

## Youth Newsletter

### Kia ora

Well it is great to be organising events again and seeing so many of you back at these events. We definitely have a few more good ones coming up!

A huge big welcome to our new families who have joined our community. It has been lovely meeting you all. We look forward to you joining us at some of our upcoming events.

In the School holidays we had our Flip City event with a large turnout of just over 50 which was good to see.



We also had a wonderful morning learning how to create Soy Candles a couple of Sundays ago. A big Thank you to Rachel from Retro Rehab for always creating a wonderful environment for our community to learn something new. Pouring soy wax into wine glasses and tea cups was very relaxing and our finished candles were beautiful!



**Reminder:** For any families with newly diagnosed children or older youth, including any young adults please feel free to make contact. I can meet with you at your home, café, or somewhere you feel comfortable and discuss the Youth Service and what support the Trust provides. You can phone/message or email me. See contact details on the back page.

### YOUTH EVENT—12yrs AND OVER AND YOUNG ADULTS

**DAYTONA—** Go-Karts, Bennett St, Palmerston North

**Date:** Friday 21st August

**Time:** 6pm food, then racing starts at 6.30pm

Open to any youth or young adult with diabetes. Parents/caregivers may come and watch. Please note it will just be our youth racing this time.

**PS:** At this time of year Daytona gets very cold so please wear warm clothes.

If your child is under 16yrs and they wish to attend this event on their own they will need a signed consent form which I will send out once you register.

Please also let me know if you or your child has any specific dietary requirements ie, GF etc.

RSVP— as soon as you can with names and numbers. Numbers are limited

### EDUCATION WORKSHOP—Technology Update Event

For: Parents/Caregivers and Young Adults (while this workshop is aimed at Adults, children are welcome to attend) Family and support persons welcome also.

**Speakers:** We have three Representatives from:

Pharmaco - Arindam Das

MediRay - Teresa Davies

NZMS—Kevin Holwill

To update you on the latest diabetes technology including information about Insulin pumps, CGM's, CareSens meters and Freestyle Libre Flash Glucose monitoring system.

**Date:** Tuesday 8th September

**Time:** 6.15pm—8.30pm

**As this is over tea time light refreshments will be provided.**

**Venue:** Youthspace, Corner of George St and Coleman Mall, PN.

RSVP: 24th August with names and numbers attending and any specific dietary requirements.

**FAMILY/WHANAU EVENT—All ages**

**WAI SPLASH COMMUNITY POOL,  
DANNEVIRKE.**

Children must be accompanied by a parent or caregiver.

Venue: 'Wai Community Pool' Dannevirke, 35 York St.

Date: Sunday 13th September

Time: 10am—midday, Morning Tea 11.30am

Cost: Free

Morning tea will be provided. Come and meet some new families and enjoy a swim. Please let me know numbers attending including ages of the children who will be swimming and the number of spectators.

RSVP: Wednesday 1st September. Please let me know if you have any special dietary requirements

**FAMILY/WHANAU EVENT— Indoor Games morning**

At: Indoor Sports Arena, PN (across from the Warehouse in Church St)

Children must be accompanied by a parent or caregiver.

Date: Sunday 27th September

Time: 10am– midday, Morning tea will be provided.

Come and have some fun with organised games (such as Dodge ball, Bull Rush, Soccer etc). There will be games just for our youth and some where parents can join in also.

This event is suitable for all families with school aged children.

RSVP: Wednesday 16th September with names and numbers. Please let me know if you have any special dietary requirements

## Support Groups

**PARENT/WHANAU SUPPORT GROUP****Feilding**

Date: Tuesday 18th August at 6.30pm and Tuesday 22nd September during the day at 11.30am

Venue: Focal Point Café, Focal Point Cinema

These meetings are an informal get together over a cuppa. A chance to meet again or come along and make some new friends with people who understand the daily challenges of diabetes.

The Trust will provide a coffee/tea/soft drink.

RSVP: Monday 17th August

**PARENT/WHANAU SUPPORT GROUP****Whanganui**

Date: Tuesday 1st September and 6th October

Time: 6.30pm

Venue: Stellar Bar and Grill, Victoria St, Whanganui

These meetings are an informal get together over a cuppa. A chance to meet again or come along and make some new friends with people who understand the daily challenges of diabetes.

The trust will provide a coffee/tea/soft drink.

RSVP: Monday 31st August

## Our office hours:

We are all part time, 8am - 2pm  
Mon - Thursday, and Fridays  
sometimes.

We are situated at 200 Broadway  
Ave, PN.

Ph; 06 -357– 5992/0274 928 801

youth@diabetestrust.org.nz

**Andrea Bell**

**Youth Coordinator**

## Contact details..

Please let me know if you change your address, email or phone number so we can update our database, Thank you :)

Email: youth@diabetestrust.org.nz or message me.