

Diabetes Projects Trust

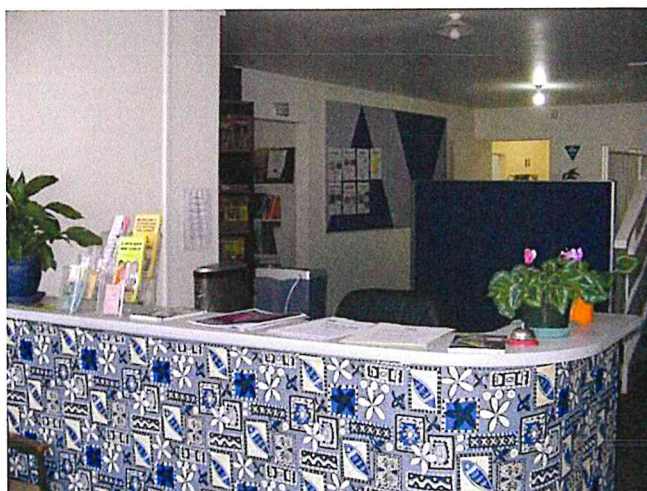
21

years in 2013

*He aha te kai o te Rangitira? He Korero, he korero, he korero.
What is the food of the leader? It is knowledge, it is communication.*

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The Diabetes Projects Trust has always aimed to work towards reducing the incidence of diabetes and its tissue damage.

Diabetes Projects Trust recognises that success is dependent on a partnership between local Maori, Pacific Island people, European, other ethnic groups, health professionals, special interest group/organisations and the local and national health and education services. The knowledge and skills gained will be offered to assist other areas of New Zealand to control or prevent diabetes.

Background – from previous reports

The Diabetes Projects Trust (DPT) is an independent Charitable Trust and in 2013 celebrates 21 years of operation. DPT continues its history of designing and running meaningful, successful projects and programmes relating to diabetes and complication prevention. Historically Diabetes Projects Trust was called the "South Auckland Diabetes Project". Today's Diabetes Projects Trust has its activities directed by a dedicated board of Trustees who meet 4 times per year and an executive group from the board which provides advice and development support to the DPT Manager with 1-2 monthly meetings from which recommendations are made for the wider Board.

The Trust is currently involved in:

- (1) Establishing and evaluating new methods for supporting and educating patients with diabetes and their families.
- (2) New methods for supporting community based initiatives for diabetes awareness/prevention through lifestyle change with particular emphasis on young people
- (3) Developing methods for co-ordination of those involved with diabetes care, prevention or support.
- (4) Support of research

From the Board Chair

It is my pleasure as chairperson of the Diabetes Project Trust to report on the progress and activities of the Trust and the staff employed by the Trust over the past year. I am delighted to report that the Trust continues its long history in providing a high quality and well recognized service while always seeking to be responsive to new developments and needs in the community.

The DCSS audit has now provided feedback to GP's for over 18 years. Auditors collect information, data team of Isileli and Malaki enter data from revised audit forms and Sara generates an individualized report for the GP. Dr Faye Clark and the Auditor meet individually with GP's to give a personalized report of the audit and to offer support and encouragement to improve patient care in identified areas. Faye's extensive experience as a GP of many years herself gives her great insight into issues facing GP's and helps to ensure that the reports and feedback are appropriate and foster better care.



Malaki, Eileen, Faye, Helen, Isileli, Meryl.

One of the key roles of the Trust is to provide education and skills to people in the community with the aim to reduce the incidence of diabetes and its complications. Programmes offered by the Trust support these aims and as such work with a wide variety of people of all ages, and ethnicities, in a multitude of locations across Auckland, to increase their skill levels and knowledge about healthy eating and diabetes.



The highly successful Workplace, GetWize2Health and Cook'nKiwi programmes are leading examples of this and are all in high demand across Auckland. The Gardens4Health project, which is complimentary to the other programmes, works with a wide range of community groups and organizations across Auckland, including ACC and the Auckland City Council, establishing new edible gardens. The garden team, with funding from Ministry of Health and Counties Manukau District Health Board not only help community groups set up the gardens but also helps the new garden owners to develop the skills to manage the garden long term.

