



# Diabetes Help Tauranga

*Serving families in the Western Bay of Plenty*

## BALANCE – Sept 2018

Where does time go? It only seems a few moments since we were putting together our last newsletter; now it's almost Spring!

As most of you know, we have moved into our office at the Graced Support Centre, 174 Eleventh Ave. You are invited to Drop-In on Monday's 10-12 noon or ring for an appointment to see one of our team at other times (Monday – Thurs).

The Graced Support Centre features the Graced Opp Shop and Espresso Bar and is part of Pregnancy Choice Tauranga; visiting us means you can stock up on both coffee and some of the many bargains to be found which include homewares and books!

As a volunteer organisation equipping & supporting mainly woman facing crisis or troubled pregnancies, those visiting Graced & their whanau are often also at risk of chronic health conditions such as type two diabetes. *"Putting ourselves in the paths of those at risk, in such a high visibility venue, is a huge opportunity. We are very grateful to the Board of Pregnancy Choice for allowing us to take a room in their Support Centre"* says Debbie Cunliffe Manager DHT. External entry is available via Christopher Street. Watch out for our distinctive signage, courtesy of Kim and Colin at Chromotone Screenprints.

Coming up over the next few months we have a wide range of events to include an evening for parents delivered by Pru Caldwell, mum to Haylee (T1). We've got supermarket tours, clinics & lots more. Check out our website for full details.

If you have marketing, communication or entrepreneurial skills & would like to support your local diabetes community, then we'd love to talk to you about our Board vacancies. Nominations are invited by the 4<sup>th</sup> October – see page 2.

Finally, we are grateful to Acorn Foundation for their support over the 2017/18 financial year and encourage members updating or writing their Wills to consider bequests via Acorn - page 3.

If you need to speak to someone, or would like some extra support, we are only a phone call away and would love to help.

*The Diabetes Help Team*

## YOU ARE INVITED TO OUR AGM 2pm Thursday 18th October 2018

**St Enoch's Church Hall, Sixteenth Ave, Tauranga**

**Afternoon tea served by Mount Maunganui Lady Lionesses**

We particularly welcome nominations, for up to 8 Board roles from people with entrepreneurial, marketing/communication skills & representatives from local Maori, Pacific Island and Indian communities.

Nominations are invited by 12 noon Thursday 4th October. Forms available online at [www.diabetehelp.org.nz](http://www.diabetehelp.org.nz) or from the INFOLine (07) 571 3422. Agenda available on request.

Please RSVP attendance for catering purposes.



**diabetes help  
tauranga**

**The Diabetes Centre @ Graced, 174 Eleventh Ave Tauranga  
Pop in and see us Monday's 10-12 noon**

**Thanks to Legacy Funerals for printing Balance.**

**LEGACY**  
funerals



## Client Management System

We are currently updating our client management system to a cloud-based system known as Vega. Vega will allow us to use several platforms that will improve our services and increase security. If you would like to opt out of this service or have any questions, please contact us via the INFOLine

### In this issue:

- We've moved... pop in and visit us!
- Diabetes PNG style
- AGM Invite – RSVP's needed
- Flip Out
- Parenting the Easy Way with Toolbox
- Protecting your information



Thanks to Bruce Rae from Westbay Real Estate for his ongoing support of Diabetes Help Tauranga. If you are considering buying or selling give Bruce a call Ph:021 676 463



Thanks to Elite Automotive Repairs Ltd for it's support for Diabetes Help Tauranga

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**ELITE** Automotive REPAIRS

**dh** diabetes **HELP** tauranga



North & South Trust

Thanks to North & South Trust we are now able to offer more services to more people with diabetes

## Dates for Your Diary

### Tauranga & The Mount Support Group

Venue: Arataki Community Centre, Zambuk Way

Contact: Nigel & Betty Kurzfield (07) 575 4747

Date: Wednesday 28 November, 2 - 4pm.

### Te Puke Support Group, St Andrews Church, Cnr

Stewart/Oxford St. Contact: Glenys Body (07) 573 7022

Date: Wednesday 7 November, 2 - 4 pm.

### Type One Diabetes Network Group (Over 18's)

Dates: 7pm Thursday 13 September at The Bach at Imbibe, 19 Girven Rd, Mt Maunganui. Contact us if you would like to meet for dinner prior.

