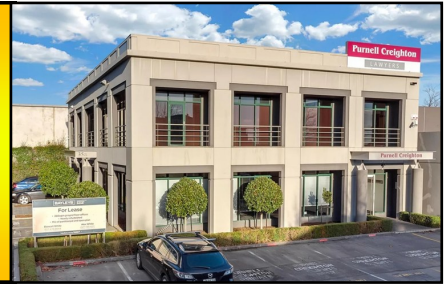


# VIEWPOINT

ISSUE 2 — JUNE 2026

35A LESLIE HILLS DRIVE, RICcarton, CHCH.  
PHONE NUMBER 03 925-9972.



## Christchurch 70th Platinum Anniversary Dinner



**D** iabetes Christchurch Inc. is celebrating its 70th Platinum Anniversary Dinner on Saturday, June 27th, 2026, at the Hornby Club, Carmen Road, Hornby, starting at 6.00pm, following the Canterbury Diabetes Consumer Group One Day Diabetes Symposium.

This milestone dinner is particularly memorable as it will provide a wonderful social opportunity to reflect on seven decades of progress in diabetes care, and a time to reconnect with many of our respected diabetes specialists and colleagues, including staff at the Diabetes Centre, and particularly for our volunteers and many society members and other local societies throughout the country, over the past years.

To register for the Anniversary Dinner and/or the Diabetes Symposium phone Diabetes Christchurch on 925-9972 or link to: <https://www.diabeteschristchurch.co.nz/product-category/events/>

Throughout this issue of viewpoint there are snippets of the society's history and a variety of photos from our past. Part of our society's history:

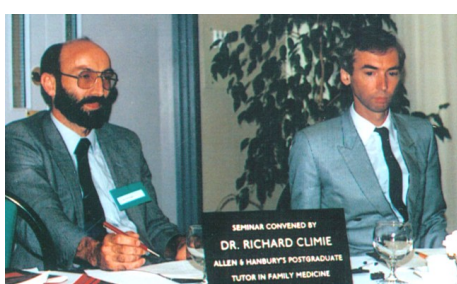
**The late Professor Sir Donald Ward Beavan (pictured top right) and elected President Garth Harris (pictured right) held the first diabetes society meeting in Christchurch on May 10, 1956.**

On 31st May 1956, 43 people attended a meeting convened by Mr C. Maitland Sheppard to form the Christchurch Diabetes Society ~ the first lay group for diabetes to be established in New Zealand. Mr Maitland Sheppard was later elected President and held this position for the following ten years.

The aims and objectives of the Christchurch Society were set in line with those of the British Diabetic Association (BDA), and a Medical Panel, consisting of Professor D.W. (Don) Beaven and Professor Richard (Rick) Donald, were appointed. Four years later, in 1962, the Christchurch Society sponsored the formation of a Diabetes Society in Ashburton. Also, in this year, a National Diabetes Association was formed ~ based in Wellington.

The following year (1963), the Christchurch Society sponsored the establishment of a Diabetes Society in Timaru. 1964 was another busy year for Christchurch Society, with the first National Raffle being held (to raise money for the National Research Fund). £3000 was raised, with sales amounting to £1136 attributable to Christchurch.

In 1965, the Christchurch Society held its first information stand at the November A & P Association Show. Also in this year the Presidency passed to Mr Eric Blain. 1966 saw the first sales stall in Cathedral Square, to raise money for Diabetes Research and operating expenses of the Society. The second National Raffle was held, again Christchurch played a major role with sales of tickets amounting to £1250. This year also brought the first distribution of membership information through the Pharmacy Guild.



Above: Endocrinologists Dr Peter Moore and Professor Russell Scott. Below: Past President, John O'Brien, Clinical Associate Professor Helen Lunt and Professor Darlow.



A year later (1967) Mrs E. Hart, who held the position of Secretary to the Christchurch Society, was elected as the first Lay Delegate to the World Congress on Diabetes in Stockholm. A Film Premiere of the Rangiora Diabetes Survey was held, sponsored by the Society.

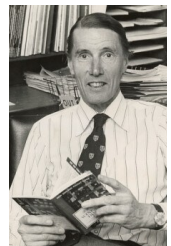
It was in this year that the Society Rules were redrafted in order to become an Incorporated Society and the name changed to Christchurch Diabetes Society.

In 1968, the Christchurch Diabetes Society held the first National Children's Camp at Wainui.

The appointment of the first Research Fellowship occurred in 1969 ~ it was awarded to Dr Lovell-Smith. Also this year saw the visit of Professor Renold from Geneva, Switzerland.

In 1970, a proposal was submitted to appoint a Welfare Officer, and the first meeting for Parents of Children with diabetes was organised. 6,500 Research Seal brochures were sent to Private Box holders (Post Office) and \$1072 was raised.

CONTINUED ON PAGE 15



### CANTERBURY DIABETES CONSUMER GROUP One-Day Diabetes Symposium

on Saturday, June 27th, 2026.  
Registrations from 8.30am.

COME AND JOIN US TO FIND  
OUT MORE ABOUT DIABETES,  
NEW TECHNOLOGIES  
AND MEDICATIONS.

Please see the Registration  
Form, Programme, and  
Details on our Speakers.  
on Pages 10, 11, 12, and 13.

DON'T MISS OUT: BOOK NOW



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Easy, painless glucose monitoring is waiting for you.

Track real-time glucose levels on your phone, with zero finger pricks.\*#

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The FreeStyle Libre 2 Plus CGM System and the FreeStyle Libre 3 Plus CGM System are indicated for measuring interstitial fluid glucose levels in people (aged 2+) with diabetes. Always read the instructions for use. The sensor must be removed prior to Magnetic Resonance Imaging (MRI).

\*Finger pricks are required if glucose readings and alarms do not match symptoms or expectations. #LibreLink app is only compatible with certain mobile devices and operating systems. Please check [www.freestylelibre.co.nz/compatibility](https://www.freestylelibre.co.nz/compatibility) for more information about device compatibility before using the app. Use of FreeStyle LibreLink requires registration with LibreView.

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# INDEX

• Index	Page 3
• Contacts Numbers and Committee	Page 4
• Editorial by Lynne Taylor	Page 5
• From the President: Robin Donovan	Page 7
• Move to Manage Your Diabetes	Page 7
• 70th Annual General Meeting Notice	Page 9
• Registration Form for Diabetes Symposium and 70th Anniversary Dinner	Page 10
• Programme for the Diabetes Symposium and 70th Anniversary Dinner	Page 11
• Information on the Speakers for the One Day Diabetes Symposium	Pages 12/13
• Diabetes Christchurch 70th Anniversary: Memories and Milestones	Page 14
• Diabetes Christchurch 70th Anniversary: Snippets and Photos	Page 15
• Diabetes Christchurch 70th Anniversary: Snippets and Photos	Page 16
• Diabetes Christchurch 70th Anniversary: Snippets and Photos	Page 17
• Diabetes Christchurch Montage: Events and Celebrations 2019	Page 18
• Diabetes Christchurch Montage: Move into 21 Carlyle Street Premises	Page 19
• New Society Membership Form	Page 20
• Living Well with Diabetes: Home Carers	Page 21
• Acupuncture for Diabetic Peripheral Neuropathy:	Page 21
• Diabetes Shop Price List2	Page 22
• Book Your PAD Screening Appointment Now	Page 23
• Our Diabetes Home: Earthquakes 2010-2011	Page 24



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<https://subscribe.entertainment.com.au/fundraiser/1342s51>



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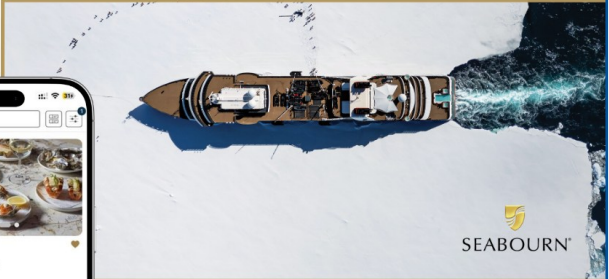
**Only \$75, with \$15 donated back to us.**

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 extraordinary prizes

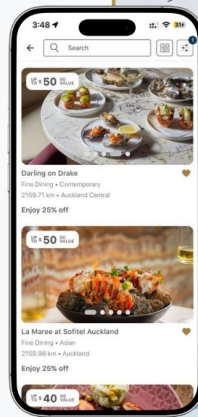
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Select your own DIABETES products or let us do it for you.  
 Priced to suit your budget and occasion. Call in or phone us on 925-9972.  
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## DIABETES CHRISTCHURCH INC.

