

The background of the entire page is a lush, green forest of ferns. The ferns are in various stages of growth, with many fully unfurled fronds and several prominent fiddleheads (young, curled fronds) in the foreground. The lighting is bright, creating a vibrant green color palette. A dark red rectangular border is centered on the page, enclosing the text.

***Annual Activity
Report 2017-2018***

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 25 years. It provides diabetes, and diabetes complication prevention related activities into the Auckland community and further afield.

Physical Address and contact details


Street Address: 2/100 Alexander Crescent, Otago


Mail Address: PO Box 61144, Otago, Auckland 2159


Phone: +64 273 9650


Website: www.dpt.org.nz

DPT Board Members as at March 2018


 John Baker (Chairperson) – Hospital Specialist, Medical Officer CMH, General Manager/Clinical Director Middlemore Clinical Trials Unit




 Tom Robinson – Public Health Physician, Waitemata DHB

 Deirdre Mellamphy – Financial/Project Management consultant

 Gerhard Sundborn - Epidemiologist

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

DPT Team members

-  Diana Anderson – Healthy Workplaces
-  Patricia Harry – DCSS Audit
-  Helen Hegley – DCSS Audit
-  Bani Ichhpuniani – Cook’nKiwi
-  Jennifer Leatham – Administration Officer
-  Richard Main – Gardens4Health Project Manager
-  Meryl McEnery – DCSS Audit
-  Hari Narayan – Gardens4Health Facilitator
-  Catherine Pask – Schools Co-ordinator
-  Karen Pickering – General Manager
-  Kate Smallman – Clinical Projects Manager/Specialist Nurse
-  Angela Tsang – GetWize2Health Schools Co-ordinator
-  Malaki Vitale – DCSS Audit
-  Homer Xu – Gardens4Health Facilitator

Diabetes Projects Trust – Main Activities

Healthy Workplaces – Delivers guidance and motivation into between seven and nine workplaces to help make the environment more supportive of healthy lifestyle behaviours. Examples of activities include education sessions, challenges, displays, health assessments, environmental scan, cafeteria advice.

Cook'n Kiwi – 24+ healthy eating on a budget programmes delivered to a range of groups and venues to provide better knowledge and skills to encourage healthier, more economical food and food preparation choices.

Schools – GetWize2Health and Healthy Tuckshops – Support provided to more excess of 30 secondary schools across Auckland and 20 tuckshops to



improve the health of the campus environment and encourage students to make healthier choices. In total, around 80 schools a year have contact maintained.

Gardens4Health – Community gardens provide benefits ranging from availability of fresh, healthy food, to beautifying the environment and promoting physical activity and healthy social context. Community meetings are run and G4H works with over 75 food related projects across Auckland.

DCSS Audit – quality improvement service delivered to GP's in the Counties Manukau Health DHB area. Auditors enter the Practice, identify all patients with diabetes or at risk of diabetes and carry out a comprehensive audit. Feedback delivered back to the GP with recommendations for improvement.

Resource & programme development/Community based research – The DPT team have long experience in these areas.

Programme Design – Work was done with Rotary Auckland on a programme for older teens. This is on hold at the time of writing.

Manager Conclusion



The 2017-2018 year has been busy as we have delivered our long standing successful services and taken on new work, but it's also been a time of significant change. High in my mind is the loss of our wonderful Kaumatua, Bill Wiki (QSM). Bill passed away unexpectedly and tragically on 16th of

March 2018. His contribution to our work in the community and that of many others was extraordinary and he was farewelled with great sadness but also many wonderful memories.

Twenty five years since the DPT started and its achievements have come through a combination of factors. Our whakatauki states, "it is knowledge, it is knowledge, it is knowledge" but I recall Bill many times saying "he tangata, he tangata, he tangata", "it is people, it is people, it is people". It has been the people who make the difference, and as we are all so aware people come and go, sometimes for good reasons as in moving on to other things in life, sometimes for not good reasons but ultimately they have precious contributions to make.

This year we've said goodbye to Board members Caran Barratt-Boyes, Henry van der Heijden and Sneha Shetty as they have moved on to other things. Chair Pamela Tregonning having signalled her intention to resign in late 2016 has handed over the reins to the safe hands of Dr John Baker. Dietitian Angela Tsang after seven years with us running the schools programme has set up her own business and has great things ahead.



Our heartfelt thanks to all of them, they have all made huge contributions individually and as part of the team and we wouldn't be where we are today without them.

Looking forward, we've welcomed Catherine to carry on the excellent work done by Angela, and the first of the new Board members, Deirdre Mellamphy and Gerhard Sundborn are currently getting to grips with DPT's proud legacy and looking at vital questions such as new directions and sustainability into the future.

I'm going to break with the normal routine of our report by including something outside of the time period. Just as the year period covered by this report was drawing to a close we had notification that the long running DCSS audit would not continue to be funded by Counties Manukau Health. More detail will be included in the report for the 2018-2019 year as more unfolds, however it is worth acknowledging in a timely way that the Diabetes Projects Trust is about to enter a period of important change.

From DPT Team Members

Diana Anderson – Workplace Co-ordinator - I have enjoyed taking on a new role of co-ordinating the Healthy Workplace Programme in April 2017 and getting to know the challenges that people face at different workplaces whether it be commuting to work, shift work, working with challenging clients and active or sedentary work environments.