### Diabetes Nurse Educator (By appointment):

Monday – Thursday, The Diabetes Centre @ Graced

**20s -30's Group.** Contact info@diabeteshelp.org.nz

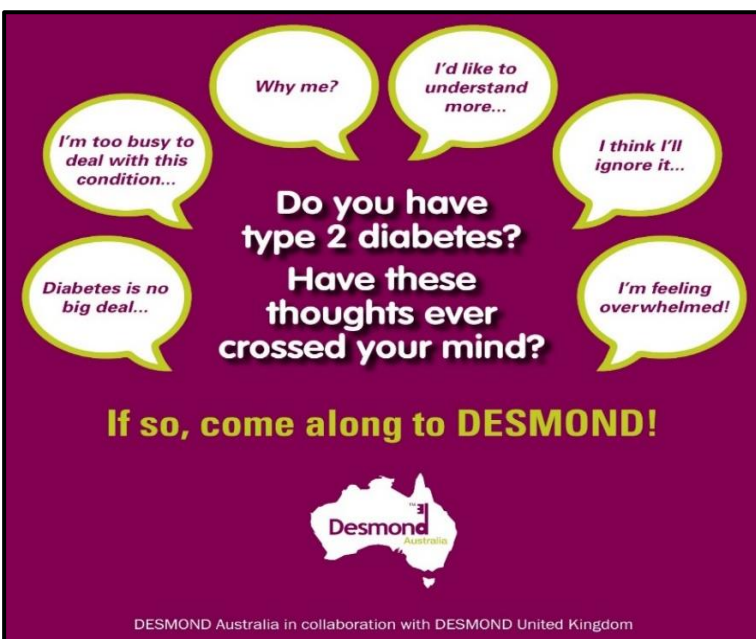
**Supermarket Tour** – Friday 5<sup>th</sup> October 10am. Contact us for bookings

**P2P:** Tuesday 23<sup>rd</sup> October, Parenting T1 Teens. RSVP

**Type 1 /DAFNE support** -available on request

**T1 Coffee & Chat** - Wendy Bowden. 2<sup>nd</sup> Fri each month. Columbus Café Bethlehem. Confirm venue prior. Look out for 'Type one Coffee' sign on table. Everyone with T1 over 18 is very welcome to this informal catch up!

**Type One der Mums – dads & caregivers welcome too!** Thursdays 30<sup>th</sup> August 20<sup>th</sup> Sept 9.30am. Graced Opp Shop, 174 Eleventh Ave. Bring coffee money



Why me?  
I'd like to understand more...  
I'm too busy to deal with this condition...  
Diabetes is no big deal...  
Do you have type 2 diabetes?  
Have these thoughts ever crossed your mind?  
I think I'll ignore it...  
I'm feeling overwhelmed!

**If so, come along to DESMOND!**

**Desmond Australia**

DESMOND Australia in collaboration with DESMOND United Kingdom

Due to HUGE demand we are running an extra DESMOND program on the 25<sup>th</sup> September. For more information about the DESMOND ring our INFOLine 07 571 3422.



Thanks to The Southern Trust for their grant of \$3000 allowing us to provide this program free of charge

**Low glycaemic, low sugar, natural pre-biotic**

If you are looking for a low carb sweetener check out [www.nekta.com/yaconsyrup](http://www.nekta.com/yaconsyrup). Whilst we should point out it is still a 'sweetener' the prebiotic benefits in Yacon syrup are worth mentioning as they appear to have 2kcal per gram as opposed to 4kcal per gram for digestible carbohydrate. Caution is advised around 'tea-leaves' and over-consumption.