35A Leslie Hills Drive, Riccarton, Christchurch, 8011. P.O. Box 2527, CHRISTCHURCH, 8140  
 TELEPHONE: 03 925-9972. Website: [www.diabeteschristchurch.co.nz](http://www.diabeteschristchurch.co.nz)

### 2026 COMMITTEE MEMBERS

**PRESIDENT:** Robin Donovan    **PH:** 027 655-5799    **VICE PRESIDENT:** Pat Hannah  
**HONORARY VICE PRESIDENTS:** Dr Peter Moore and Jinny Willis..

Iris Cross	Derek Taylor	Lynne Taylor	Qaiser Rashid
Maurice Myers	Michael Rieschieck	Tony Rush	

**COMMITTEE MEETINGS: Meet Each Month or Each Six Weeks at 4.30pm**

<b>MANAGER/VIEWPOINT: EDITOR</b>	Lynne Taylor	<b>PH WORK: 925-9972</b>
<b>EMAIL: <a href="mailto:ltaylor@diabeteschristchurch.co.nz">ltaylor@diabeteschristchurch.co.nz</a></b>		<b>MOBILE: 021 456-744</b>
<b>SHOP/WEBSITE SALES:</b>	Chris Murray	<b>PH WORK: 925-9972</b>
<b>ADMINISTRATION/FINANCE:</b>	Minjae Kim	<b>PH WORK: 925-9972</b>
<b>MEMBERSHIP/COMMUNICATIONS</b>	Pat Hannah	<b>PH WORK: 925-9972</b>

**The Shop and Office Are Open: Monday-Friday: 9.00am-4.00pm**

**SUPPORT GROUPS:**  
**Christchurch Support Group:** Lynne Taylor    [info@diabeteschristchurch.co.nz](mailto:info@diabeteschristchurch.co.nz)  
**Armchair Exercise Group:** Janet Straight:    Instructor

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**W**ow... we are now well into winter and the first half of the year... with the Diabetes Christchurch society's 70th Annual General Meeting, this Sunday, June 14th starting at 1.00pm, plus on Saturday, June 27th at the Hornby Club, the Canterbury Diabetes Consumer Groups' One Day Diabetes Symposium, followed by our 70th Platinum Anniversary Dinner will; be held. We really do hope you can join us at all three or any of these special celebratory events.

You will learn more about diabetes, and meeting many others with diabetes or speak and pose your questions to our amazing speakers.

Once again the staff, committee and our hard working volunteers have had an exceptionally busy few months, and I personally thanks you all for your enthusiasm, support and dedication that so helps us host, organise and set up these events.

Our Annual General Meeting is an important milestone for the society and it would be great to catch up with many of you as members and let us know what we care getting right and particularly what you want to see us doing going forward. Then the Canterbury Diabetes Consumer Group are delighted to host another One Day Diabetes Symposium on Saturday, June 27 (being held at the Hornby Club). As you will have read on through this issue we have a fantastic range of renowned speakers that are all at the leading edge of diabetes research and technology, and I know the range of topics we are providing will have something of interest for everyone with diabetes.

Fill in your registration form **now** to come and join us, as we do need to let the Hornby Club urgently know the numbers, and your dietary requirements for those attending asap. Alongside the Diabetes Symposium our society is celebrating our 70th Platinum Anniversary with a special Anniversary Dinner. We do hope you can join us at either of these significant events where we can catch up with many of our members, friends, professional colleagues and associates and reminisce over so many previous events, collaborative achievement's and milestones, special memories and hear an insight about the new medical technologies and medications that are happening now and in the future, as well as the vital diabetes research that is happening locally and internationally.

We had our annual fundraising Brick Road Productions Theatre Show last Friday, June 5th. Thanks to all who volunteered their time, help and support with this fundraiser and watch the hilarious range of plays that were provided, all well executed by the talented actors. We deferred our joint Clothing Sale Fundraiser to latter in the year and so continue requesting if you have any clean, pressed, good quality clothes to donate for the Clothing Sale being which will be held in August or September.

We will keep you posted as to when this be held. Please ensure these clothes are saleable (we definitely don't want to be a rubbish drop off point). We have combined this fundraiser with the Christchurch Kidney Society, so as more plans are confirmed we will inform you about these. You can still drop your items off to our offices. These donations are most appreciated. We also need any spare coat hangers (either plastic or wooden not wire ones). Thank you.

We hope the society and the committee continue to promote the best interests, welfare, and educational services that you need, and that we're advocating on behalf of all people with diabetes in the Canterbury region to the best of our ability and we look forward to catching up with you. ENTERTAINMENT BOOKS: We continue to have these for sale (a great anytime gift idea) with a significant donation (\$30.00) from each book sold going to our society for the month of March sales. These books that are full of bargains are now in an electronic form only (no printed books), which you can download onto your mobile phone for much easier access. The latest entertainment book is a bargain at \$75.00 for when you are dining out or looking for a new restaurant to go and have a meal at a great discounted price or wanting to try out some new activities in the Canterbury region.

*'Bee Well, Bee Healthy and Bee Careful', Take Care and My Kindest Regards To You All.*



## AMPUTEE SOCIETY OF (CANTERBURY & WESTLAND INC.)

Affiliated to the Amputees Federation of  
New Zealand Incorporated.

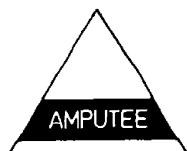
### ATTENTION AMPUTEES

Are you a member of the above Society?  
You will meet and make friends at  
our social functions.

You will receive a newsletter four times a year  
with up-to-date information from the Canter-  
bury branch with a national purpose magazine.

If you wish to know more about  
your local branch of the  
Amputees Society.

Email: The Secretary:  
amputee.cw@gmail.com  
PH: 021 105-5189



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protein bars are well textured, gluten  
free and full of flavour They will keep  
you fuller for longer.

Flavours: ✓Vanilla Bean ✓Pineapple  
✓Raspberry with White Chocolate ✓Mint Chocolate  
Cookie ✓Chocolate Brownie ✓Salted Caramel ✓Lime  
Milkshake ✓Flat White ✓Collagen Bar with Coconut, ✓Chia+  
Dark Chocolate. (Approx 8 grams of carb per 15 gram bar).



**\$3.00**  
EACH



# CLOTHING SALE

YES, Diabetes Christchurch along with the Christchurch Kidney Society are still having our CLOTHING SALE, we have just deferred until later in the year, so we are both still accepting good, clean, pressed clothing. We all have unloved, unwanted, wrong sized good quality clothing sitting in our wardrobes awaiting a new home. Drop it off as you can, it is most appreciated.

