



diabetes nz
auckland branch

Annual Report

2017



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Dear friends,

Thank you for your incredible support over the past year. With your generosity Diabetes NZ – Auckland Branch connected with over 7,000 people in the greater Auckland area who are at risk or impacted by diabetes. These people over the past year either attended a Lifestyle course, were risk assessed or tested via our mobile awareness service, listened to an awareness talk on diabetes or had the opportunity to connect with others who are experiencing the same health issues.

The year to 30 June 2017 was largely a period of transition, marked at the beginning with a restructuring, a new Branch Committee in September 2016, and the appointment of Sheena Duffy Vakatale in May 2017 as our new Branch Manager.

The new Branch Committee agreed to maintain the current services, with the exception of the physical shop, following the restructure. The Chief Executive of Diabetes New Zealand, Steve Crew, acted as interim Branch Manager between managers Pam Elgar and Sheena Duffy Vakatale.

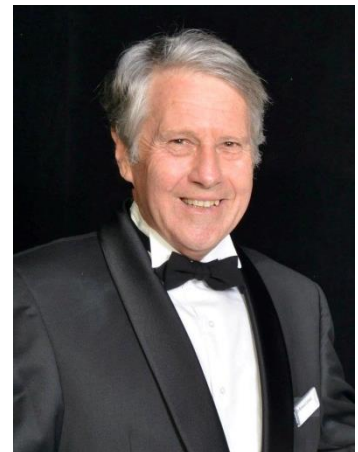
The Destination Unity project facilitated by Diabetes New Zealand Inc. continues to move forward with the goal of enabling greater efficiencies and effectiveness across the country's branches in reaching those impacted by diabetes across New Zealand.

I am really looking forward to a reinvigorated Auckland Branch in the year ahead. Thank you all again for your support in our work.

Andy Archer
Chair
Diabetes NZ – Auckland Branch Committee



Andy Archer
Chair, Diabetes NZ –
Auckland Branch Committee



Dr Rick Cutfield
Patron, Diabetes NZ –
Auckland Branch

Our work

We believe the best way to ensure people affected with diabetes is to reach out to them in their communities and work with them to provide services and resources that will enable better self-management and care.

Our programmes span from awareness to prevention, to engagement and support. Diabetes NZ – Auckland Branch is about making meaningful connections with those people affected by or at risk of diabetes.

“That every person affected by or at risk of diabetes in Auckland has access to the support needed to live a full and active life”

Diabetes NZ – Auckland Branch engages with those affected by or at risk of diabetes through the following programmes:

- Healthy Options Positive Eating (HOPE)
- Awareness Talks within the community
- Mobile Awareness Service (Van)
- Youth programmes
- Support Groups
- Membership

100,000

Aucklanders are living with diabetes

1 in 4

people are likely to have pre diabetes

Every day

20

more Aucklanders are diagnosed with diabetes

8%

increase annually of people with diabetes

700+

children and adolescents with Type 1

Healthy Options Positive Eating (HOPE) programme

The rates of diabetes are increasingly higher among the 'at risk' (Maori, Pacific and South Asian) populations.

HOPE is a family and community based diabetes prevention programme. The aim of HOPE is to bring families together to learn about healthy food choices and family fun activities as a way to reduce the rates of diabetes within the 'at risk' communities.

HOPE is important because it can be an inter-generational learning programme where the focus is not just on the child or parents but targets family and community as a whole. HOPE acknowledges that in order for an individual to make a lifestyle change, the help and the support of family members and the community are required. HOPE provides important information about diabetes and how it can be prevented through healthy eating, being active and having a healthy weight.

The HOPE programme is based on a community engagement and empowerment model consisting of four interactive sessions and one follow up evaluation session.

Meet Kopu Unua, of Cook Island descent. She is a HOPE champion who is delivering HOPE courses to her Te Taiawa Ora community. This is her story.

The HOPE programme has really benefited me. I was diagnosed with type 2 diabetes over three years ago. When I was diagnosed I had no idea what caused the diabetes or what the effects of diabetes would be for me long term. The programme taught me: what diabetes is, what causes diabetes, the risks that diabetes can have on long term physical and mental well-being, and the best nutritious food to eat.

