



Manawatu Horowhenua Tararua Diabetes Trust NEWSLETTER

SPRING/SUMMER 2021



MERRY CHRISTMAS

We advise that our Board has implemented a policy that only double vaccinated people over the age of 12, whether they be diabetic clients or families or volunteers, are now able to attend our clinical educational sessions and youth activities. Hence you will be asked about your vaccination status when you register to attend. We wish to ensure that all staff and those attending our sessions are safe, and we also need to follow the mandated position of our funding Agencies: MidCentral DHB and Whanganui DHB. Thank you in advance for helping with that requirement. Zoom sessions are, of course, available to all participants irrespective of vaccination status. If you are still to receive a Covid vaccination then we strongly suggest you proceed to obtain the vaccination as soon as possible.



Kia Ora clients, families, friends and supporters of the MHT Diabetes Trust.
Welcome to our end of year newsletter.

The last twelve months have been much like last year with all of us challenged by the regional impact of a second Covid 19 outbreak and the many restrictions that has placed on our lives. As a diabetic myself I totally understand how vulnerable we all are as a community and appreciate the huge effort nationwide the country has made to limit the spread of the virus. Thank you for the effort you have made too. It all counts.

I would like, on behalf of the Board of Trustees and Staff of the MHT Diabetes Trust, to wish everyone a pleasant Christmas and enjoyable holiday season. Now that our region is in Covid 19 level Orange, hopefully you will get an opportunity to move about and catch up with family and friends and enjoy each other's company.

My thanks to the Board of Trustees and our dedicated staff for their support and commitment during the year and also our funding Agencies, without whose support, we would not be able to provide our services to the Manawatu, Horowhenua and Tararua region. Thanks also to those many organisations and individuals who contribute to our work and help us in so many ways to build a healthier community for those challenged by diabetes.

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,

Diabetes NZ Action Month is up and running with the logo 'Step Up!' Maybe use this month to wear your blues...and educate a few more friends/whanau around you about diabetes, whether its your workplace, school, or university. We will be running a competition coming up for our youth!

Well, it seems we are still in changing times, never the less we are continuing to run our events with the usual health and safety requirements.

We had another great evening a few weeks ago with our rangatahi at Daytona Go-Karts. This time it wasn't as cold as usual thank goodness! As usual, a fun night and great to see our rangatahi enjoying being around others who 'get it' have diabetes and consequently feeling a bit 'normal' for a time! We have another night coming up so hopefully we see you all there again! The competition racing will continue.

We also have our last big Family event for the year to be held on Sunday 5th December. This will be Outdoor Lazertag and BBQ at Brunswick 10 minutes out of Whanganui. If you are new to our community this is a really great day for all your whanau. Even the little ones under 5yrs get to have a go with the support of a parent (the Lazertag guns are very heavy!) NB: Over the years we have had all sorts of weather so bring your suntan lotion, sun hats and on the other side warm jackets and raincoats just in case. Please make sure all who wish to take part in the Lazertag wear closed in shoes also.



Some of our events planned for 2022...

- January—Glass Fusion Workshop for Years 8 and including Young Adults, plus any mums who might like to try this.
- February—Family Outdoor Paintball is most suitable for 12yrs and under including parents, with family friendly light paintball guns and paintballs however older adults can use them too.
- Bio Karting for our older teenagers and a creative day at the Herb Farm. Later on in the year our Youth Camp will be rescheduled for the October School holidays.

Ngā Mihi, Andrea (Youth Coordinator)

Strawberry-Chocolate Greek Yoghurt Bark (Serves 32 pieces)

Prep Time: 10 minutes

Freeze Time: 3 hours

Serving Size: One 1 3/4-by-2 1/2-inch piece

Ingredients:

3 cups Whole-milk plain Greek yoghurt

1/4 cup pure maple syrup or honey

1 teaspoon vanilla extract

1 1/2 cups sliced strawberries

1/4 cup mini chocolate chips

Methods:

1. Line a rimmed baking sheet with parchment paper
2. Stir yoghurt, maple syrup (or honey) and vanilla in a medium bowl
3. Spread on the prepared baking sheet into a rectangle shape
4. Slice the strawberries and scatter them on top
5. Sprinkle with chocolate chips
6. Freeze until very firm, about 3 hours
7. To serve, cut or break into 32 pieces



Source: Eating Well Website

Nutrition Per Serving: 34 calories; protein 2g; carbohydrates (including added sugar) 6g; dietary fiber 0.2g; sugars 3.5g; fat 1.3g; saturated fat 0.8g; 7.6mg, sodium 7.6mg.