## SPECIAL THANKS TO ALL OUR GENEROUS FUNDERS

**Rātā Foundation**

**Pub Charity**

**Lottery Grants Board**  
Te Puna Tahua  
LOTTO FUNDS FOR YOUR COMMUNITY

**Christchurch Casino**

**Estate DES Austin**

**KIWI GAMING FOUNDATION**

**Robert & Barbara Stewart Charitable Trust**

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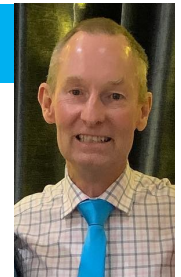


Long-lasting

\*When purchased in multiples of 6.

**ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.**  
Ask your health professional if this product is right for you. CareSens Air CGMS is for diabetes mellitus (type 1,2) management in people aged 18 years and over. If sensor readings do not match symptoms or expectations, use a blood glucose meter to make treatment decisions. Refer to the user manual for safety information before purchase. Requires a compatible smart device. Pharmaco (NZ) Ltd, Auckland 0126CSA02 TAPSDA2506MM

# Robin Donovan: President's Report 2026



**O**nce again the financial year has passed and again it has been a busy one for our staff, volunteers and committee. Significant effort was put into keeping contact with the membership and keeping our online presence current.

My thanks to Lynne for her leadership of the staff and for keeping the day to day operations of the Society running smoothly. I also thank the committee (Iris Cross, Pat Hannah, Maurice Myers, Qaiser Rashid, Michael Rieschick, Tony Rush, Derek Taylor and Lynne Taylor), staff and the numerous volunteers for giving myself and the Society their input and support over the year.

For your information, our current staff members and their roles are:

Lynne Taylor – Manager, Fundraising Applications & Events, Device Help

Pat Hannah – Membership, Support Groups, Finance Backup and Shop Backup

Chris Murray – Shop, Product Ordering, Social Media, Website and Device Help

Minjae Kim – Administration/Finance, Fundraising Applications, Shop backup, Device Help

Again, a lot of effort by the staff has been put into keeping the Shop website functioning reliably this year – we hope that you are still finding us having a Shop a benefit as it is one of the few focussing on diabetic products left in New Zealand. Turn over is still very good (~\$274,000 for the year) and we are selling a significant number of CGM sensors to Type 2s.

There was an increase in the number of diabetes education sessions provided by the Society (primarily Lynne) and a substantial increase in attendee numbers, particularly at community group events.

We need to applaud our team once again for their focus on fund raising. There are numerous applications to Trusts and Foundations to be prepared and managed throughout the year. My thanks to the Robert & Barbara Stewart Charitable Trust, Eric and the late Lynette Apperley, Howard Patterson, Jane and Lloyd Hickman and Malcom and Margaret Johnson for their donations. Also, thanks to New Zealand Lottery Grants, the Diabetes Training and Research Trust, Pub Charity, Rata Foundation, the Lion Foundation, and the Mainland Foundation for grants and to others of you who gave generously to support the Society. Over \$239,000 was donated and this included two large bequests from the estates of R. F. Pickard and Thora Mackie. Owing to this generous support, this year is the first in a while that the Society has reported a surplus.

We know that many of you have been tested using the MESI ABI (Ankle-Brachial Index) machine and have found the service that Dot Anisy and Claire Sparks are providing very worthwhile. Thank you, Dot and Claire. My thanks again to the Creed family for funding the purchase of the machine. The Society promoted the machine heavily this year and we had an increasing number of patients having the testing done as a result.

With other societies in New Zealand being absorbed by Diabetes NZ and the subsequent loss of local input, we are striving to remain independent and focussed on serving our membership in practical ways. Helping people with diabetes has always been our focus for the last 69 years and will continue in the future.

My grateful thanks to all our staff, committee members, volunteers and to YOU our members.

**Robin Donovan - President of Diabetes Christchurch Inc.**



## Move to Manage Your Diabetes



**A**s part of the Active Canterbury Network's 'Challenge Diabetes-Move Happy' campaign we will be publishing a series of articles around moving more to manage your diabetes. In the first of this series, we discuss what counts as movement? and is that the same as exercise?

If you ask almost anyone what they think about when the word exercise is used they will probably say things like ... "Exercise is hard, it may hurt and be uncomfortable, I'll get sweaty and out of breath, I feel obligated to do it, it isn't much fun and I won't enjoy it". For some people it conjures up their school days and the dreaded PE class.

However the idea of movement or physical activity brings a whole different set of responses. Things like dancing, swimming, playing, walking in nature and sports or recreational activities come to mind. i.e. things that we enjoy and have fun doing.

And here's the thing... it doesn't matter to your muscles, heart and lungs what type of movement you are doing, it is all the same as far as your body systems are concerned. Whether you are washing windows, walking around the supermarket, playing frisbee with the grandchildren, taking a line dancing class, strolling on the beach or working out on gym machines it all counts as exercise, activity or movement.

In our campaign we want to encourage people living with diabetes to move in a way that makes them happy and that they enjoy – it will need to align with each person's unique lifestyle, preference and life stage and therefore will look different for each person.

**To get regular updates on our campaign go to our website and Facebook each time please.**

<https://www.activecanterbury.org.nz/> or <https://www.facebook.com/ActiveCanterburyNZ>

**Why is moving regularly so important for people living with diabetes?** Moving your body makes your muscles more efficient at utilising the glucose that comes into your blood stream when you consume carbohydrate. Your muscle cells 'suck up' the glucose like a sponge to provide the energy you need. This results in better regulated blood sugar levels with fewer spikes and an improvement in insulin resistance. All of which will possibly result in less medication requirements, fewer hypos and an improvement in other health issues you may have.



**How much daily movement should I aim to do?** There are two answers to this question – i. the 'planned' part of movement should be at least 30 minutes most days of the week. Good examples are walking with friends, going for a cycle ride, participating in a class or some kind of aqua exercise or doing a series of home exercises.

ii. The second answer to this question is to break up your sedentary time – our lives are so governed by screens and scrolling – the majority of time both done seated – that it is proving to have disastrous implications for us skeletally (think posture) and metabolically (think blood sugar regulation).

**So what is the answer?** To adopt a 2 in 20 rule. After every 20 minutes of sitting take a 'butt break' for 2 minutes or so. Go to the bathroom, make a cup of tea, hang the washing out, do a few squats or march on the spot, anything that requires you to get up off your butt and move a little. NB. You may need to set a timer to remind you until it becomes an ingrained habit.



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Realtime data sharing with loved-ones/ healthcare team

Learn more at [www.intuitivetherapeutics.co.nz](http://www.intuitivetherapeutics.co.nz)



# Diabetes Christchurch Inc

# 70th



## ANNUAL GENERAL MEETING

on Sunday, June 14th, 2026

At the rooms of Diabetes Christchurch Inc  
35A Leslie Hills Drive, Riccarton, Christchurch  
at 1.00pm

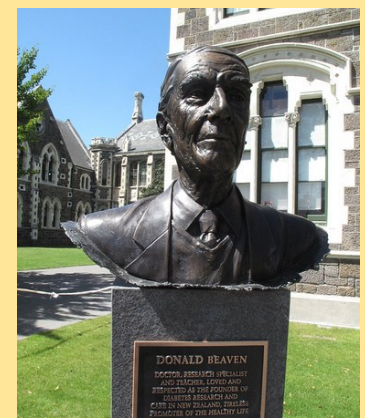
### AGENDA

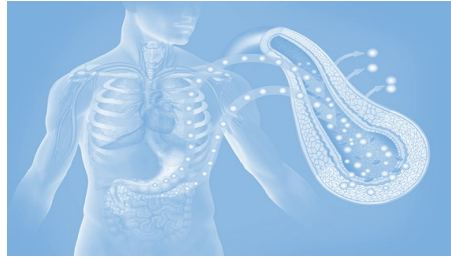
- Present (please sign attendance book)
- Apologies
- Remembering those who are no longer with us
- Any Matters to Add to General Items.
- Minutes of Annual General Meeting: Sunday, June 29th, 2025
- Matters Arising from the Past Minutes
- President's Report: Robin Donovan.
- Financial and Performance Report/Review
- General Manager's Report.
- Subscriptions
- Election of Officers
- General Business
- Presentation of Fifty Years Insulin Medal and Certificate:
- PowerPoint Presentation/Speaker:
- Afternoon Tea