I highly recommend HOPE to our communities, whanau and work places. Awareness is the key to making helpful life style changes and good choices.

I'm not perfect, it is a struggle at times to choose to eat healthily and to exercise. But I believe that the good support from whanau and mentors, as well as exercise and nutritious food all helps to breakdown the psychological barrier and that I can do it!! - Kia Manuia

21
Communities completed a HOPE programme

413
people participated in the HOPE programme and directly impacted their families

13
Active HOPE champions educating their community on living a better lifestyle

No Age limit
HOPE is available to anyone that wants to participate



Kopu Unua participated in the HOPE Train the Trainer 2016.

Awareness programmes

The Diabetes NZ – Auckland Branch Health Promoter delivers a one hour diabetes awareness talk to different communities upon request. The talk consists of basic information about diabetes.

The awareness talk is important because it provides basic knowledge for people in the community to be aware of diabetes and especially Type 2 diabetes. According to the statistics, an estimated 85 - 90% of people with diabetes are Type 2 diabetes.

The one hour session is important because it focusses on Type 2 diabetes, how it can be prevented and also how it can be managed properly to avoid related complications.

The communities that the Health Promoter is delivering the awareness talks to include; Green Prescriptions groups; Salvation Army Bridge and Womens Life-skill programmes; Retirement Villages; Correction centres; Workplaces, to name a few.

61

Diabetes awareness talks delivered to 61 communities

1,042

People attended an awareness talk over the 12 month period

18 – 80

year olds heard basic information on what diabetes is, the symptoms & complications, risk factors, prevention & management

Diabetes Action Month

Diabetes Action Month is November and World Diabetes Day 2016 focus was 'Eyes on Diabetes'.

Awareness activities focused on promoting the importance of screening to ensure early diagnosis of type 2 diabetes and treatment to reduce the risk of serious complications.

The Mobile Awareness Service (van) was at locations across Auckland to provide screening during the month.



Mobile Awareness Service

Our Mobile Diabetes Awareness Service aims to increase the awareness of diabetes in high risk communities and improve engagement with primary care services for those at greater risk of type 2 diabetes. By providing a mobile service (van) at the door of these communities, we aim to reduce barriers to access and time and cost of health awareness and care, while providing education and resources for prevention and management of type 2 diabetes.

The service provides a range of culturally appropriate health promotion resources to help people identify what their risk factors are for developing type 2 diabetes. Our nurse performs a finger prick test to check HbA1c level, then takes measurements of weight, height, BMI and blood pressure. Referral letters are sent to GP's, Green Prescription and Quit Smoking if applicable.

3,142

People were reached via the mobile testing service

96

Sites were visited over the 12 months

1,570

People were screened for diabetes via the risk assessment tool

538

people were HbA1c tested

65%

Went away with diabetes resources & better educated on the condition

'Just with being a Pacific Islander and knowing a lot of our Island people, majority of them are diabetic. So for me it's best to get tested cause it's better to be safe than sorry. The main thing is for us to be healthy, to live longer just for our family and kids.

It's been 8 months (since I've made healthy life style changes). I'm feeling a lot better, can sleep much better and I can actually walk right through Sylvia Park. It definitely used to be a challenge where I used to be puffed out walking down 5 stores, so now I can actually walk from the Warehouse all the way to where Pumpkin Patch is without having to take a rest.

I'm here today to support a movement for all the Pacific Islanders because majority are diabetic and have the disease and we are here to support them'.

- Carol visited the Mobile Awareness Service



Carol and Diabetes Mobile Service Nurse Sandra Yee

Youth programmes

Type 1 diabetes is a condition which requires 24/7 management and a lifetime of care. Not a single day managing the disease is the same, and building a support network of other individuals with shared experiences can significantly improve a diabetics control and quality of life. Our Youth programmes provide the opportunity for Type 1 youth and their families to learn about the disease and build those support networks. Successful management requires assistance from all family members, so it is valuable for everyone involved to have a community of people they can relate to and share experiences with.