The Trust this year funded a new research project which included the employment of health psychologist Heidi Baxter. Heidi is working with Counties Manukau District Health Board Women's Health staff in the area of Gestational Diabetes with the aim to improve the well being of women with GDM.

The Trust also welcomed another new member to the team this year. Long time staff member Trish gave birth to her second child, a boy named Psalm. Karen and Kate also did the long hard yards and completed their Ironman event raising \$1500. That will be donated to Christchurch's diabetes services. Congratulations to Trish, Kate and Karen.

Planning is well underway now for the Trust's 21st birthday party. The celebratory event will be held on 9th December 2013. Prof David Simmons, a founder of the Trust, has promised to travel from the UK to attend what promises to be an exciting and fun filled day full of reminiscing and celebrating the achievements of the Trust. I am not quite sure where 21 years has gone but I am sure that David will remind me! It will be a wonderful opportunity to meet up with David and past board members, staff and supporters again.



I would like to express my gratitude to the board of Trustees for their support over the year. We all undertake this role on a voluntary basis. Our meetings are always focused and include the usual activities of all boards but are ours never without laughter and a sense of camaraderie. I am grateful to you all for your commitment to the Trust and its aims and for balancing it all with a good laugh.

The staff of the DPT are always amazing. They are unfailingly bright and cheerful and seem to continually raise the bar on what they enthusiastically achieve each successive year. On behalf of the board, please accept our sincere and heartfelt thanks to each and every one of you.

My final thanks is always to Karen. She is the backbone and the strength of the team and the Trust itself. Her commitment is an invaluable asset to the past, existing and future achievements of the Trust.

Best wishes for the coming year.

Pamela Tregonning, Chairperson

DPT Board Members as at March 2013

Chairperson	Pamela Tregonning	Executive Director, Middlemore Foundation
Vice-Chair person	Henry van der Heijden	Director, Patient representative
Trustees	John Baker	Endocrinologist, Clinical Director CCRep
	Caran Barratt-Boyes	Community Co-ordinator Diabetes/Maori Health CMDHB
	Richard Cooper	Self Management Educator, Master Trainer CMDHB
	Tom Robinson	Public Health Physician, WDHB

DCSS Executive Group - Clinical leadership DCSS Audit

John Baker	Endocrinologist, Clinical Director CCRep
Rick Cutfield	Diabetologist, Clinical Head Diabetes - WDHB
Eileen Howard	Project Nurse - DPT
Tim Kenealy	Associate Professor Integrated Care, University of Auckland, GP
Sara Morton	DCSS Audit Co-ordinator - DPT
Brandon Orr-Walker	Clinical Head of Endocrinology and Diabetes, CMDHB
Faye Clark	Contract GP Advisor - DPT

DPT Advisor

Bill Wiki – JP, QSM

Diabetes Project Trust – Team

- Diana Anderson – Cook'n Kiwi Co-ordinator
- David Avery - Gardens4Health Facilitator - South
- Heidi Baxter – GDM Project Co-ordinator
- Faye Clark – GP Advisor
- Patricia Harry – Projects Support Co-ordinator
- Helen Hegley – DCSS Auditor - CMDHB
- Eileen Howard – Resource Nurse
- Sherin Johnny – Project Worker
- Jennifer Leatham – Administration Officer
- Meryl McEnery – Audit Nurse CMDHB area
- Lindsey McGregor – Contract Dietitian
- Richard Main – Gardens4Health Project Manager
- Hereni Marshall – Workplaces Co-ordinator
- Sara Morton – DCSS Audit Co-ordinator
- Karen Pickering – General Manager
- Lama Saga – Healthy Schools Facilitator
- Kate Smallman – Clinical Projects Manager/DNS
- Angela Tsang – Healthy Schools Co-ordinator
- Malaki Vitale - Project Worker
- Isileli Vunileva – Project Worker
- Yvonne Williamson - Workplaces
- Homer Xu – Gardens4Health Facilitator – Auckland
- Renin Yousif – Project Worker