**ALL MOST WELCOME**  
Please Bring A Plate for Afternoon Tea.

**PHONE US ON 925-9972**  
**IF YOU ARE ABLE TO ATTEND or IF YOU**  
**WOULD LIKE AN APOLOGY LODGED.**





## REGISTRATION FORM

Title: (Mr/Mrs/Miss/Ms/Dr/Prof):				
Given Names:		Family Name:		
Name to Appear on Your Name Tag:				
Residential Address:				
Phone:		Mobile:		
Email:		Email:		
Other Attendee/s Names:				
Other Attendee/s Names:				
Registration Fee is for:	Number Attending	Early bird to June 16th	Late from June 16th	Total
Registration includes all Saturday sessions including morning tea, lunch and afternoon tea.		\$75.00 pp	\$85.00 pp	
<b>Booking for Saturday Night 70th Diabetes Christchurch Anniversary Dinner</b>				
	Number Attending	Early bird to June 12th	Late from June 12th	
<b>Buffet Dinner:</b> Includes three salads, three hot mains, four vegetable mains and three dessert items and 70th Anniversary Cake. Plus Tea and Coffee.		\$85.00pp	\$95.00pp	
<b>Total Registration Fee Payable</b>				\$

**Cancellation and Refund Policy:**

We realise that personal circumstances can change. Should you need to cancel your registration we will be happy to provide a 90% refund for cancellations received up to 20th May 2026, and give sympathetic consideration for cancellations received after that date.

Please let us know if you have any dietary or other requirements (wheelchair, walker etc)

- I have additional catering or other requirements. (Please let us know) .....
- Yes I have read the cancellation and refund Policy above.

Signature: ..... Date: ...../...../.....

**Payment methods:**

- By electronic banking to Diabetes CHCH/Canterbury Diabetes Consumer Group., Westpac 03 0802 0187671 000 with *conference* as code and your name as reference
- Eft-Pos at Diabetes Christchurch, 35A Leslie Hills Drive, Riccarton, Christchurch

Please return registration form to Canterbury Diabetes Consumer Group at: Email [consumer@diabeteschristchurch.co.nz](mailto:consumer@diabeteschristchurch.co.nz)  
Post to PO Box 2527, Christchurch 8140.

## Canterbury Diabetes Consumer Group “One Day Diabetes Symposium” on Saturday, June 27th, 2026. Diabetes Christchurch Inc 70th PLATINUM ANNIVERSARY DINNER

This event will be held at the Hornby Club, 17 Carmen Road, Hornby  
 with good parking available.



Please note this is a draft programme and along with the speakers that  
 have confirmed, others may be included and times may change.

8.15am to 8.55am	Registration and Sign in
9:00am to 9:15am	Lynne Taylor, Chair Consumer Group: Welcome Professor Paul Hofman: Housekeeping Notices Henare Edwards: Powhiri
9:15am to 9:25am	Christchurch School of Medicine Summer Student Research Study: Charlotte Darry ♦ Non-automated Insulin Pump Users in Type 1 Diabetes—An Exploratory Study
9.25am to 9.55am	Presentation: Professor Ben Wheeler: ♦ Using Automated Insulin Delivery and CGM in Children, Youth and Adults With Type 1 Diabetes.
9.55am to 10.05am	Pharmaceutical Updates (5 minutes each)
10.05am to 10.30am	MORNING TEA
10.30am to 11.10am	Presentation: Professor Martin de Bock ♦ Emerging Diabetes Technologies: What’s Next - The latest and future innovations in diabetes research, technologies and care.
11.10am to 11.50am	Presentation: Dr Tom Wilkinson: ♦ Diabetes and The Thyroid, Gastroparesis and Coeliac Disease.
11.50am to 12.00am	Pharmaceutical Updates (5 minutes each)
12.00am to 12.50pm	LUNCH
12.50am to 1.20pm	Georgie Brown: Type 1 and Neurodiversity.
1.20pm to 2.00pm	Presentation: Professors Martin de Bock/Ben Wheeler: Diabetes Research + Developments ♦ NZ Research Initiatives: Current and Planned Projects latest in diabetes research and clinical practice
2.00pm to 2.35pm	Presentation: Damian Wiseman: High Performance Sports Coach ♦ Motivation and Burnout.
2.35pm to 3.10pm	Presentation: Dr Niranjala (Nilu) Hewapathirana ♦ The impact of SGLT2 inhibitors and GLP-1 drugs on diabetes complications and health care costs.
3.10pm to 3.30pm	AFTERNOON TEA
3.30pm to 4.30pm	Prof Paul Hofman (MC): Question and Answer Session: Professor Martin de Bock, Dr Nilu Hewapathirana, Professor Ben Wheeler, Dr Tom Wilkinson, Damian Wiseman and Georgie Brown.

## Evening Celebrations: Saturday, June 27th, 2026: Diabetes Christchurch 70th Anniversary Dinner at 6.00pm

From 5.45pm	Mix and Mingle, Networking and Photographs with Friends.
6:00pm Onwards	Welcome: Diabetes Christchurch President, Robin Donovan 70th Platinum Anniversary Buffet Dinner.
	Cutting of the Diabetes Christchurch 70th Platinum Anniversary Cake.
8.00pm Until Close	Dessert, Coffee/Tea. Special Milestones and Memories of Diabetes Christchurch.

# One-Day Diabetes Symposium and Diabetes Christchurch 70th Platinum Anniversary Dinner



**T**he Canterbury Diabetes Consumer Group is hosting a “One Day Diabetes Symposium” on Saturday, June 27th, 2026, at the Hornby Club at Carmen Road, Hornby. To register now and read the Symposium programme, phone Diabetes Christchurch on 925-9972 or link to: <https://www.diabeteschristchurch.co.nz/product-category/events/>

The Canterbury Diabetes Consumer Group is delighted to host the following esteemed diabetes speakers at its Diabetes Symposium. Associate Professor Martin de Bock, Dr Nilu Hewapathirana, Professor Ben Wheeler, Dr Tom Wilkinson, Georgie Brown (a consumer with Type 1 and Neurodiversity) and Dr Damian Wiseman (a consumer with Type 1 and he is a High-Performance Sports Coach). Professor Paul Hofman is the Master of Ceremonies. This Diabetes Symposium is suitable for both medical professionals and consumers with all forms of diabetes. Followed by the Diabetes Christchurch 70th Platinum Anniversary Dinner.

**MC: Professor Paul Hofman** (pictured right) is a paediatric endocrinologist, diabetologist and researcher based at the Liggins Institute, University of Auckland. He has been involved in clinical research for over 30 years and published over 290 papers. He has varied research interests including developmental origins of adult health and disease, cardiovascular effects of exercise in Type 1 and Type 2 diabetes, paediatric outcomes from assisted reproductive technologies and new born screening outcomes of congenital adrenal hyperplasia and hypothyroidism.