The camps, activities, and events focus on a combination of education, networking, and support to assist youth and their families in Auckland living with Type 1 diabetes. During the year we held a Teen Camp at CastleRock, Summer Camp at Long Bay and Family Camp at Carey Park, Henderson Valley.

The youth camps are our key events, as they provide an environment in which Type 1 youth can spend time away from home, challenging themselves in new activities and learning from others with similar experiences. The youth build support networks with other Type 1's who they can call in when in need, and receive positive mentoring from successful young adult leaders with Type 1. The youth can also try new techniques with their diabetes management under close supervision of medical staff, which they may not have the opportunity for at home.

The family events provide the opportunity for families to learn from each other about management styles and coping techniques which they may not have an understanding of from clinic. It is also a way for family members to learn more about diabetes in order to support their Type 1's.

Other activities held were a Sleepover at Kelly Tarlton's, Parent/Caregiver Education Evenings, Volunteer and young adult catchups as well as the Riding on Insulin event at Snowplanet.

700+

young people with
Type 1

134

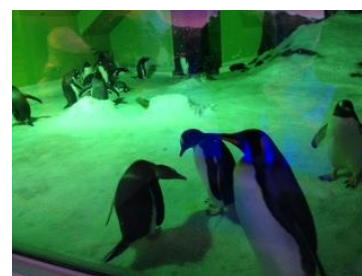
Kids and teens with Type 1 diabetes enjoyed four awesome events where they learnt more about their condition & had fun

137

Newly diagnosed kits to
children aged 0-15 at
Starship

48th

Annual Summer Camp
was run at MERC in Long
Bay over four days for
Type 1 youth ages 9-12



*Kelly Tarlton's Sleepover
in June*

Hi, my name is Alex and I have had diabetes since I was 4 years old (I am now 10). This was my fourth time at the Kelly Tarlton's one night sleepover. I had lots of fun, I even saw someone that goes to my school. I met lots of friends that I have gotten to know at other diabetes events. These friends are very special to me because we have a lot in common and we know how it feels to have diabetes.

My favourite part was when we learnt about the sealife plus the ice bucket challenge. We got to hand feed the fish and it was very stinky. My mum wouldn't let me touch her with my stinky hands. Mum and I slept in the tunnel under the crayfish. When the lights went out it felt quite mysterious – there were shadows in the water from the fish swimming around and the sealife felt bubbly. Thank you Kelly Tarltons for letting the diabetes group sleepover. I really enjoyed it and can't wait for next year.

- Alex aged 10 years old

Co-ordinator
(Volunteer)



Kelly Tarlton's Diabetes Youth Auckland sleepover

Support groups

We believe that there are many benefits to peer support groups. When someone doesn't know many - or any - other people who are going through what they are coping with, they can feel isolated and stigmatized. Support groups help people with diabetes or pre-diabetes to feel less alone and more supported. These groups meet to provide support and learn more on how to best manage their diabetes. The twelve Support Groups across Auckland are run by volunteers who freely give of their time and are passionate about helping others. Visit our website diabetesauckland.org.nz to find out when a support group is meeting in your area.

The daytime North Shore Diabetes Support Group celebrated its 27th anniversary in April this year with the same co-ordinator who started the group all those years ago.

They've had a great year with many interesting diabetes-related speakers; anything from inspiring people who've had diabetes for more than 50 years to expert health professionals speaking about anything from eyes to dietary issues.

The caring and sharing times have covered the emotional impact of living with the condition to sharing tips and having lots of laughs along the way.

- Sue Pearson, North Shore Diabetes Support Group



*Sue Pearson,
North Shore Diabetes Support Group Co-ordinator*

12
Support Groups who meet monthly

100
People attend these monthly meetings

Members Recognised

Current Members

Over the past year our members have received the Diabetes NZ Wellness magazine, accessed our online shop and received a 10% discount, joined peer support groups and utilised their voting rights at the Annual General Meeting.