Diabetes Projects Trust – Main Activities

DPT Lifestyle

There are a range of projects described under the DPT Lifestyle programme heading:

- **'Train the Trainers' to Prevent Diabetes** – Diane and Kate delivered these Ministry of Health (MOH) funded sessions to those working with people at risk. Participants included health professionals, community workers and staff in mental health facilities. Four sessions were delivered in the year period and we have seen evidence of continued use of the new skills with participants running their own programmes.
- **Exercise Groups** – Two exercise groups run each a week one in Otara and the other in Mangere. Attendance remains at around 20 per session on average and participants value safe and enjoyable aerobic exercise. There are now a number of other exercise groups being run by other organisations, for example in the Otara Town Centre, however the long running DPT groups still meet a need for those with health issues who need safe exercise in a more supportive environment.
- **Support Groups** – DPT funded support groups continue to run monthly for people with diabetes and their families. The two community venues in Otara and Mangere continue to be well attended and have had some excellent input from a variety of specialty speakers.

Healthy Workplaces

Hereni Marshall has worked hard maintaining the 7 workplaces receiving intensive input across the Auckland area and providing one off support to others on request. She was joined by Yvonne Williamson in late 2012 to provide more work on formal evaluation of this programme and also for Yvonne to take over when Hereni goes on leave in April. A range of activities are offered in workplaces, including education, challenges, risk assessment, screening and lifestyle advice. The DPT healthy workplaces programme works where possible with other organisations, including Heart Foundation and Auckland Regional Public Health Service.

Healthy Schools – GetWize2Health/WizeEnvironment Tuckshop

Angela Tsang and Lama Saga continue take the GetWize2Health toolkit into secondary schools and train teachers how to use it. They have been on an ongoing process of adapting and improving the contents of the now 10 year old toolkit in response to user feedback. Work with tuck-shops to improve the food available on campus remains a challenge, but working with particular tuckshop contractors can help gain traction across a number of schools, both inside Auckland and across New Zealand in some cases.



Cook'n Kiwi

This programme has been running for a number of years now and has continued to change and evolve. The focus is on healthy eating on a budget training for those who work with people in the community who are at risk of lifestyle related health problems. Different levels of support are offered after delivery of the main session, including one-on-one followup/mentoring to group sessions, and email updates.

Gardens4Health

With funding support from Ministry of Health, CMDHB and SkyCity Community Trust there have been a variety of activities this year under the banner of Gardens4Health (G4H). There are now 52 linked G4H community garden and food initiatives across Auckland and the G4H programme continues to encourage physical activity, the growing of food to feed families, supporting healthy lifestyle choices and building community resilience.

The G4H stakeholder network consists of 115 organisations and this number continues to grow. Participants contribute shared experiences, offering expertise through edible garden presentations and inspiration to each other with viewing community garden models at various venues. This year viewed gardens included Langimalie, Mangere Mountain Education Centre, Pakuranga College, Birkdale North Cedar Centre and Manurewa Marae.

DCSS Audit

The DCSS Audit team comprises of office staff (Sara, Malaki and Isileli), the Auditors (Eileen, Meryl and Helen), and GP Advisor Dr Faye Clark. Between them they collect, enter, analyse, report on and feedback data gathered from GP Practices in the CMDHB area. Over 10,000 files were looked at in the year period, a massive effort as it includes a steadily growing number of patients with 'pre-diabetes'. This information was personally given back to participating GP's, and regional statistics are provided to the DHB, there have also been several projects using DCSS data for research purposes.

Gestational Diabetes Mellitus (GDM) Project

The GDM project is the newest addition to DPT activities, having its beginnings with the DPT Trust Board identifying this topic as having the potential for considerable difference to be made in the health of mothers and babies at risk of or with diabetes in pregnancy. A report written by Research Fellow, Dr Sasini Wijayaratna, was the practical start and further work has been done using the data she gathered from various sources. Employment of Health Psychologist Heidi Baxter to identify and work on new practical projects is just the beginning, with further developments expected to be reported later in 2013.