Weight loss challenges proved popular with requests to provide support to staff through lunch and learn sessions and weekly email support. The focus for

2017 was to provide staff with information and resources to help modify lifestyle behaviours, including increasing physical activity; sleep; fruit and vegetable intake and reducing fizzy drinks and takeaways. An evaluation of the support provided during these challenges and their effectiveness was accepted as a poster presentation for the NZSSD meeting in May. Development of electronic resources to assist workplace activity & health promotion is a priority for 2018 while maintaining relationships with key personnel and family 😊.

DCSS Audit - Patricia Harry, Malaki Vitale - It's been a busy year. Our Audit nurses have been busy auditing GP's in the South area. Working to get it all loaded and ready for the Audit return. It's quite good sometimes, we get the call from a few GP's requesting for MOPS certificate or another copy of their reports. Which is good as that means they are wanting another copy of their report and putting it to good use. All teams working together to provide an excellent service. Great team, great working environment, thank you



Bani Ichhpuniani - Cook'nKiwi Co-ordinator – It has been a fantastic first year for me at the Trust. These last 12 months were very busy as we focused our efforts on making the Cook'n' Kiwi programme more valuable and applicable. A total of 34 workshops were conducted between July 2017 and June 2018. We worked with a wide range of organizations, including mental health service providers, churches, refugee centres, education centres, and obesity prevention services. This allowed access to a variety of different communities and a good ethnic mix. We also worked towards establishing sustainability by conducting Train the



Trainer workshops for a few of these organizations. The highlight for me was working alongside more experienced members of our team and having the opportunity to apply my nutrition knowledge in a variety of ways. I am looking forward to yet another year at DPT and continue growing Cook'n'Kiwi to the best of my abilities.

Jennie Leatham – Administration Officer - Annual report time – and every year I struggle to write this tiny paragraph about the past year. While every year is different – and this year I have faced some big personal challenges – every year is kind of the same! I am still doing administration – payroll and accounts and finance reports along with a bit of shopping and R&M thrown in here and there. There also continually seems to be changes to legislation that we need to be aware of. We need to ensure that we are up to date and complying with the current rules for Kiwisaver, PAYE, Charities Commission, Health and Safety – the list goes on.

And I still love my role with the Trust. I am immensely grateful to work with a boss who is so supportive and encouraging and it is a privilege to work with people who are so dedicated and passionate. Coming to work is a pleasure when you are working with such an awesome team.



Richard Main, Hari Narayan and Homer Xu - Gardens4Health - The Gardens4Health team support 75 community gardens and 10 school gardens across the Auckland Isthmus. These gardens are rapidly becoming more than places to grow food to feed families, actually becoming hubs for social change within communities. Community gardens are part of the fabric of life for many people as home garden space diminishes and communal space in diverse setting become the norm.

People are increasingly motivated to learn how to grow food to feed families. Homer and Hari have worked at maximum capacity to support community groups by way of the Gardens4Health tool box of deliverables, with 140 applied organic garden workshops and working bees since April 2017. Gardens4Health collaborates with partner organisations and individuals resulting in a significant capability to meet the growing demand for services.

Highlights for the year included a garden tour of four gardens organised for Albert Eden residents, focused DIY approaches to gardening by reusing/repurposing materials, Facebook page pictures telling the story, recording media events, workshops, feedback, thank-yous, posters and cards since 2009 in scrapbook number four and working with other fantastic DPT staff.

Community gardens face land tenure issues as prime productive soils are developed for housing and pesticide residues and heavy metals in soils are a concern. On a positive note, edible gardening is viewed as a key driver for community health and wellbeing. The Gardens4Health team agree it is special being part of the evolution of growing urban food for health and wellbeing.

Catherine Pask – Healthy Schools - It has been an exciting start to 2018, beginning work with DPT. I have appreciated how kind and welcoming the team has been, making the transition from studying a degree in Physical Education to the workforce a positive experience.

Throughout this year I have completed an AUT Pacific nutrition course and have attended valuable professional development including the Healthy Conversations course and the ANA New Plymouth forum. These opportunities are helping me establish new networks and provide a useful platform for developing my understanding of community health.

My orientation has been well supported and I have enjoyed working alongside the healthy lifestyle projects team. I am currently working as the 'healthy schools coordinator', where I have met many passionate health professionals, teachers, tuckshop staff and students.

Kate Smallman – Clinical Projects Manager/DSN – This year was



another busy year. I've been delivering the audit reports to Primary care and speaking with GP's, Practise Nurses and administration. This helped me understand where their needs were and how to target the support they needed.

The lifestyle team has developed into a cohesive team of four. They have their own projects but are working closely together and support each other in their work. I look forward to seeing this grow over the next year.

Healthy Schools – GetWize2Health/WizeEnvironment Tuckshop –

Angela Tsang - Another year has passed and the schools programme is still going well. This year I have been working on an assessment tool to measure health education in 5- 6 year old children in South Auckland. It has been really fun to work with younger children and the project showed that some kids have some great knowledge already. Unfortunately this year will be my last with the trust. I have started my own business and will be focusing my time on the business. I have had the best time working at DPT and I feel blessed to have been able to work with all these fantastic people. I really do feel as if DPT is my family and I will really miss working here. Thank you to everyone for their support and I have learnt so much during my time here.

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