He has been president of both the Australasian Paediatric Endocrine Society and the Asia-Pacific Paediatric Endocrine Society and is involved in promoting endocrine training in the Asia Pacific Region as well as improving paediatric endocrine care in resource constrained countries in the Asia Pacific region.



**Professor Martin de Bock** (pictured left) is a Paediatric Endocrinologist in Christchurch. He trained in paediatric endocrinology in Auckland, where he gained his PhD. He then spent several years in Perth, Western Australia, where he developed his primary research focus on using diabetes technology to improve the lives of people with diabetes, and in particular using automated insulin delivery.

His international service roles include contributions to international consensus statements and diabetes management guidelines, and he also serves on the diabetes committee of the Australia New Zealand Paediatric Endocrine Society. He has over 130 international peer reviewed publications, including in lead journals such as the New England Journal of Medicine, and in 2025 was awarded the Health Research Council Bevan Medal for excellence health translation and high impact on clinical practice and patient health.

**Professor Ben Wheeler** (pictured right) is an academic Paediatric Endocrinologist with Health New Zealand and the University of Otago (based in the Southern half of the South Island). He serves on the Council of the Asia Pacific Paediatric Endocrine Society (APPES) and is current chair of the APPES conference scientific program committee. He is deeply committed to improving the lives of people living with diabetes — both young and old.



He was recently jointly awarded the Bevan Medal (with Prof De Bock) by the New Zealand Health Research Council for excellence in translational health research that has had high impact on clinical practice and patient health. He runs a busy research team focused on advanced diabetes technology, youth and emerging adult populations with diabetes, and advancing equity in diabetes care. He has published extensively in these areas with over 150 publications, including clinical trials investigating next-generation automated insulin delivery algorithms and their implementation in children, adolescents, and complex populations with above target glycemia.



**Dr Tom Wilkinson** (pictured left). is an adult endocrinologist. He is based in Christchurch but regularly travels to provide diabetes services in Southland, Central Otago, and the West Coast. He has particular interests in diabetes technology, and management of diabetes in hospital inpatients.

He has been involved in multiple clinical trials of diabetes technologies. He also treats a range of general endocrine conditions including osteoporosis, and calcium metabolism. Tom is completing his PhD under the supervision of Associate Professor Martin de Bock (Department of Paediatrics).

His research investigates automated insulin delivery systems in type 1 and type 2 diabetes, with a specific focus on novel 'fully closed-loop' systems that do not require meal announcement. He has also previously published research in general endocrinology.

**Dr Niranjala (Nilu) Hewapathirana**, MBBS (Peradeniya), MD (Colombo) MRCP (UK), FRACP. Clinical Senior Lecturer, University of Otago, Christchurch. Consultant Endocrinologist and General Physician, CDHB, Christchurch. Pictured on the next page) Nilu is a UK-trained Endocrinologist with research experience at the University of Cambridge in diabetes technology and diabetes management in pregnancy.



# One-Day Diabetes Symposium and Diabetes Christchurch 70th Platinum Anniversary Dinner

She contributed to the landmark international multicentre **CONCEPTT** study (Continuous Glucose Monitoring in Women with Type 1 Diabetes in Pregnancy and Pre-Pregnancy to Optimise Glycaemic Control), which examined the role of continuous glucose monitoring in improving outcomes for women with type 1 diabetes.

She worked as a Consultant Endocrinologist at Northampton General Hospital and West Suffolk Hospital in the UK before moving to New Zealand in 2018. She is a diabetes specialist at Christchurch Hospital and provides private endocrine services at Dudley Creek Health Centre.



## Georgie Brown: Type 1 and Neurodiversity.

**Georgie Brown (pictured left) has been living with diabetes for eight years and is deeply passionate about improving the consumer experience of diabetes care - particularly at the intersection of technology and neurodiversity.**



A long-time user of diabetes technology, she has been using the Medtrum Nano insulin pump with Android APS for the past 18 months, and has been part of the Intuitive Therapeutics community for four years. She now works for the company, bringing both lived experience and professional insight into the space.

With a background in medical administration, disability support, and youth work, Georgie brings a broad, real-world perspective on how people experience the healthcare system. Her ADHD diagnosis four years ago shifted her understanding of her own diabetes management, reinforcing how critical the right neurodivergent support and the right tools are in making diabetes care actually work in real life.

Georgie is a passionate advocate for the neurodivergent community and the role technology can play in either supporting effective care. She believes that while diabetes technology has the potential to reduce cognitive burden and improve quality of life, but general diabetes management itself, is not always designed with neurodiverse users in mind—despite the high overlap between diabetes and neurodiversity. Through both her professional role and lived experience, Georgie focuses on how technology, communication, and care models can be adapted to better support neurodivergent individuals. She will be speaking about the intersection of diabetes, neurodiversity, and technology, and how both consumers and clinicians can make meaningful changes to improve accessibility, communication, and outcomes.

## Damian Wiseman:

### High Performance Sports Coach: Motivation and Burnout

**Damian Wiseman (pictured right) has lived with Type 1 diabetes for many years while competing, coaching, and working in high-performance sport.**

**He holds a PhD in Applied Sports Science and a Master’s degree in Physical Education, with post-graduate research that included a focus on Type 1 diabetes and exercise.**

Damian has supported athletes across Olympic, Paralympic, and Commonwealth Games campaigns, and coached New Zealand athletes at World Championship and Paralympic level. While his earlier competitive background was in cycling,

Damian now trains and competes in Brazilian Jiu-Jitsu and other combat sport and martial arts, giving him an ongoing lived-experience perspective on managing Type 1 diabetes around performance, recovery, motivation, technology, burnout, and daily life.



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# DIABETES CHRISTCHURCH INC: 70TH PLATINUM ANNIVERSARY MEMORIES AND MILESTONES



Diabetes Centre Staff and Diabetes Christchurch members at the Arts Centre.



A fundraiser held at the Papanui Bowling Club. The auctioneer was John McCormack (at the back), Kevin Sargeant, treasurer (centre front), Garth Harris, (centre front) and Dr (now Professor) Russell Scott (right front).  
Centre Above: Lady Beattie and Sue Pearson.  
Centre: Life Member Margaret Scott.



Above: Visiting Professor Renold from Geneva, Switzerland. The appointment of the first Research Fellowship occurred in 1969 ~ it was awarded to Dr Lovell-Smith. Below: Wyn Harris and President, Stuart Foster.



Life Members: Dawn Marshall and Billie Armstrong.

## LIFE MEMBERS:

1959	Emeritus Professor Sir Don Beaven (d)	1994	Mrs Joy Cooke
1994	Mr J. Stuart Foster (d)	1994	Mrs Wyn E. Harris (d)
1994	Mrs Allison M. Helm (d)	1994	Doreen M. Hill
1995	Mr John M. O'Brien	1994	Mr John J. Paterson (d)
1996	Mr Kevin F. Sepie	1994	Mrs Liz Trow (d)
1997	Mrs Heather M. Blyth (d)	1997	Mrs June Honey
1998	Mr Michael Cooper	1999	Mr Ian Middlemiss (d)
1999	Mr Bruce Stanley (d)	2000	Mrs Margaret Scott (d)
2008	Miss Billie Armstrong (d)	2008	Mr Joe + Mrs Jean Biggs (d)
2008	Miss Margaret (Maggie) Wilson (d)	2008	Mrs Kay Hegan
2010	Mr Noel Davies	2010	Mrs Dawn Marshall (d)
2011	Janice High	2012	Dr Peter Moore
2012	Associate Professor Helen Lunt	2012	Marilyn Cullens
2012	Lois Flewellen	2012	Veny Palmer (d)
2013	Lorraine Blackler	2013	Margaret (d) + Denis Hurley
2019	Lee McKelvie	2019	Barbara Stewart
2020	Pat Hannah	2021	Iris Cross
2024	Robin Donovan	2024	Howard Paterson



# 70th Diabetes Christchurch Anniversary: Snippets and Photos

1971 was another major year for Christchurch. A Children's Camp was held at Glentui; in National Diabetes Week, a Detection Day was held in Cathedral Square; the first Annual Diabetes Christchurch Society Dinner was held; Mrs D. Cattermole was appointed as Voluntary Welfare Officer; John Jackson, Secretary General of the British Diabetic Association visited Christchurch; and there was a distribution of Society membership forms to all doctors. Also, this year Mr J.S. Foster was elected President.