1,655

Diabetes NZ – Auckland Branch members.

Life Members

Diabetes NZ – Auckland Branch Life Members were recognised at the end of the year for their contribution of working tirelessly as volunteers. They have played a major part in ensuring that people with diabetes or at risk of diabetes can access information and support to manage their health and well-being.

29

Life Members who were and are dedicated to improving the wellbeing of those with diabetes

Silver Club

A small function was held at Diabetes NZ – Auckland Branch premises during November to appreciate those people who have been on Insulin for 50 years or more.

58

People belong to the Silver Medal Club

Volunteers

Volunteers are a key to our services throughout the Auckland region. During the past year, we are immensely grateful for each one of our volunteers - from trustees and board members, right through to camp volunteers, support group leaders and street collectors.

30

Active Volunteers

A Tribute to Ali – Ministry of Health Volunteer Award

Last year a valued volunteer was celebrated. Tribute was paid to the amazing Ali who tirelessly worked for over 20 years as a volunteer in our community. Friends, family and staff meet together to recognise this and to present awards to his family. He was awarded the Diabetes NZ Award as well as a Ministry of Health Volunteer Award for Long Service.

He will be forever remembered.



*Ali Riasat and Matt Roberts
(Diabetes NZ - Auckland
Committee)*

Graeme Douglas Mack Research Fund

Graeme Douglas Mack was educated at Auckland Grammar and was a proud Aucklander. He was married to Elizabeth, a dietitian at Auckland Public Hospital. In his forties he developed type 2 diabetes. He successfully managed it with diet and an active life style. Graeme and Elizabeth travelled widely and adventurously and Graeme lived a long and fulfilled life.

Upon his death in 2011, Graeme gifted significant funds to charities in his will including Diabetes NZ - Auckland Branch for research purposes.



Graeme and Elizabeth Mack

The inaugural recipients of the Graeme Douglas Mack Research Fund in 2016 were:

One Year Research Grant Recipient: Mrs Joyce Roberts, Clinical Nurse Diabetes Specialist, Counties Manukau Health; *Paying adolescents to encourage diabetes self-management*

Two Years Research Grant Recipient: Dr Troy Merry, Rutherford Discovery Research Fellow, Senior Lecturer at School of Medical Sciences, The University of Auckland; *Brown adipose tissue in New Zealand children*



*Dr Troy Merry,
Graeme Douglas Mack
Research Grant recipient*

Financial Review

Looking back at the past financial year

The year to 30 June 2017 was largely a period of transition marked at the beginning with a restructuring and at the end with the appointment of a new Branch Manager to lead the branch positively into the future. The new Branch Committee agreed to maintain the current services, with the exception of the physical shop, following the restructure.

The decision to restructure was made at the end of the 2016 financial year but the financial impact fell immediately into the 2017 financial year. That it was necessary cannot be disputed; at 1 July 2016 the untagged accumulated funds for the branch were only \$25,326, a deficit of \$14,791 had been incurred for the year then finished and deficits were forecast to continue and bring the branch into a state of insolvency.

The main financial component of the turnaround came from the reduction in staffing costs of \$308,212 – the General Manager contract finished, two staff resigned and two positions were disestablished. All staff affected found other employment.

The resulting cost structure has allowed the existing services to continue with no impact on delivery. Reduced overhead allocations enabled more HOPE courses and longer mobile awareness service for the same amount of funding. The decision to close the physical shop from July 2016 cut retail sales by half but online sales have picked up by 14%.

Fundraising was impacted by reduced staff resources - our major fundraising activities were deferred. Reported grant income fell by \$326,440. Nearly half of this fall, \$155,340, was due to the timing of grant applications. In other cases, the reduction in staff costs ruled out repeating past grant applications for those specified salaries.