Clinical Update

ZOOM Classes and JotForms

Hello Everyone,

We have had many classes delivered over ZOOM throughout 2021!

This was a first for many trying to navigate through the ZOOM process but we have made it as easy as possible for you to join in.

When you book our ZOOM classes we will send you an email with the ZOOM link, meeting ID and passcode. All you need to do is put in the meeting ID and passcode and you are in virtual classroom where we interact and provide support with a group of people in a similar situation as you.

We have also introduced JotForms!

JotForms are quizzes and questionnaires that we send out to you 2-3 days before your ZOOM class which is a check-in on your knowledge diabetes and food.

REMEMBER!

- 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 in the future.
- Keep an eye out on Facebook on upcoming classes and events that we have running at the Diabetes Trust.

A big thank you to those of you who have joined in online via their phones and laptops, and have helped in creating a small community of support for each other with diabetes.

Ngā Mihi, Jacqui (Clinical Manager)



Carbohydrate awareness registration and pre session quiz form.

Please complete this form to provide us with information that we need to keep our diabetes classes running in our community, and to make sure our classes are effective. We appreciate your time.

Name *
First Name Last Name

Gender *
☐ Male ☐ Female ☐ N/A

Address *

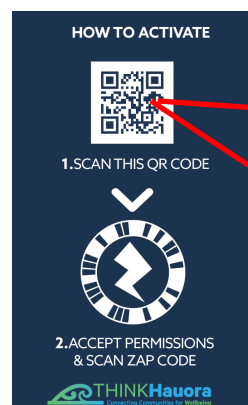
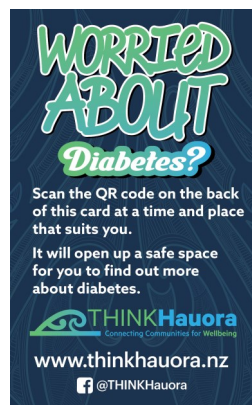


LEARN ABOUT TYPE 2 DIABETES RIGHT NOW!

We have made a 2-minute video on diabetes management in conjunction with Think Hauora which you can watch right here. If you would like to learn about what classes we offer scan the link below with your phone camera.

Check out these new cards!

1. Take out your phone
2. Open the camera
3. Scan the QR code
4. Learn about diabetes



Our Supporters

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

Pub Charity Ltd . Courtesy Ford . P.Nth Community Serv Council . NZ Lotteries Funding . Hunting and Fishing . Eastern & Central Community Trust . Rongotea Lions Club . Mainland Foundation . Milverton Trust . Papaioea Rose City Lions Club . Lion Foundation . Middle Districts Lions club . Pahiatua Woodville Lions Club . Shelley Naylor Realty . Palmerston North Intermediate Normal School . Kairanga Lions Club . Summerset Retirement Village . Many Thanks!

Upcoming Classes 2022:

January

26th January, Pre-Diabetes Palmerston North, 5:30 - 7:30pm

Feb

21st February, Pre-Diabetes Palmerston North, 1:00 -3:00pm

March

8th March, Cooking Class PN, 5:30 - 7:30pm

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

28th March, Carbohydrate Awareness PN, 5:30 - 7:30pm

31st March, Cooking Class PN, 11:00 - 12:30pm

Healthy Living Series

8th, 15th, 22nd Feb, Healthy Living PN, 5:30 - 7:30pm

12th, 19th, 26th March, Healthy Living PN, 9:30 - 11:30am

17th, 24th, 31st May, Healthy Living PN, 11:30am - 1:30pm

Please check out our website or phone us to book any of these classes. All 2022 classes are now available to book on our website.



A big thank you to our sponsors:



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

