

# Diabetes Projects Trust Annual Activity Report – 2016-2017

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

Diabetes Projects Trust is a Charitable Trust which has been in operation for more than 24 years. It provides diabetes, and diabetes complication prevention related activities into the Auckland community and further afield.

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## DPT Board Members as at March 2017

- Pamela Tregonning (Chairperson) - Executive Director, Middlemore Foundation
- Henry van der Heijden (Vice-Chair) - Director, Patient representative
- John Baker – Hospital Specialist, Medical Officer, General Manager/Clinical Director Middlemore Clinical Trials Unit
- Caran Barratt-Boyes - Community Co-ordinator Diabetes /Maori Health Counties Manukau Health
- Sneha Shetty – Improvement Advisor - Ko Awatea
- Tom Robinson – Public Health Physician, Waitemata DHB

## DCSS Executive Group - Clinical leadership DCSS Audit

- John Baker
- Rick Cutfield - Diabetologist, Clinical Head Diabetes - WDHB
- Timothy Kenealy - Associate Professor Integrated Care, University of Auckland, GP
- Brandon Orr-Walker Clinical Head Endocrinology and Diabetes, Counties Manukau Health

## DPT Team members

- Diana Anderson – Cook'nKiwi
- Briar Bennett – Healthy Workplaces

- Patricia Harry – DCSS Audit
- Helen Hegley – DCSS Audit
- Jennifer Leatham – Administration Officer
- Richard Main – Gardens4Health Project Manager
- Meryl McEnery – DCSS Audit
- Hari Narayan – Gardens4Health Facilitator
- Karen Pickering – General Manager
- Kate Smallman – Clinical Projects Manager/Specialist Nurse
- Angela Tsang – GetWise2Health Schools Co-ordinator
- Malaki Vitale – DCSS Audit
- Danying Wang – Project Support
- Homer Xu – Gardens4Health Facilitator

## Diabetes Projects Trust – Main Activities

**Healthy Workplaces** - Briar Bennett delivers the DPT Healthy Workplace programme providing support to seven workplaces to create better environments for worker health.

**Cook'n Kiwi** – Diana Anderson and Danying Wang deliver Train the Trainer sessions into a range of community organisations and venues so that clients have skills to source and manage healthy eating for their families at low cost.

**Gardens4Health** – Richard Main with Hari Narayan and Homer Xu ensure support is delivered to more than 60 community gardens, schools, early childhood facilities and food-gardening related enterprises Auckland wide

**Healthy Schools – GetWise2Health/WiseEnvironment Tuckshop** - Angela Tsang delivers services into Secondary schools across the whole of Auckland with the GetWise2Health toolkit for teachers, providing training and support in its use, but also helping tuck-shops to improve the food provided on campus.

**DCSS Audit** – This Quality improvement audit, supported by its Executive group, helps GP's to monitor and improve the



care they provide to their patients with diabetes in the Counties Manukau Health area. DCSS has provided detailed analysis and advice in its comprehensive reporting, statistics and targeted feedback since 1994. The team consists of Patricia Harry, Helen Hegley, Meryl McEnery, Malaki Vitale with Kate Smallman providing feedback sessions to Practice teams.

**Resource design** – DPT designs, consults on and produces quality resources where there is an identified need.

## Manager Conclusion

The Diabetes Projects Trust owes its ongoing success and survival to two important things, the team who enthusiastically and competently provide their specialist skills and the committed and wise Board of Trustees. This year we have seen some changes in the team, Sherin got married in India and has moved to Hamilton to set up a business with her husband, Arysbeth has returned to the United States to further her studies, Danying had baby Summer and now works as a nurse at Greenlane after achieving her New Zealand Registration. Otherwise the team remains much the same, with some members celebrating long term anniversaries, ten, fifteen and twenty years plus in the upcoming year, a credit to them all.

For our Board, there are changes signalled to come, with long standing members, including our Board Chair Pamela Tregonning, looking at stepping aside in the coming year for new members to get involved and the possibility of new ideas and directions for the Trust. This is obviously a time of sadness, but also renewal. As ever, there can only be huge appreciation expressed for Pam and the other Board members, their support and guidance is behind why the Diabetes Projects Trust has a strong and positive presence in the community

We look forward to yet another fantastic year, who knows what exciting things are in store.



## From DPT Team Members

*Briar Bennett – Workplace Co-ordinator* - In March 2017 I celebrated my three year anniversary at DPT. How time has flown by! The workplace programme has been quite busy, with 11 workplaces supported and 57 health promotion activities run this year.

Highlights of the year included organising a women's health night for 43 women at The Warehouse NIDC, presenting my work to students at Auckland University of Technology, and building relationships with workplace employees, particularly in those workplaces that I have supported for a longer term. In fact at one workplace I was affectionately nicknamed "The Hummus Lady" because I had demonstrated an easy and tasty hummus recipe to more than 200 employees! I also had a four month holiday in Europe in 2016 which I thoroughly enjoyed, and will be heading off again in April 2017. I have loved working at DPT – we are a unique and very important organisation, and I feel privileged to have been a part of our tight-knit and loving DPT family ☺

*Diana Anderson – Cook'nKiwi Co-ordinator* – There is greater flexibility in the delivery of the Cook'n kiwi programme which is fitting better with what organizations are wanting delivered. During the past year the programme has been geared to deliver sessions to families focusing on healthy children. Exploring the meal environment and mindful eating has been well received in integrating better eating practices and lifestyle change.