**Bruce Stanley  
Life Member**

1972 saw the appointment of Mr M.B. Forbes as Editor of the Newsletter; a Project Account established to provide funds towards a 'Diabetes Centre' and a Youth Committee appointed. Two visitors from overseas were the highlights of 1973 ~ Dr Krall from the Joslin Foundation, and Dr J.D.N. Nabarro from London. Christchurch held its first Information Stand at the Winter Show in 1974.

Also, the first Christchurch Diabetes Detection Centre at the A & P Show was held, with the support of the North Canterbury Hospital Board and the Army Medical Corps. This year also saw the first Youth Group weekend at Hanmer. In 1975, a Christchurch Society raffle raised over \$2000.

1976 included a National Camp at Woodend, and the appointment of a part-time (paid) Field Officer - Mrs D.M. Hill. 'Diabetes Week' this year involved displays and a Public Meeting in the Limes Room of the Town Hall with four speakers from overseas. 'Friends of the Society' - a group established for local district visiting - was established in 1977.

Mr Trevor Gollins, National President, visited Christchurch to present the first Joslin Medal ~ for completion of 50 years on Insulin ~ to Miss M. L. Gallagher. The society received a proposal from Professor Don Beaven and Mrs Alison Helm (Diabetes Nurse Educator) re the formation and establishment of a Diabetes Centre.



This, also, was the year that 'Daytime' meetings and 'Married Couples' meetings were introduced. The Youth Group organised a 'Bikeathon' to raise money for furnishing for the Diabetes Centre, and the Juniors held a picnic at Duvauchelles.

1978 saw the first weekend 'Safari' to Living Springs. The government provided a grant of \$1800 for the painting of the Diabetes Centre (at the Arts Centre), by students, and the first Society meeting held at the Centre. Members donated over \$500 towards Centre furnishings.



It was this year that Christchurch Society formed a steering committee to formulate plans to establish a Diabetes Foundation and an application for a Telethon appeal. Also, Mrs Doreen Hill was appointed as N.Z. Lay Delegate to the World Diabetes Congress in Vienna.



In 1979, the First National Diabetes Conference, organised and sponsored by the Christchurch Society was held. The following year, Mrs Lyn Taylor was appointed Assistant Field Officer.

A second 'Safari' weekend was held at Glentui, a Bushcraft weekend for Young Adults ~ organised by the Mountain Safety Council ~ was held, and Outward Bounders Association organised a weekend for Junior members at Kaituna.



**Life Members Lois Flewellyn  
and Janice High.**

The inaugural meeting of the Diabetes Foundation was held in Wellington and a Telethon application lodged. Mr Kevin

in Sepie was elected President of the Christchurch Society in 1981. Membership this year totalled 600.



**Left:  
Awareness  
Week  
Volunteers  
Luncheon.  
Right:  
Lynette Hay.**



**Dame Helen Clarke and Past  
President Liz Trow (Life Member).**

**Right: First World Diabetes Day: November 14<sup>th</sup>, 1991  
Wyn Harris and Professor Don Beaven planted a memory  
tree as a tribute to her husband Garth Harris (MBE).**

Wyn organised and initiated the society's first support group for people with diabetes.

The group went on many visits around the Canterbury region, listened to special guest speakers to learn about diabetes and how better to manage it and fundraised with a stall in the Christchurch Square.

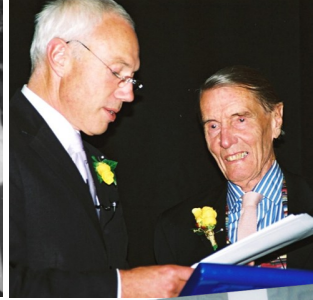




# DIABETES CHRISTCHURCH 70TH ANNIVERSARY: PHOTOS AND SNIPPETS:



Professor Don Beaven and Sally Collins, in 1964, with a patient they saved from a diabetic coma.



Above: June and Liz. Left: Sue and Lupe. Professor Paul Zimmel, Warren Lee, Western Pacific Region, International Diabetes Federation, Emeritus Professor Sir Donald Ward Beaven and Professor Phillip Holmes, TIYF: 2004.



1956-2006



1956-2011 ~ DC 55TH ANNIVERSARY: REGION 4 ~ DNZ CONFERENCE 2006 ~ THE GRAND CHANCELLOR

Alison Wilkie, Jean and Joe Biggs. Above Right: Carol Greer, Prof. and June Honey at Oxford Terrace.

Below: Armchair Exercise Group. Staff: Janice High and Lee McKelvie.



Volunteers: Above: Billie Armstrong, and left: Lynette Hay, Val Morris and Maggie Wilson.

## WOULD YOU LIKE TO HELP PEOPLE WITH DIABETES? HAVE YOU CONSIDERED A BEQUEST?

Have you or your family ever considered making a bequest to DIABETES CHRISTCHURCH INC?

Over 480,000 New Zealanders will be affected by diabetes by 2040. Many don't know they are at risk. Funds are continually required to:

1. Help educate and support people with diabetes and how to better manage their own diabetes.
2. Further ongoing vital diabetes research.
3. Helping to support people affected by diabetes.

If you would like to benefit Diabetes Christchurch in your will, the following format may help you:

**"I, (Full Name) ..... bequeath to Diabetes Christchurch Incorporated for the general purposes of the Society, the sum of \$....., free of all duties payable at my death and the receipt of the Treasurer for the time being of the said Society shall be sufficient discharge for such legacy. "**

All Wills and Codicils must be in writing and signed by you, the Testator and attested by two witnesses, in your presence.

If you wish that your legacy should be expended on a particular aspect of the Society's work you may add a directive to that effect to the form of bequest.

Many people support those living daily with diabetes by making a gift in memory of someone they have loved.

**"A donation in lieu of flowers"** would be a caring gesture and another way of making a valuable contribution to those whose lives are affected by diabetes.

# 70th Diabetes Christchurch Anniversary: Photos Memories.



**DIABETES CHRISTCHURCH INC: 1956-2011 ~ 55<sup>TH</sup> ANNIVERSARY**  
 Professional Colleagues, Society Committee Members, Friends and Associates, all were inspired and guided by Emeritus Professor Sir Don Beaven in organising diabetes events, internationally, nationally, regionally and locally.



Far Left: Charlie Croft.  
 Left: Sandra Beltman.  
 Right: Louise Nixon.  
 Below left: Tim Exton



Left: Maureen Reason and Henare Edwards.



Above: Diabetes Centre Dietitians, Nurses and Admin. Right and Bottom Left: A and P Show Society Stall and Barnaby Bee Visit. Left: Lisa Dyers. Below Right: Princess Ann Royal Visit.