Other DPT Activities

- DPT Staff Sports Club – team members have used the DPT sports club funding (\$1 from the DPT for every \$1 put aside weekly by staff) to purchase such things as running shoes, pay for registrations, and memberships costs.
- Research Information Database – Administration Officer Jennie Leatham manages this database which serves as a permanent record for relevant and interesting research relating to diabetes with emphasis on local material.

Manager Conclusion

Having now put together 14 Annual Activity reports for the Diabetes Projects Trust I am still surprised that there is still so much to write about each year. The DPT staff are of course the highlight, it is a pleasure to come to work with people who are so enthusiastic about what they do, and while I might grumble about being locked in an office at least twice a year to write detailed reports about our activities for various funders and stakeholders, the work being done by every team member is amazing. Delivering on our contracts, or going the extra distance, whether it is providing training in addition to what is contractually required, putting in an abstract for conference, helping others through introductions and support, giving constructive feedback or expert advice to colleagues, or co-ordinating a lunch-time curry session because that is what you need in winter is a hallmark of the DPT team.



Our newest project, the Gestational Diabetes Mellitus (GDM) project deserves special mention. This project has been in discussion for a number of years. A report was written by Sasini Wijayaratna in 2012 to provide a starting point and this has been found very useful, there have been a number of presentations and posters based on this work and it has been used as a vital reference for others considering activity in the area. Research was commissioned by DPT in 2012 and in 2013 we have a designated person, Health Psychologist Heidi Baxter, on board to come up with practical application of the findings from this report, new research and other documents.

We are thrilled to have a 3 year contract underway with the Ministry of Health for the majority of our health promotion/diabetes prevention work, this covers Workplace, Cook'nKiwi, Train the Trainers, Schools, Exercise Groups, and some of the Gardens4Health project. Other funding is on a shorter term basis, for example one year contracts for garden facilitation, DCSS Audit, and project work. We remain in a secure financial position and are extremely appreciative of all of our funders who enable us to continue doing the work we are so passionate about.

Members of our team attended and presented at a variety of conferences over the year and our collection of excellent display posters continues to grow. I was fortunate enough to attend the Australian diabetes conference in Gold Coast in late 2012. I took a presentation about the benefits of community gardening which stood out as unique in this highly clinical and scientific conference. As ever it is an immense privilege to attend these conferences and the experience always serves as an excellent reminder that we are doing well in regards to trying novel approaches to prevention.

It has been mentioned elsewhere in this document but I can't not note the important milestone reached by the DPT, 21 years of operation in 2013. At the end of the year we hope to catch up with many of our past team members and people who have worked with us or supported us over the time, what a fabulous achievement for all those past and present to have come so far.

Karen Pickering – General Manager

From DPT Team Members

Diana Anderson – Cook'n Kiwi Co-ordinator - We received a lot of positive feedback from the community based organizations over the past year. Organizations have asked us to come back to present the programme to colleagues or have passed on our information to other organizations who need our services.



Both East Health and North Shore Women's centre are running weekly Healthy Eating sessions integrating our Cook'n Kiwi programme with exercise or cookery respectively. A lot of our work has been focusing on up skilling staff working with mentally ill clients who are at risk for type 2 diabetes. Motivating their clients is critical to initiating and maintaining change.



In November 2012 a poster was presented at the Nutrition Society conference held in Auckland on our budget board game. The game allows for participants to practically engage with concepts while motivating each other by sharing ideas. Social interaction and team work are benefits gained from playing the board game which aid the transfer of knowledge and skills including literacy and numeracy.

David Avery – Gardens4Health Facilitator – It's been a busy time for the G4H team. New gardens, such as the church of the Nazarine in Takanini have sought our help and it's been fun engaging with the churches Tongan, Samoan and Niuean congregations. Schools continue to play a big part in our work. Southern Cross campus has recently started a small garden and plots are available to students. With our help Mangere College has received funding from the ASB community trust and the regular G4H workshops at Yendarra kindergarten continue to bear fruit with children and parents alike having fun and learning new gardening techniques such as pruning and worm farming.