Closer collaboration with various groups and organizations such as the Nutrition Working Group Board of the Nutrition Society; ARPHS; ADHB and Healthy Families and the Otara KaiLaboration project has expanded the scope of the programme and helped to broaden the client base to include Corrections services, Red Cross Refugees and the local South Seas group.

I have enjoyed coordinating the Cook'n Kiwi programme since September 2009 and working with communities around Auckland to improve health and wellbeing. People are always enthusiastic in receiving our services and word of mouth has been a significant and reliable way to promote the programme. I look forward to future developments for this programme as I coordinate the Workplace Wellness programme for DPT.

*Patricia Harry, Malaki Vitale – DCSS Audit* It's been a busy year all round, Malaki loading away and also myself to then collecting information to producing valuable reports.

Its amazing how the numbers grow and also very important information being loaded. As I plod along I am learning something each time whether it be on how to know what a normal blood pressure or on how to read a BMI or even work it out for myself. It's interesting to me. We have a wonderful Audit team, working with Meryl and Helen we all learn from each other and work well with one another. Let's get ready for another year.

*Helen Hegley – DCSS Auditor* – It has been another busy yet productive year for the audit team, we have returned to clinics for repeat audits, of which the information has been regarded as a valuable tool for the staff in improving aspects of the care provided for their patients with diabetes.

We have also been invited into some new clinics, they are amazed at the in-depth information provided to them at the completion of our data collection and are very grateful for the information they receive.

Personally, my family celebrated the end of an era with our youngest boy - Luke graduating from primary school as our 12 year association at this school came to an end. My eldest boy - Josh finished year 11 with NCEA level 1 completed with merit endorsement. Kate our middle child settled well into her college years, the three children continue to provide us with many learning experiences. I celebrated my 5th year anniversary with DPT in August which has flown by and I thank Karen and Kate for their continued support and advice. The beginning of 2017 was busy as I increased my hours to cover for Meryl who was recovering from surgery, I am looking forward to her return and continuing to strive to improve diabetes care within South Auckland.

*Jennie Leatham – Administration Officer* - Looking back it has been another busy and interesting Admin year. Global trends for quite some time have been about going "online" or "in the cloud" for everything, and this year we finally made the move to doing online banking here at the DPT. The software involved is quite different to the system I use for my personal banking, so I had a bit to learn. It took a lot of reading to get the initial setup done (the instruction

manual is over 3cm thick). I felt a little nervous when first using the system, as everything you do is "live", but it all went to plan. Anyway, we have been using the system since October, and so far, so good. I just wonder – have I written out a cheque for the last time?? If someone reads this report in years to come, will they ask: What is a cheque??

*Richard Main and Hari Narayan - Gardens4Health* - The Gardens4Health team support 60 community gardens and numerous food initiatives across the Auckland Isthmus with two new gardens launched and five new gardens ready to start in Autumn/Winter. Asian and Indian participation continue to grow as gardens increasingly become a hub for community engagement and enterprise.

The facilitator team of Hari, Homer and Guy have worked tirelessly to meet increased demand for G4H 'tool kit' of services ranging from in depth planning to a raft of practical workshops and applied solutions. As a result of funding constraints both Homer and Guy employment ended in late 2016. Homer from 2009 and Guy from 2015 both made significant contributions to community gardening uptake and wellbeing.

Highlights for the year included linking the gardens in Albert Eden, Franklin, Mangakeikei Tamaki, Papakura, Puketapapa and Waitemata Local Boards, demonstrating and teaching DIY approaches to composting and waste minimisation, guiding the diverse ethnic and age ranges intent on growing food to feed families and delivering a key presentation on community garden success at the Auckland District Council of Social Services public forum.

The community garden web grows in schools, faith communities, on public estate and private green space. Simply the best down-to-earth stories around!

*Meryl McEnery - DCSS Auditor* - Another successful year has passed. We managed to audit 2 clinics that were audited over 10 years ago and they were blown away by the amount of work and extensive audit folders that each doctor and the nurses received.



With only 2 auditors now operating in south and east Auckland, we try (if there is room for us) to audit the same clinic together, in order to finish in a timely manner, as it is very time consuming with all the new patients that we find each time we commence an audit. We are still welcomed back with enthusiasm and become a 'member' of their staff.

*Kate Smallman – Clinical Projects Manager/DSN* - Another busy year. We had a new baby in the family with Danying having a little girl. We always love new babies. Briar went traveling and got the travel bug and has plans to travel again next year. The lifestyle projects had new resources made and delivered to loads of groups. These fat and sugar displays shows you how much exercise you need to do to burn off the calories. The community now has Healthy Families working in our area and we are working closely with them to deliver service to the right groups of people. We are working closely with Rotary on a new project, looking at getting healthy eating messages to our youth. This is a challenging age group and we are learning new technology to help with engagement.



*Angela Tsang – Schools Co-ordinator* - Wow, has another year passed already! The schools programme has been going well, we still get great response from teachers regarding the toolkit and resources. A highlight this year was the farewell morning tea for some of the leaving board members. It was really great to hear all the stories shared and hear about how far the trust has come and how that would only be possible through the work of all the people involved. Again it shows how the trust is such a fantastic place to work because of all the great people. I'm looking forward to all the stories to come!

## Acknowledgements

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