



WHO ARE WE:

The Manawatu Horowhenua Tararua Diabetes Trust (MHTDT) is the lead provider of diabetes group education in the MidCentral region. Established in 2000, we are a non-profit organisation funded by the MidCentral District Health Board and community donations and grants. Our staff consist of registered nurses, dietitians and youth workers, committed to providing reliable education and support you can trust.

OUR MISSION:

We strive to improve the health and well-being of people with diabetes in the MidCentral DHB region. We are committed to helping people get the knowledge and support needed to help people with diabetes and pre-diabetes to keep well and prevent diabetes-related complications.

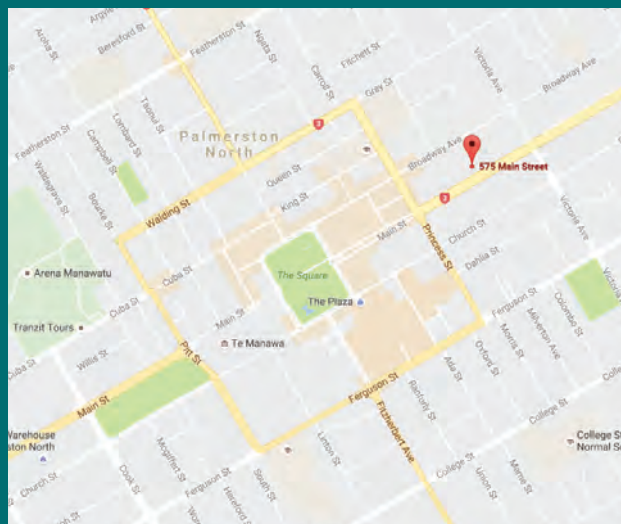
"As a person with type 2 diabetes, I attended a 3 day course and want to thank you. I walked away positive and motivated and as a result have managed to lose 10kg's and fitter than I have been for a long time."



CONTACT US

Please call, email or stop by our office to find out more about our services.

-  06 357 5992
-  06 357 5993
-  admin@diabetestrust.org.nz
-  Health on Main, 575 Main Street, Palmerston North 4440
-  www.diabetestrust.org.nz



GOT DIABETES?

The MHT Diabetes Trust can help
www.diabetestrust.org.nz



WHAT WE DO:

DIABETES EDUCATION:

We offer achievable ways to help people (and their families / Whanau) keep healthy and well with diabetes and pre-diabetes in our **free of charge** education courses.

These include:

- Healthy Living with Diabetes
- Cooking Demonstrations for people with Diabetes
- Carbohydrate Awareness
- Diabetes and Kidney Health
- Culturally specific courses for Maori, Pasifika and former refugee communities

DIABETES INFORMATION PACK:

Designed for people with newly diagnosed diabetes, our information packs help people learn the essentials of diabetes care.

YOUTH AND FAMILY SUPPORT

We provide opportunities for children, whanau youth and young adults with diabetes and their families to connect and network with each other.

ACTIVITIES INCLUDE:

- Social events for families/youth
- Family camp – Annually
- Youth camp 8 – 13 years Bi-annually
- Parent/Whanau support groups
- Youth adult – dinners/coffee groups 18+ years - 30 years

ADVOCACY:

We advocate on behalf of families of children with diabetes to help access the care, education and services they need to manage their diabetes

OUR REGION

We service the MidCentral region of the North Island. This includes over 10,000 people with diabetes in Palmerston North city, Manawatu District, Horowhenua District, Tararua District and Otaki. We also support youth and their families in Whanganui.

OUR SUPPORT NETWORKS:

MHTDT works collaboratively with other health providers in the region to provide efficient and holistic care to consumers. Our partners including Central PHO, General Practices, Sport Manawatu, Diabetes and Endocrinology service, Diabetes NZ and Diabetes Horowhenua, Maori Health providers and the Red Cross.

“Really awesome camp, thanks so much. Vital get together with people doing what we need to do. Makes it feel normal.”