Our relationship with many other organisations continues to grow and mature including Auckland city council's waste minimisation team, the teaching gardens and the various local boards. We have also seen a continued and growing need for help and support in the community and G4H is uniquely positioned to provide a one-stop-shop of expertise and practical assistance.

Diane Bermingham – Lifestyle Co-ordinator and DNS - Once again it has been an exciting year at the Diabetes Projects Trust. Kate and I have continued to be busy with Train the Trainers in Diabetes Prevention and Management. We have tried to tailor the training to the organizations' needs so sometimes the main focus has been on prevention and at other times the focus has been based on the Best Practice Guidelines for the management of diabetes. Judging by the feedback and evaluations we have received, we appear to have met or exceeded people's needs.



I have been fortunate to be involved in the research Kate has been leading on Women's experience of gestational diabetes. For this we interviewed nine women -usually in their home - to try and determine where they sourced their health information and the barriers or enablers to implementing the knowledge. I felt very privileged to be welcomed into the women's homes and listen to their stories – some have been very humbling. Look out for the full report, oral presentation and poster presentation at NZSSD 2013.

Sadly this is my last report for the Trust, but I have thoroughly enjoyed working with everyone in the organisation, I am very proud to have been associated with the Trust as I admire the innovation, energy and passion within the Trust.

Faye Clark – GP Advisor - Another year flying past – it feels as if this is ground-hog day!! Over this 12 month period, 24 audit returns have been processed and delivered after much hard work by the auditors and Sara and team in the office. Overwhelmingly the practices have appreciated the returns and been very complimentary towards the auditors patient and exacting work. The new format introduced in 2011 is well accepted and provides an excellent summary of individual patient's results in an easy to process table. It is sobering to see that practices frequently have as many 'pre-diabetic' patients on their list as they do diagnosed and treated patients. It is heartening to see some very good and determined work in general practice to manage this chronic disease and its complications. Results from practices with good team dynamics and expertise are repeatedly better than those who do not use this recommended approach.



My involvement with MOH national contract with respect to primary care and diabetes ended in July following a consultation with 3 PHO's members in Auckland researching their concerns and hopes for the management of patients in relation to the Health Targets. It was a pleasure to work beside Dr Brandon Orr-Walker for some 10 months. I remain on the National Advisory Group for Diabetes Services Improvement, primarily working with Chris Baty (DNZ) and the other sub-group members on issues of Diabetes Self Management Education and Health literacy.

With the DPT team, I attended NZSSD meeting in Auckland in May 2012 and found, as always, much that was interesting, as well as the opportunity to network with colleagues, and presented some information to the audit team following the staff meeting in June.

Opportunity for "new" practice audits was needed to keep up our contract obligations and it was good to be able to contribute to this; several "respondee"s had already heard about us from colleagues and were keen to participate.

Thanks to Karen and the team at DPT for making my work such a pleasure, and also to John Baker for providing supervision.

Patricia Harry – Programme Support Co-ordinator - Diabetes Support group and Exercise group report. Another year woohoo and on to another year! Well what can I say with what's been happening in my world of our Diabetes Support groups and Exercise. Well 2012 was an interesting year for our groups. Had our awesome Diabetes Audit Nurses attend our Health assessments and screening our group. George Vea from the Arthritis Foundation also attended the health assessments and screening uric acid testing. Awesome guest speakers for the year which included two groups from the Auckland University talking to our groups about their studies the Fitness study and Vitamin D study. Both groups were taken out for the morning by our Gardens4Heath team to three local community gardens in Mangere and Otara. Everyone thoroughly enjoyed themselves, so Thank you David and Homer. The Diabetes Support tend to run very well every year, from interesting guest speakers to the great delight of cooking demonstrations.