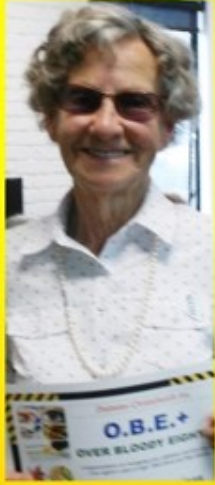
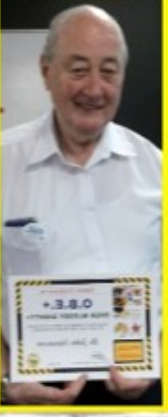
**50 YEARS ON INSULIN AWARDS**

**HIGH TEA PARTY 2019**

**CELEBRATING OUR OVER 90'S**

**MAKING JEWELLERY**

**OBE AWARDS**





**OPENING OF THE NEW PREMISES  
21 CARLYLE STREET**



# DIABETES CHRISTCHURCH INC.

P.O. Box 2527, Christchurch 8140. Phone (03) 925-9972.

Diabetes Christchurch Inc is a registered charity with the Charities Commission  
Komihana Kaupapa Atawhai Registration Number CC28557

## 2026/2027 NEW MEMBERS ONLY ANNUAL SUBSCRIPTION FORM

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Address: .....

City/Town: ..... Postcode: .....

Occupation: ..... Birth Date: ...../...../.....

Email Address: .....

Please help us update our records and fill in your current email address.

Home Phone: ..... Work: ..... Mobile: .....

### Membership Subscription:

• Waged: \$32.50 \$.....

• Pensioner/Low Income/Beneficiary: \$27.50 \$.....

• Youth: \$22.50 \$.....

• Corporate Membership: GP/Nurse/Rest Homes/Pharmacy: \$52.50 \$.....

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Payment can be made:  Annually (1 Year) = \$52.00 OR  6 Monthly = \$26.00 x 2

Barnaby Bee Soft Toy: Special: One for \$6.00 or 2 for \$10.00 \$.....

And/or an additional Donation. (These are all Tax Deductible) \$.....

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Please put "newsb" and your name as a reference.

**ALL DONATIONS WILL AUTOMATICALLY BE ISSUED WITH A RECEIPT.**

The receipt will be issued and emailed or posted with this subscription only when requested.

If you require more information: Email: [info@diabeteschristchurch.co.nz](mailto:info@diabeteschristchurch.co.nz)

Please Let Us Know If You No Longer Wish To Be A Member

**NB: Our society thanks YOU SO VERY MUCH for your continued support and donations.  
These are always most appreciated.**



**Support That Makes Independence Easier Living with diabetes can be a daily balancing act - especially as we age. From managing meals and medications to keeping active and staying connected, there's a lot to think about.**

The good news is that a little support at home can make a big difference. For older people, even small changes can improve safety and confidence. Regular help with meal preparation ensures that blood-sugar-friendly foods are ready when needed, while assistance with medication reminders and insulin timing can reduce the risk of missed or double doses.

Many people also appreciate an extra pair of eyes during wellness checks, keeping track of how they're feeling and noticing early warning signs such as fatigue or foot problems. Support isn't just about health - it's also about lifestyle. Having someone to assist with transport to appointments, encourage gentle activity, or simply share a cup of tea can help maintain motivation and emotional wellbeing. These moments of connection are often what keep people feeling engaged and in control of their routine.

As someone whose partner lives with Type 1 diabetes, I see firsthand how much daily care and attention is involved - and how valuable practical, reliable support can be. That understanding is part of what drives our approach at Home Carers, where our Christchurch team helps older people live independently while managing long-term conditions like diabetes safely at home. Living well with diabetes is about teamwork - between individuals, families, health professionals, and carers. With the right support, independence and quality of life, people don't have to fade with age - they can thrive.

*Written by Paul McLaren at Home Carers - helping older people live safely and independently at home.*

*Website: [www.homecarers.co.nz](http://www.homecarers.co.nz)*

## Acupuncture for Diabetic Peripheral Neuropathy:

**You might already be familiar with the unusual sensations in the hands and/or feet that come with a diagnosis of peripheral neuropathy. Or perhaps you have only recently heard of it and would like to know more. This piece will provide background information for anyone who is interested in understanding this condition and, perhaps more importantly, how it can be treated. It's encouraging to note that peripheral neuropathy is reversible in the majority of cases.**



**What is peripheral neuropathy?** It's a common condition that affects the nerves outside the brain and spinal cord (peripheral nerves). These nerves transmit signals between your brain and spinal cord and the rest of your body. The most common cause of peripheral nerve damage is diabetes, where high blood sugar levels are the problem. When these nerves are damaged it can lead to a variety of symptoms.

**Symptoms:** Commonly, symptoms include numbness or tingling ('pins and needles') in your hands or feet. There may be burning, sharp, jabbing pains, or feeling like walking on sharp stones. There can also be extreme sensitivity to touch, even from a bedsheet. Muscle weakness, loss of reflexes, and balance issues are also possible. Loss of sensation can lead to unnoticed injuries and infections. If you notice any of these symptoms, you should see your doctor because early detection and management are crucial to prevent severe complications like amputation.

**Treatment:** Usual treatment via your GP or specialist focuses on managing symptoms and addressing underlying causes. Physiotherapy exercises can help improve strength, balance, and range of motion. Occupational therapy helps with adaptive strategies for daily living. Pain management medications such as analgesics, antidepressants, or anticonvulsants, often come with unwanted side effects. Acupuncture is one of the only interventions that may reduce pain, numbness, and other associated symptoms while encouraging nerve regeneration.

**Why Acupuncture?** Acupuncture is a safe, natural treatment with few side effects. Studies have shown that peripheral neuropathy is reversible in 75% of cases through the use of acupuncture. Rather than focusing solely on disease, acupuncture aims to support the body as a whole. For chronic conditions, ongoing acupuncture care may also help patients adopt healthier lifestyle habits, including better blood sugar management, smoking cessation, and limiting alcohol consumption, all of which play an important role in symptom control.

**What happens in an acupuncture treatment?** Starting with twice weekly sessions for a few weeks, then weekly sessions, around 10 very fine needles are stimulated to your comfort level on your feet, legs and hands. Progress is monitored each week, meaning that improvements can be identified before you notice a change in sensations. Maximum and lasting benefits are usually achievable in 12 weeks.

**Cost:** This is not a free service. Fees vary according to the provider. Enquiries are welcome regarding seeking WINZ support. Details of skilled acupuncturists who have been trained in treating peripheral neuropathy in Christchurch can be found at: [www.neuropathy.nz](http://www.neuropathy.nz).

## ADHESIVE TAPE

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\$6.50 per metre  
5cm x 1 metre;  
\$4.00 per metre



## THE AIRCYCLE

Helps people to protect and care for their feet, particularly those with diabetes or arthritis. As well as boosting circulation, the gentle exercise helps reduce swollen ankles, relieve cramps, joint pain and stiffness.



Available from Diabetes Christchurch for \$45.00 (NM) or \$40.50 (member)  
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If you would like to change the way you receive your newsletter, please let us know by emailing [info@diabeteschristchurch.co.nz](mailto:info@diabeteschristchurch.co.nz)  
We will then add you to our email database which will have the newsletter emailed directly to you.