# Diabetes YOUTH TAURANGA

## Applying for the School High Health Needs Fund (SHHNF)

Parents/carers who have applied for the SHHNF tell us that although the SENCO (Special Education Needs Co-ordinator) in their school was responsible for completing the application, parents/caregivers and the clinical team each have a role in ensuring the relevant information and current medical information is available. Prior to applying, and before downloading the necessary paperwork, parents are advised to check eligibility at [www.education.govt.nz/school/student-support/special-education/school-high-health-needs-fund/apply-for-the-school-high-health-needs-fund/](http://www.education.govt.nz/school/student-support/special-education/school-high-health-needs-fund/apply-for-the-school-high-health-needs-fund/). Once the application is received, a panel of verifiers who decide whether the child is eligible for SHHNF funding, takes about 15 working days. The Manager then notifies the parents/caregivers and the educator. If the verifiers don't have enough information to make a decision, they will request more information from the educator, sometimes seeking the opinion of an independent medical specialist. Applications can be made at any time. Email [manager.eligibility@education.govt.nz](mailto:manager.eligibility@education.govt.nz) Learning Support information line on 0800 622 222 and select option 1

Download the SHHNF application form [www.diabeteshelp.org.nz/index.php?page=children-with-diabetes](http://www.diabeteshelp.org.nz/index.php?page=children-with-diabetes)

## Are you the parent of a T1 teenager? Have you said goodbye to your little boy or girl?

Whilst there are risks and challenges associated with adolescence and T1, many parents find the teenage years are fantastic if not a little challenging!

Join Diabetes Help Tauranga Youth and T1 mum, Prue Caldwell (Tool Box Tauranga) for an evening of great advice, humour and encouragement with practical strategies and insights into the T1 teenage years.



**When: Tuesday 23rd October 2018**

**Where: Upstairs Lounge, Graced Support Centre  
11th Ave/Christopher St Tauranga**

**Time: 7 – 9 pm**

Bookings essential: TXT 'TEEN' to 0278 830158 or email [info@diabeteshelp.org.nz](mailto:info@diabeteshelp.org.nz) to book your place!

Join us for an evening that will leave you refreshed, invigorated and ready for whatever comes next.



**TOOL  
BOX**

**dh** diabetes *HELP*  
tauranga

## Get ready to



**Monday 8th October 10am.  
185 Taurikura Dr, Tauriko**

**Everyone welcome, cost \$12 per  
person, children/youth with  
diabetes FREE!**

Parents welcome to join us on the reserved mezzanine floor. Anyone using trampolines must bring or buy grip socks (\$3.50 each to purchase from Flip Out).

For more information contact our INFOline 07 5713422. Bookings essential via our INFOline or email [Info@diabeteshelp.org.nz](mailto:Info@diabeteshelp.org.nz)

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## Annual Checks/Reviews for Young People with Diabetes

Check out [http://www.diabeteshelp.org.nz/uploads/streetwise-online-pdf-annual-review%20\(1\).pdf](http://www.diabeteshelp.org.nz/uploads/streetwise-online-pdf-annual-review%20(1).pdf)

# Diabetes in Papua New Guinea – Debbie Cunliffe

My visit to Kokopo, East New Britain (ENB), Papua New Guinea (PNG), whilst inspiring, was also a reminder to be grateful on many levels. PNG has some of the highest rates of violence and chronic disease in the world the latter including HIV, TB and type two diabetes. Specific genotypes predispose over 38,000 of the traditional PNG people in ENB to type two. Prevalence of type two markedly rises with urbanization and adoption of a more western lifestyle, the latter reflected in the massive amount of advertising for cell phones and fizzy drink seen as we travelled throughout the district. Morbidity and mortality associated with the disease is high.



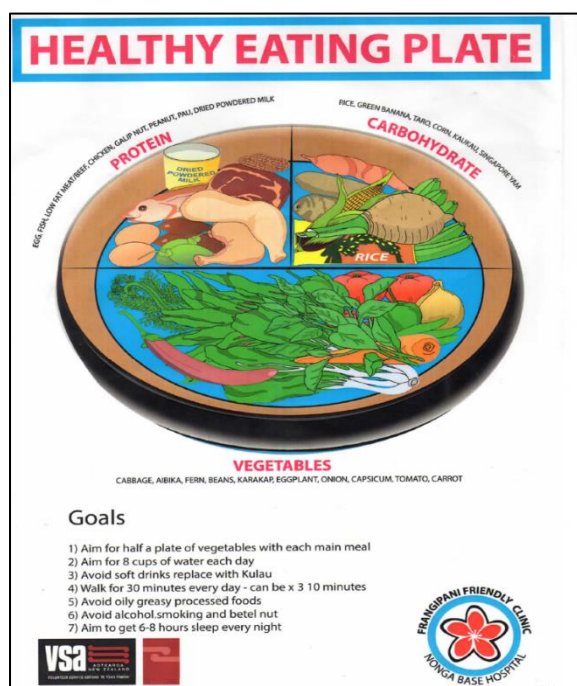
According to local Consultant, Dr Maha, local surgical teams are now amputating one to two legs every week, compared to 10 years ago where they had only one amputation every single month. Once diagnosed, treatment is limited and testing BGL's even rarer outside the clinic setting. Metformin and a Mixtard30 type insulin are the only medications available in ENB. However, Metformin costs 9-20 Kina per week and considering most 'trade' was done with fish, vegetables or fruit, Metformin use is problematic.