Our exercise groups continue to run twice a week in Otara and Mangere. We have recently employed a new Exercise instructor (Sonia) who brings interesting and different varieties of exercise.

Christmas 2012 decided to create an easy to make Recipe book for the groups Christmas present. I collected easy to do recipes and also in the healthy factor of course. The recipes were also recipes that staff at the DPT have cooked themselves. Really delicious and easy to do. Everyone really appreciated them, they really looked good.

What can I say, awesome, awesome year and so exciting because every year it is different. Another exciting event that happened in my life, a new addition to my little family as well as the DPT family, our little boy Psalm, little brother to our daughter Wyllow. Now my family is complete. Thank you DPT staff on support and beautiful gifts. Also to our leader Karen, many blessings to you as well.

Eileen Howard – Nurse Advisor/Auditor - Getting to know the role of other teams within DPT was the theme of our 'speed-dating' session, organised by Lama at the beginning of the year. The Audit team interviewed the Cook'n Kiwi team, and presented their work to the rest of the teams. Everyone did a good job, and it was fun.



With the NZSSD Conference coming up in May 2012, I prepared two presentations for oral delivery. The first was 'Care of Type 1 Diabetes in Primary Care', based on data from the DCSS database, with a lot of help from Sara supplying data. The second one was titled 'Keeping an Eye on Screening', and was prepared and delivered in conjunction with the Retinal Screening Service. Both presentations went well at Conference, which was very gratifying. I also presented both talks to the DPT Board.

Later in the year, I did some health screening with Hereni at a variety of work places, which I always enjoy because of the people contact. In October I attended the Northern Regional Diabetes meeting, which is always interesting.

In November I did some auditing, along with the other Auditors, at a large practice in Manukau. Then in January, after some more workplace screening, I started my own first South Auckland audit, in Mangere. Having finished that, I moved on to another practice in Papatoetoe. So after almost 2 years of very little auditing, I am back to being an Auditor again, thanks to Faye who is organising new audits. I am enjoying auditing again, including the audit return to GPs with Faye, which completes the process.

Jennifer Leatham – Administration Officer - As I write this report we are starting to plan an event to celebrate the DPT's 21st birthday. The South Auckland Diabetes Project Charitable Trust was established in 1992 and our Trust Deed was

signed (by Professor Sir Philip John Scott) in April 1993. In April 1999 we changed our name to become the Diabetes Projects Trust, and this year – we turn 21!!!

Now, we tend to be a cheerful lot at the DPT – maybe partly due to the fact that we celebrate a lot. We celebrate birthdays and significant events. We have celebrated when becoming new parents or grandparents, weddings, even celebrated sporting achievements that we have been involved in – from 5km running events to completing Ironman! We come together and share food and enjoy each other's company. So, I am really looking forward to celebrating our 21st Birthday Party – it should be quite a shindig



Meryl McEnergy - Diabetes Auditor, RN - What another amazing and busy year. To date I have had 5 new clinics to audit.



This is all due to Dr Faye Clarke who has been busy pounding on doors to get the Auditors in. This has been very exciting and have found the 'new staff' very attentive to what we are looking for and what they can do to improve the care of their pre-diabetics and diabetic patients. In one clinic many of the items that we search for from our audit sheet have been placed on the back of triage forms, to encourage the nurses to ask the patients questions about their health eg, diabetes, gout etc, and to also carry out the necessary measurements and foot check before the doctor sees the patient. They have also been thrilled when I mentioned that our company not only audits, but can carry out training courses in diabetes as well, and Kate and Diane were able to go and provide this necessary help to their staff. They were thrilled with our sugar and fat display and it sits proudly in their waiting room on the notice board, with patients taking photos of it with their cell phones. This has also led to a meaningful discussion with the nurses.

We continue with quality control and carry out cross audits to make sure that all the Auditors are on the same page. All data captured from the audits are returned to the clinic with the Auditor and Dr Faye. Sometimes we have to go back a second time to 'catch' the doctors who missed the first meeting. The doctors and nurses are blown away with the amount of work that has been done and with the audit data now set out in a new format with colours, it is very easy to understand and to act upon.

