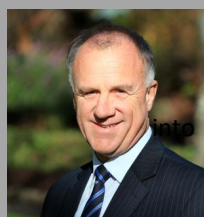
1. Heat oil in a saucepan over a medium heat. Cook onion for 5 minutes or until tender. Add carrot, garlic, cumin and curry powder. Cook for 2 minutes or until fragrant.
2. Add lentils, ginger, and stock. Bring to the boil. Reduce heat to low. Simmer, partially covered, for 30 minutes or until lentils have softened and thickened. Add coconut milk and spinach and cook, uncovered, stirring occasionally, for 10-15 minutes or until desired texture is achieved. Serve warm with coriander. (Serves 4)

Covid Recap

What a roller coaster the past few months have been! Our team did our best to make ourselves useful during the lockdown period. Jacqui our Registered Nurse headed out into the community to assist with Flu vaccinations and our team were part of the massive effort co-ordinated by Te Tihi o Ruahine Whānau Ora Alliance to distribute 22,000 food parcels to those in need within our region.

Despite not being able to hold our regular classes in the community we kept in touch with our clients and provided support via phone and email. Our team now have experience with ZOOM meetings and plan to continue to utilise technology to explore new ways of providing education to consumers.

Whilst we have embraced new ways of connecting with our community, we are very grateful we have been able to re-start our face to face classes with additional safety measures in place. We look forward to seeing you!



Staff spotlight

The Diabetes Trust are pleased to introduce our new manager, Bruce! We welcomed Bruce into our organisation earlier this year following the retirement of our former manager Adrian Broad. We are very grateful to Adrian for his many years of service in both the health and public sectors and wish him all the best in his retirement!

Bruce has a background in education as a former teacher and more recently International Director at Massey University for more than 20 years. Bruce himself has Type 2 Diabetes and has attended a number of our education sessions and understands how important it is to receive reliable diabetes education.

Quick-fire questions:

Hobbies: Trout fishing and playing lawn bowls, gardening, watching Rugby, Cricket, and Racing.

First Jobs: Paper boy, milk boy, year one teacher at Woodville School

Favourite holiday destination: Overseas-Red Rock Colorado, NZ- Taupo

A book you've enjoyed recently: Andre Agassi-Open

Please feel free to contact Bruce if you have any questions regarding the operations of the Trust.



Website update

Did you know all of our classes can be booked online? Head to www.Diabetestrust.org.nz to book directly into our classes. You will receive a confirmation email and details about the upcoming class. We also still accept referrals via phone. Our recipes from previous cooking classes can also be accessed from on our website.



Youth Update

Kia ora,

Well we are finally in Level 1 yay so much more freedom for us all.

We have some wonderful Family and youth events coming up which are outlined below and they are all FREE to attend.

Events for October/November:

Youth Event – Indoor Lazer Tag, Years 8 and up including Young Adults, Friday 23rd October

Family Day – Open to all ages at the Feilding Gun club, Sunday 1st November

Young Adult dinner – 18yrs+ at Gengys Mongolian BBQ, PN, Thursday 12th November

Young Adult dinner – 18yrs+ - Whanganui in December. TBC.

Ten Pin Bowling - December in PN. TBC.

Our usual Support meetings will run for family/whanau in Whanganui and Feilding throughout November and December and also our Zoom Chat and Connect meetings will continue for our Young Adults 18yrs+.

If any of these events interest you or your whanau feel free to contact me. We warmly welcome all new families to our community and look forward to meeting you.

Andrea

Youth Coordinator



Our Supporters

We would like to formally acknowledge the support we have received from the following :

Pub Charity Ltd . Courtesy Ford . Tararua District Lions . COGS . P.Nth Community Serv. Helen Graham Charitable Trust .Tainui School . Lotteries Funding . Hunting and Fishing . Ashhurst School . E & C Community Trust Rongotea Lions Club Mainland Foundation . Milverton Trust Papaioea Lions Club . Lion Foundation . Middle Districts Lions club . Kairanga Lions Club . Pahiatua Woodville Lions Club . Shelley Naylor Realty . P.N Intermediate Normal School . Milverton Trust

INFORMATION FOLDERS FOR THOSE DIAGNOSED WITH DIABETES

For those newly diagnosed with Diabetes please ask your practice for a blue information folder.

Practices: when you require more folders please phone or email us for prompt delivery
Email admin@diabetestrust.org.nz or
Phone: 06 3575992

Donations appreciated

If you would like to make a donation or give regularly please contact Bruce who would gladly spend time with you to ascertain the most effective way for you to make a gift.

Your donation will help make each day count for people with diabetes and their families in our region.

Kind regards - Diabetes Trust

Need help getting more active? Head along to [Sport Manawatu.org.nz](http://SportManawatu.org.nz) to connect with a fun and supportive organisation all about getting people moving!



Green Prescription (or GRx) is a Ministry of Health (MoH) and MidCentral District Health Board (MCDHB) funded programme that aims to get more people physically active within our community.



Green Prescription GRx

A Green Prescription (GRx) is a script with a difference. It can be obtained from your GP, nurse or community health worker instead of medical script. GRx prescribes a personalised physical activity programme to improve your health and well-being.



Active Families & Active Teens

Active Families and Active Teens are Green Prescription programmes funded by the Ministry of Health (MoH) and MidCentral District Health Board (MCDHB) that aim to get more people physically active.



Success stories

From entire families to students, Green Prescription has already made a difference in so many people's lives. Read some of their inspiring stories and share with others you think may benefit from our Green Prescription programmes.