Healthy Eating Plate Projects, such as the one initiated by VSA Volunteer Suzanne Rockett (DNS), working with the Frangipani Friendly Clinic at Nonga Base Hospital are vital in ensuring that healthy messages that are inexpensive and simple to use help curb the rising rates of type two. These have been received enthusiastically by the local population and the plates (below) were pasted throughout Kokopo.

Reflecting on my week in PNG, I will never again moan about the 'traffic' in Tauranga especially when one of the nurses lived on a hillside settlement with no running water/shower/toilet and had to walk an hour each way to catch a bus before another 45-60 min ride on a bus that probably would not pass a warrant in NZ.

Despite the hardships the healthcare professionals face in PNG they are amongst the kindest and most grateful people I have ever met and send their heartfelt thanks back to those in the WBOP who sent out resources.

As I arrived back in NZ I realised not only how fortunate we are to have systems in place that allow access to drugs, meters and quality healthcare but also for the safe environment we have to live, learn and grow.



**Pictured Top:** Nurses at Frangipani with Suzanne and Debbie.

**Pictured above:** Healthy Eating Plate, Clinic ENB style, Angela (Diabetes Nurse).



## Type 1 technology evening

Myself, and a couple of others with an interest in type one diabetes attended a technology evening, mid-August, hosted by Diabetes NZ Rotorua. Being a lover of new technology how could I resist the opportunity! The evening brought us two lots of guest speakers, followed by supper, then a few groups to get more detail surrounding different add-ons for technology. First up, Julianne O'Brien from Medi'Ray spoke about the Freestyle Libre system. This system consists of a small disk that sits on the under arm and takes BGL readings; a device is swiped within a 4cm range of the disk to display the BGL and give us a bit of a break from the traditional finger pricking and those lovely calluses! Next up, Tim and Justin talked about an artificial pancreas system, known as "looping," essentially it is an insulin pump that talks to a CGM (Continuous Glucose Monitor) without human input. This non-human input system is a fully closed loop system; however, you can always opt for a hybrid closed loop where you input carbohydrates or the open loop which will notify you with prompts before administering insulin. The fully closed loop system was undeniably the highlight of my night, could you imagine eating dinner without a BGL check and an insulin injection! These looping systems have been designed by patients for patients, which as things go, is pretty neat. After supper, Julianne, Tim and Justin were available for more in-depth discussion around their systems as well as parents of a young T1 using MiaoMiao and Nightscout systems, added onto their Freestyle Libre.

All in all, a very good night, thanks to Liz Nichols for the ride and to Diabetes Help for providing petrol vouchers!

Tamara McIlwrick

## Privacy Principles

The 12 principles of the Health Information Privacy Code (1994) cover health information collected, used, held & disclosed by health agencies & takes the place of the information privacy principles for the health sector. As a health & disability service provider we promise:

- We will always inform you what we are doing, why, who will see your information & whether giving information is voluntary
- To keep your information safe and for no longer than is needed
- To only obtain information needed to help us go about our lawful purpose
- To ensure your information is accurate
- To correct incorrect information quickly
- To ensure you have access to information we hold about you.

[www.privacy.org.nz](http://www.privacy.org.nz)



Thanks to Wayne Addis (pictured with John Taylor) Oceanside Kiwanis and Kiwanis International for supporting Diabetes Help Tauranga Youth as they raise funds for Family Camp 2019 & Tauranga's Teen Day Out 2018

**Making a Bequest or Endowment** - Have you thought about making a bequest? Naming us in your Will is not difficult, and you can designate any amount or percentage of your estate that you wish. A bequest is a gift made through a Will. It can be made directly to us and you may specify how the funds are to be used. This allows the gift to be used immediately for the benefit of our members/clients.