I have attended a Cook 'n Kiwi Course, been to a community garden where I learnt how to plant my own veggie garden and attended a Nurses Study Day. On a personal note, doing the Tongariro Crossing with my husband was a huge achievement.

Richard Main – Gardens4Health Manager - As a team we have championed the growth of community gardening across Auckland, interfacing with community interest and supporting development on a daily basis by working alongside garden coordinators and participants. Gardens4Health advocacy, liaison, garden concept plans, workshops, working bees and sustainable best practice advice have been highly sought after, including Auckland Council requesting G4H advice on community garden feasibility, establishment, food security, social enterprise and garden networking during the past year.



There has been a reduction in the number of gardens in the last year due to land acquisition for housing development, funding constraints, lack of community engagement and organizational restructuring. There are over 1800 people currently involved in community gardens with new projects in the planning phase. Pacific people make up 47%, Maori 24%, South Asian 5%, Asian 10% other ethnic groups 14%. Schools have continued to seek guidance and advice for 'curriculum' gardens. Increasingly the team are responding to enquires from youth groups, disability and mental health provider and retirement villages.

The completion of the Garden4Health/ Refugees as Survivors Garden Kit outreach project in October 2012 enabled 106 refugee Afghani, Burmese, Iraqi, Kurdish, Arabian, Congolese, Burundian, Somali, Ethiopian, Sudanese and Eritrean refugee families to start backyard gardens. During the year we have enlisted the manpower of The Warriors, The Blues and Auckland Rugby Development Squad to get labour intensive tasks completed at community garden sites.

Lucy Hawcroft, from The University of Auckland completed her Masters thesis titled 'Community Gardens and Environmental Justice' focusing on two south Auckland community gardens, she presented a summary of her study to G4H stakeholders. Gardens4Health work with community garden groups was profiled in the New Zealand Organic Market Report 2012 presented to Parliament in March 2013.

I travelled to Melbourne in November 2012 for a guided tour of the CERES model for urban sustainability and Karen chaired a Gardens4Health planning meeting focusing on future action and direction of the project.

G4H continue to link with other DPT programmes, making garden groups aware of 'garden to plate' services, while the G4H team process DPT food waste in Bokashi bins and collect office cardboard and paper for composting at community gardens.

Sara Morton – DCSS Audit Co-ordinator - The 2012 year has been a year of consolidation for the Audit. There have been small changes made to the new audit report formats and we are continuing to get very good feedback about them. The audit reports continue to be returned to the Doctors and Practice Nurses by Faye and the Auditor who completed the audit; this is being very well received by the clinic staff.



We have completed a lot of audits on clinics that have never been audited before, Faye and the advisers from Procure have been instrumental in getting these new clinics on board. There has been some useful data and it has given a snapshot of some different medical practices.

Eileen is now auditing in South Auckland and has completed several audits in the Mangere-Manukau area. Meryl and Helen are out and about auditing, covering areas from Mangere to Pukekohe. I now go to the clinics and complete the downloads and prepare them back in the office, which is proving helpful for the auditors as it saves time and the format is a lot more user friendly.

There has been a marked increase the number of people with "Pre-diabetes" of which most are getting audited or put on a list for follow up by the clinic.

I am looking forward to another busy year, thanks to the great team at the DPT.

Lama Saga – GetWize2Health Facilitator - Hola! That time of the year has come around again and am happy to update that G22H is excelling in all areas - creating not only interest but excitement amongst our youth and teachers. 2012 what a year!! Many thanks to my colleague Angela for being my rock at work - you're amazing!



It's been 5 years and a bit since gracing ... Diabetes Projects Trust.... with my presence and I have to say it's been 5 years of fun, excitement and hard work - never a dull day in the office.

