



Manawatu Horowhenua Tararua Diabetes Trust NEWSLETTER

AUTUMN 2021

Hello and Welcome to our Autumn Newsletter!

We are happy to announce that our Dietitian Chloe has had a happy and healthy baby girl, Georgie. We hope that the Bryant family are doing well with the new addition.



Hello Clients, Supporters and Friends of the MHT Diabetes Trust.

The year has begun with a lot happening for the Trust and the community we serve. First we welcome Anishka Ram as our new dietitian replacing Chloe Bryant who is on leave. It is good to have Anishka with us and as a key member of our clinical team who have again prepared an interesting and helpful series of free diabetes education and support events.

You are encouraged to participate in these sessions and to make the most of the opportunities we provide to better manage your health. Hop onto our web page to see what is available.

Our Trust AGM was held on 24 February with the Trust reporting another successful year despite the interruptions caused by Covid. The Board has also recently undertaken some long-term planning and has endorsed our desire to increase our distance education and support sessions from those offered during Covid lockdown.

Our usual and longstanding face to face sessions are now supplemented with zoom and other programmes/technologies. This will benefit those of you who live at a distance or through employment or circumstances have found attending our sessions difficult.

Give a focus to keeping well over the winter months ahead and please contact us or attend a session if you need help. We are here to support you and your family.

Ngā Mihi

Bruce Graham

Manager

Manawatu, Horowhenua and Tararua Diabetes Trust



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Check us out on Facebook

[www.facebook.com/
MHTdiabetestrust](https://www.facebook.com/MHTdiabetestrust)

Youth Update

Kia ora,

We have just come back from a really successful Family Camp at El Rancho in Waikanae. A big thank you to my 'team' who helped make it happen, and to the staff at El Rancho who hosted us and helped create the wonderful time for our families to connect and enjoy so many wonderful activities!

We have some wonderful Family and Youth events coming up which are outlined below and some are scheduled for the upcoming School holidays. They are all FREE to attend.



Here we all are; El Rancho Family Camp 2021

Events for April/May/June:

- Family Event – Ceramic Painting, 4yrs-16yrs with caregiver/parent, Monday 19th April
- Family Event – Lollipops Playland – most suitable for 8yrs and under, Friday 30th April
- Youth Event – Indoor Lazertag, 12yrs and up including Young Adults, Friday 14th May
- Young Adult Dinner – 18yrs+ usually at Gengys, 16th June
- Youth Event – Go-karts, TBC sometime end of June early July.

Our usual Support meetings will run for family/whanau in Whanganui and Feilding throughout the next couple of months and we will be restarting our Zoom Chat and Connect meetings 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

Quick Minestrone Soup (Serves 4)

Ingredients:

1 Tbsp Oil
1 Onion, finely chopped
1 Green capsicum, chopped
140g carton Tomato paste, no added salt
1 tsp Italian herbs
4 cups Water
1x Vegetable stock cube
1/2 cup Pasta shells
450g Frozen vegetables
310g can Butter bean/Cannellini beans

Methods:

1. Heat the oil in a saucepan and sauté onion until soft. Add the remaining ingredients except the beans
2. Bring to the boil then reduce heat and simmer for 15 minutes or until pasta is cooked
3. Add beans and heat through



Clinical Update

It's hard to believe that we're nearly to May!!

A big welcome to Anishka Ram (NZRD) - Anishka is covering Chloe's dietitian role with MHT Diabetes Trust for 2021 while Chloe is on Parental Leave. And of course congratulations to Chloe and her family on the safe arrival of a beautiful daughter in February.

Busy times ahead for health providers with Influenza and Covid-19 vaccination programmes upon us.

Some of our team have volunteered to assist with these programmes so we may see many of you out and about in the community carrying out our mahi.

Our diabetes education work still continues (face to face classes) and this is where we can help you with providing FREE and comprehensive group education to your clients with diabetes or prediabetes and their whanau.



Technology update: We're always looking for additional ways that we can connect & continue to provide diabetes education to the community.

- Clients can self-refer into our programmes and register directly via our website www.diabetestrust.org.nz
- Our programmes are also available on Zoom and patients can also register via our website for these. Some of our Zoom classes will be recorded and available via our website.
- We've recorded our first diabetes podcast!! <https://www.accessmanawatu.co.nz/Shows/Details.aspx?PID=1ee49ab2-49d5-4171-8f97-27280b54c11a> Episode 01. We are planning to run a regular monthly series & links to the recordings will be put up on our website & Facebook page also.
- We have some more exciting projects in the pipeline – so watch this space!!