An endowment is a sum that is invested so that the capital sum will grow over time, while interest provides an annual income to DHT for normal operating costs and special events. This can be managed through Acorn Foundation, which already holds an endowment fund for DHT, giving us a steady income each year. Your gift could be added to that endowment fund. As you make plans for your estate, we hope that you will consider a bequest to us. For more information about bequests and endowments, please contact our INFOLine 07 571 3422 or email [info@diabeteshelp.org.nz](mailto:info@diabeteshelp.org.nz) attn Brian Pointon.

## Concerned about the long-term effects of diabetes?

INFOline (07) 5713422 TEXT 0278 830158

of people living with  
**TYPE 2 DIABETES**



blindness      stroke  
heart disease      neuropathy or      amputation  
kidney disease      nerve pain      liver disease

healthline



Tamara McIlwrack (Community Health Worker) at Katikati's Whanau Day Out July 2018, featuring a 'Sugar Board' designed by Lena Fendley.



Information for families journeying with  
type one diabetes in the Bay of Plenty



THE DIABETES CENTRE @ GRACED SUPPORT CENTRE  
cnr Christopher St & Eleventh Ave Tauranga, 3112

We are very excited to announce the launch of our updated booklet 'Information for families journeying with type one diabetes in the Bay of Plenty.' This booklet will be given out to all newly diagnosed children/teens by the Diabetes Team at Tauranga Hospital. Check out information re local services, hot tips, and lots more plus, meet our Parent Support Team available to support families journeying with type one. Check out at <http://www.diabeteshelp.org.nz/uploads/Newly%20Diagnosed%20Youth%20Pack%20August%202018%20Final>



## The Team at Diabetes Help Tauranga

**Diabetes Nurse/Manager:** Debbie Cunliffe E: [debbie@diabeteshelp.org.nz](mailto:debbie@diabeteshelp.org.nz)

**Community Health Worker:** Tamara McIlwrick E: [info@diabeteshelp.org.nz](mailto:info@diabeteshelp.org.nz)

**Director/Treasurer:** John Taylor E: [treasurer@diabeteshelp.org.nz](mailto:treasurer@diabeteshelp.org.nz)

**Board:** Martin Buchanan, Beverley Edwards, Dr Sue Genner, Brian Pointon, Debbie Cunliffe

**Admin:** Pip Dargaville E: [admin@diabeteshelp.org.nz](mailto:admin@diabeteshelp.org.nz)

**Clinical Reviewer:** Brenda Newman, **Design:** Leasa Thomas

**INFOline - 07 571 3422**

**TXT: 0278 830158**

[info@diabeteshelp.org.nz](mailto:info@diabeteshelp.org.nz)

[www.diabeteshelp.org.nz](http://www.diabeteshelp.org.nz)

**The Diabetes Centre @ Graced**  
**174 Eleventh Ave**  
**Tauranga 3110**  
**(entry via Christopher St)**



## HELPING TO MANAGE YOUR DIABETES



### FreeStyle Optium Blood Glucose and Blood Ketones Testing

- FreeStyle Optium Meter Kit
- FreeStyle Optium Blood Glucose Test Strips 50's
- FreeStyle Optium Blood Ketones Test Strips 10's



### Diabete-Ezy Accessories

- Ezy-Fit Carry Case (Blue, Pink & Green)
- Multi-Fit Carry Cases (Black & Red)
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- Test Wipes Refills
- Comfy Pump Belts



### Frio Cooling Wallets

- Keeps Insulin cool and safe
- Refrigeration not required
- Simply activate with cold water
- Reusable, light and compact
- Available in five sizes and six colours



### MedActive Carry Cases

A selection of convenient carry cases for medical supplies.

- Easy Bag Single
- Easy Bag Classic
- iCool Prestige
- iCool MediCube
- iCool Weekender



### Hypo-Fit Glucose Gel

- Two flavours - Orange and Tropical
- 18gram sachets, 13.4grams Carbohydrates
- Gluten-Free



### Dextro Energy Glucose Tablets

- 24 sticks per carton (12 tablets per stick)
- Available in four flavours Orange, Blackcurrent, Lemon, Tropical
- All with added Vitamin C



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