A few months back I was blessed with the opportunity to travel South America - not a holiday on the sunny beaches of Brazil or trek through the Amazon rainforest, but experience a little intrepid journey of my own. In light of everything I came to a realisation that as beautiful as the scenery and people were in South America, I had a deep sense of appreciation of what and where I live become apparent. We are a lot more fortunate with our condition of living, health, education and general sense of well being in comparison with remote areas of South America. Organisations like ours and others that assist our communities aren't readily available and a better appreciation for our economy is definitely one thing that came to mind. On a lighter note - The Machu Picchu trail is an AWESOME track, almost died halfway through (literally ha ha) but highly recommended!

Kate Smallman – Clinical Projects Manager – A busy year as always. Highlight of the year was getting prescribing as a diabetes nurse specialist. This enabled me to prescribe a small formula of medication for my patients with diabetes. As a nurse prescriber my knowledge and experience has increased and enabled me to support my work at the Diabetes Projects Trust.

Karen and I both successfully completed Ironman New Zealand in Taupo March 2013. This has been a long journey for the both of us starting with a Special K triathlon in 2005. We are certainly walking the talk. Who knows what comes next, but it will be exciting.



Angela Tsang – Healthy Schools Co-ordinator – Another year has passed and I have really been able to settle in to working at DPT. I have really enjoyed getting to know everyone at the Trust and it has been a very supportive and friendly environment to work in.



This year Lama has reduced his hours at DPT and this has allowed me to take up more responsibilities with regards to the GetWize2Health toolkit resource. I have been able to design some new resources for the kit such as the new Fat and Sugar display with exercise information. I have also been working on an evaluation paper on the GetWize2Health programme and responses from a survey about the resource and focus group meetings have shown how invaluable the resource is. Feedback has also revealed how vital this information is for teachers to have available to them.

This year I have also designed a Facebook page for GetWize2Health, it has been really exciting working with social media as it is such a widely accessible resource. We have also got two ambassadors for the programme, Cameron Petley (NZ Masterchef) and Joseph Parker (NZ Pro Boxer). I look forward to getting more students involved and seeing how social media can be used to promote health.

Homer Xu – Gardens4Health Facilitator – West/North/Central Auckland - Just realized in the last year I've driven a long trip almost from Cape Reinga through the country down to Invercargill according to the mileage I claimed from the garden facilitator's role-related travel. If I dot the places I've been to on a map and join them up, it shows interestingly a 3-D spider web. Spider me was shuttling up and down, joining and maintaining all the links, delivering DPT & G4H resources and sharing them around. Obviously, the web is mainly covering the Central, Eastern suburbs, the West, and North Shore, with several in South Auckland.



Currently, more than 20 gardens, groups or organizations are under my support in frequent contact, while other 10+ in less frequency. In the last 12 months, there were a few changes in terms of the priorities and outcomes. We connected to more Asian groups to meet the increasing demand and high interest in gardening from either at home or in public space.

This last year...we have had more workshops/classes run for children and youth in different ages from preschool kids to intermediates, from Brownies girls, to special education scheme students, from university projects to refugee youth groups. More energy was allocated on assistance of funding exploration and application for clients, which was found somewhat more effective to help groups to start off their garden projects. More working-bees delivered to those gardens that were ambitious and needing. Less concept plans been done, instead, encouraging newly connected groups to utilize their inner power of creativity to realize their dreams.

Big thanks to all who has been and are supporting me in achieving these. I look forward to the next year.

Acknowledgements

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DPT Contact Details

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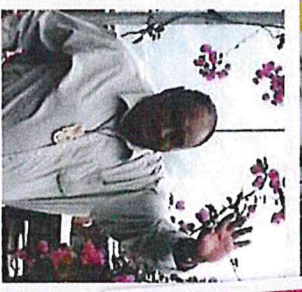
Postal Address: PO Box 61144, Otara2159.

Website: www.dpt.org.nz



Previous staff or supporters who would like to be involved in 21st celebrations in 2013 for Diabetes Projects Trust (or South Auckland Diabetes Project), or anyone with photo's or memorabilia please contact admin@dpt.org.nz





MR. DAVID SIMMONS
DIRECTOR