Thank to you all for continuing to refer clients to our programmes and promoting the work that we do – much appreciated.

Ngā Mihi

Jacqui Thompson (Clinical Manager)

Staff Spotlight

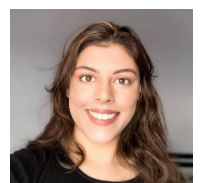
Hi, I'm Anishka, I am a registered dietitian and newly graduated from Massey University (Auckland). I have had a lot of exposure to people with Type 2 diabetes during my placement in the community. I am excited to meet all our attendees and help you better understand your diabetes through our classes.

Quick Fire Questions:

Hobbies: Cooking, travelling, fitness, writing and shopping :)

A book I've recently enjoyed: 'The Pact' - Jodi Picoult

Favourite place visited in NZ: Mt Ruapehu and Hanmer Springs



Our Supporters

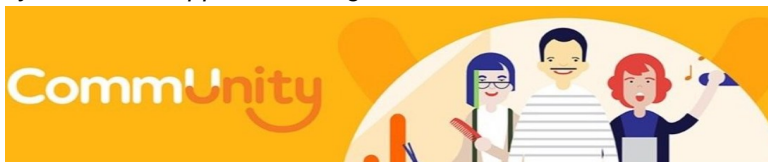
We would like to formally acknowledge the support we have received from the following:

Pub Charity Ltd . Courtesy Ford . Community Organisation Grants Scheme (COGS) . P.Nth Community Serv Council . Helen Graham Charitable Trust . NZ Lotteries Funding . Hunting and Fishing . Eastern & Central Community Trust . Rongotea Lions Club . Mainland Foundation . Milverton Trust . Papaioea Lions Club . Lion Foundation . Middle Districts Lions club . Pahiatua Woodville Lions Club . Shelley Naylor Realty . Palmerston North Intermediate Normal School .

*A new initiative that generates funding for New Zealand community groups recently launched on 17 March. It is called **CommUnity** and recognises that many groups, like us at the **MHT Diabetes Trust**, rely on fundraising drives, sponsorships and endless filling out of forms to fund our activities. Its relentless work that often distracts us from what we do best, that is, providing education and support to our diabetic community clients like you.*

CommUnity connects shoppers, merchants and community groups by providing a sustainable platform to fundraise and flourish, for merchants to grow their community engagement and build a loyal customer base, and shoppers a way to support the community groups they care about. Everyone wins, it's that simple!

How can you help? It's easy and it won't cost you anything. Just register as a CommUnity Member on <https://comm-unity.kiwi/> and select 1-3 CommUnity Groups you wish to support including us at the **MHT Diabetes Trust**. Then every time you purchase from a CommUnity Merchant a percentage of the sale will come to us. It's that easy. Remember to invite the retailers and stores that you frequently shop at to register as CommUnity merchants so your groups can receive



Upcoming Classes:

May

8th May Pre-Diabetes Dannevirke, 9:30 -11:30am

8th May Cooking Class– Healthy Lunches Levin, 9:30am

13th May Cooking Class– Winter Warmers Eketahuna, 11:00am

17th May Pre-Diabetes Foxton, 11:30am -1:30pm

17th May CHO Awareness Dannevirke, 10:00am -12:00pm

June

14th June CHO Awareness PN, 10:00am - 12:00pm

15th June Food Label Reading PN, 12:00 - 1:30pm

24th June Pre-Diabetes PN, 11:30am - 1:30pm

24th June Cooking Class– Winter Warmers PN Via ZOOM, 11:00am

Healthy Living Series

18th, 25th May, 1st June Healthy Living PN, 11:30am -1:30pm

25th May, 1st, 8th June Healthy Living PN, 11:30am -1:30pm

14th, 21st, 28th June Healthy Living Via ZOOM, 6:30 - 8:30pm

22nd, 29th June, 6th July Healthy Living Feilding, 11:30am - 1:30pm

Please check out our website or phone us to book any of these classes. All 2021 classes are now available to book on our website.

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: 06 357 5992

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