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Accu-Chek Guide meter	43.20	48.00		
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CareSens Lancing Device	13.50	15.00		
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CareSens N Testing Strips (Pack of 50) or CareSens Pro (Pack of 50). <b>On Special: \$12.00</b>	18.00	20.00		
CareSens KetoSens Test Strips (Pack of 10)	22.50	25.00		
LANCETS				
CareSens sterile 28g (box of 100)	15.00	16.50		
Softclix (pk 100)	40.50	45.00		
Softclix (pk 200)	54.00	60.00		
Fastclix Drums (4 drums)	12.60	14.00		
Fastclix Drums (17 drums)	43.20	48.00		
SENSOR STICKING TAPES				
HypaFix: 5cm: Cost per metre	3.60	4.00		
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SHARPS CONTAINERS				
1.4 litre	11.30	12.50		
3.0 litre	17.00	20.00		
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Dextro Tablets: (Box of 24).	58.50	65.00		
Lift Tablets: Four Flavours: Lemon/Lime, Orange Raspberry, Blueberry, (Tubes of 10)	5.00	5.50		
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Hypofit Gel: (Box 12): Orange or Tropical	21.60	24.00		
HypoPak Sachets (Orange)	3.10	3.50		
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Frio Insulin Bag — Extra Large ( Holds 8 pens)	54.00	60.00		
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Humphrey Law Socks are available in a variety of sizes, colours and patterns.				
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Linx	75.00	83.00		
Dexcom One+	95.00	105.00		
CareSens Air	60.00	60.00		
COOK BOOKS				
NOSH Cook Book by Julie Leeper: SALE PRICE	10.00	10.00		
Other Cookbooks are available for a donation.				
DIABETES TYPE 1/TYPE 2 COLOURED BRACELETS			5.40	6.00

## APPOINTMENTS FOR PAD SCREENINGS NOW AVAILABLE

### LOOKING AFTER YOUR LEGS AND FEET

**L** Peripheral Arterial Disease (PAD) is a disease where plaque (atherosclerosis) gradually builds up in the arteries over time, leading to limited blood flow to the legs and arms. It is a very common disease affecting people over the age of 50.

The plaque that builds up in your arteries consists of cholesterol, calcium, and fat. Risk factors include high blood pressure, coronary and heart disease, high cholesterol, family history, obesity, end-stage renal disease, and lack of exercise. It is often associated with diabetes and smoking.

Symptoms occur when your legs don't get enough blood flow to keep up with demand. Symptoms may include pain in the hips or legs while walking. With severe occlusions, pain in the legs may occur at rest. Untreated, peripheral artery disease can lead to ulcers on the feet or toes. Eventually, amputation may be necessary if a patient develops gangrene.

**Diabetes Christchurch now has trained technicians to offer you the opportunity to have a PAD screening on our MESI diagnostic machine. An appointment takes around 30 minutes. You need to email or phone us with your name, phone number, and your NHI number. The cost for YOU, as a Diabetes Christchurch member, is \$50 per person, or \$70 for non-members, and can be paid when you come in for your appointment.**

**WHAT DOES THIS DEVICE DO:** ABI/TBI measurements are fast, non-invasive and simple, but do put reasonable pressure on your arms, ankles and toes. **Benefits of an (ABI) Ankle-Brachial Index Assessment?** It is done to check for PAD - narrowed arteries that reduce blood flow, usually in the legs. An ABI might be useful for people who have leg pain while walking. The test can also be useful for people who have risk factors for PAD. ABI provides an indication of disease severity and the urgency of a possible GP or specialist referral. **(TBI) Toe Brachial Index Assessment?** Defined as the ratio between the systolic blood pressure in the right or left toe and the higher of the systolic pressures in the right or left arms. TBI is a common vascular physiologic assessment test, taken to determine the existence and/or severity of PAD in the lower extremities. (Peripheral Arterial Disease) screening on our MESI diagnostic machine. An appointment will take around 30 minutes for each person who is attending. **IF YOU CANNOT ATTEND A BOOKED DATE/TIME:** Please note a \$20 administration fee will be charged if you fail to inform us of non-attendance. Please be in attendance 10-15 minutes prior to your appointment time. This is important so that we can make sure all your details are correct and available to our technicians prior to your assessment. **IMPORTANT:** Please also only drink water in the 12 hours prior to your appointment – no coffee, tea or sports drinks. Food is OK. Please wear comfortable clothing. You will be given a printed report of your assessment. This can be emailed by us to your GP/ Practice.

Quite often people with diabetes are at risk. The ankle-brachial index test is done to check for PAD, narrowed arteries that reduce blood flow, usually in the legs. An ankle-brachial index test might be useful for people who have leg pain while walking. ABI provides an indication of disease severity and the urgency of a possible GP or specialist referral. It happens when the arteries in the legs and feet become clogged with fatty plaques through a process known as atherosclerosis. While some people with this disease experience no symptoms, the most classic symptoms are pain, cramps, numbness, weakness or tingling that occurs in the legs during walking – known as intermittent claudication. Treatment options for PAD include lifestyle changes, cardiovascular risk factor reduction, pharmacotherapy, endovascular intervention, and surgery.

## PAD (Peripheral Arterial Disease) SCREENING TESTS AVAILABLE: BOOK NOW at Diabetes Christchurch.

Peripheral artery disease is a common type of cardiovascular disease, which affects many people. It happens when the arteries in the legs/feet become clogged with fatty plaques through a process known as atherosclerosis.

While some people with this disease experience minimal symptoms, the most classic symptoms are pain, cramps, numbness, weakness or tingling that occurs in the legs during walking – known as intermittent claudication.

These problems affect around 30% of people with PAD. Intermittent claudication is more common in adults over 50, especially males, or have diabetes and people who smoke. The management of PAD varies depending on the disease severity and symptom status.

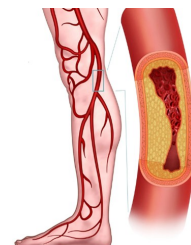
Treatment options for PAD include lifestyle changes, cardiovascular risk factor reduction, pharmacotherapy, endovascular intervention, and surgery.

**BOOK FOR AN ASSESSMENT NOW:**

*A copy of our Patient Information and Consent form will be attached once your appointment time is confirmed. Please either complete and return it to us by email, or we will have copies to fill in for your convenience at our premises.*

**DIABETES CHRISTCHURCH INC**

**35A Leslie Hills Drive,  
Riccarton. CHCH 8011  
Phone 03 925-9972**



**Easy Seated Workout**

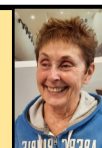
## ARMCHAIR EXERCISE GROUP

The Armchair Exercise Class meets every Friday at 10.15am.

Members Cost: \$5.00. Non Members: \$6.00.

**Instructor: Janet Straight. Clothing: Loose clothing and flat shoes.**

Physical activity is important when you have diabetes. Diabetic foot pain or flexibility problems don't need to keep you from exercising. Grab a chair and take a seat for these simple stretches, low-impact strength exercises, and cardio moves.





Christchurch's February 22nd 6.3 earth-quake was one of the most power-full and destructive quakes to hit our city, the desolation and damage particularly to the central city, Sumner and eastern suburbs was quite overwhelming. The loss of power, water and sewerage had a major impact on thousands of people and thousands of homes, and many people with diabetes had to abandon their homes with NO medications, belongings, transport or food. And even if they were able to stay at their home, they then had NO water, power or sewerage, placing them in exceptionally awkward situations. Through the quick communications be-tween the local diabetes society, the Diabetes Centre's Manager, Kit Hoeben, endocrinologist, Dr Helen Lunt, diabetes nurse specialists, and podiatrists linking with the CDHB we were able to set up a diabetes emergency triage unit in the hospital and co-ordinate linkages with the civil defence emergency centres set up at Burnside High School, Cowles Stadium and Hillmorton so that provision for extra diabetes medical supplies (including blood glucose testing kits, blood glucose test strips, ketone test strips, insulin, insulin pens, syringes, needles, Glucagon, Dextro tablets, Ezi-wipes and hypo emergency kits) were able to be delivered directly to these community centre welfare shelters as and when these medical supplies were considered necessary. These vital medical supplies were also promptly delivered to pharmacies, GP's medical centres and rest homes, as some supplies had run quite low and many pharmacies and medical practices or centres were