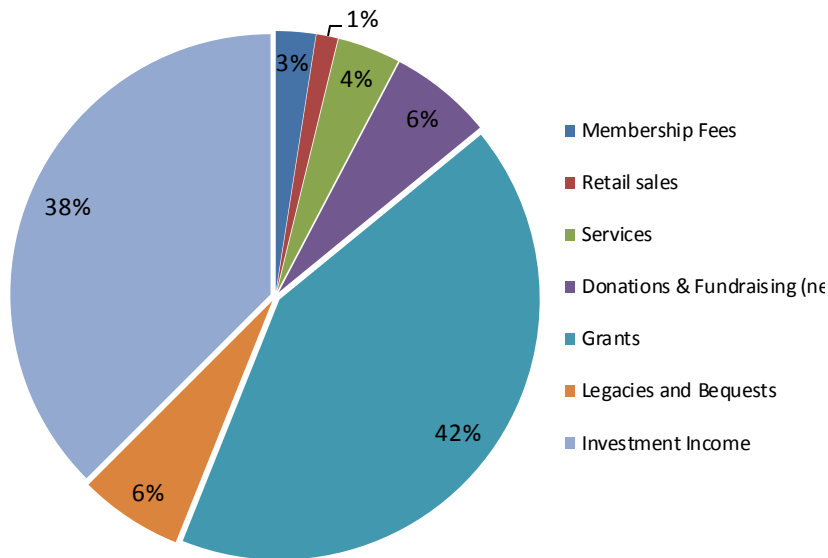
\$90,672

surplus for the 2017 year
and accumulated funds had
increased to \$135,910 at 30
June 2017

A full set of audited financial
statements is available on
request. Contact:
accounts@diabetesauckland.org.nz

Income by Source 2017

Thank you to all our Funders for their financial support to enable us to carry out the work we do to reach those affected by or living with Diabetes across the Auckland region.



The branch's investments through its two controlled trusts also contributed heavily to the year's result. Although investment income was down, the revaluation gains on portfolios more than compensated, contributing \$132,552 more than the previous year.

It is important to note, that Diabetes NZ – Auckland Branch does not receive any funding from the Ministry of Health.

Special thanks to:



Consolidated Statements

Consolidated Statement of Revenue and Expense for the year ended 30 June 2017	Revenue		
		2017	2016
	Membership Fees & Subscriptions	\$ 22,737	\$ 27,200
	Sale of Goods and Services	\$ 56,596	\$ 114,623
	Rendering of Services	\$ 35,919	\$ 49,612
	Donations	\$ 25,548	\$ 38,003
	Fundraising	\$ 54,521	\$ 140,091
	Grants	\$ 386,519	\$ 713,959
	Legacies and Bequests	\$ 59,292	\$ 61,836
	Rental Income	\$ 11,294	\$ -
	Income from Investments	\$ 333,937	\$ 205,651
	Total Revenue	\$ 986,363	\$ 1,350,975
	Expenses		
		2017	2016
	Costs of Sale of Goods and Services	\$ 44,344	\$ 93,996
	Fundraising Expenses	\$ 21,261	\$ 53,215
	Awareness Services	\$ 74,095	\$ 80,702
	HOPE Programmes	\$ 39,762	\$ 41,893
	Youth Programmes	\$ 60,616	\$ 47,522
Member Support	\$ 3,989	\$ 5,240	
Grants for Research	\$ 56,750	\$ 71,750	
Salaries and Operating Expenses	\$ 594,874	\$ 971,448	
Total Expenses	\$ 895,691	\$ 1,365,766	
Net Surplus / (Deficit)	\$ 90,672	(\$ 14,791)	
Consolidated Statement of Financial Position as at 30 June 2017	Assets		
		2017	2016
	Current Assets	\$ 356,145	\$ 416,435
	Current Assets (restricted)	\$ 998,036	\$ 1,094,368
	Non-Current Assets	\$ 3,531,457	\$ 3,436,264
	Total Assets	\$ 4,885,638	\$ 4,947,067
	Liabilities		
		2017	2016
	Payables and Accruals	\$ 45,661	\$ 197,509
	Deferred Revenue	\$ 33,352	\$ 33,605
	Total Current Liabilities	\$ 79,013	\$ 231,114
	Net Assets / Equity		
		2017	2016
Accumulated Revenue and Expense	\$ 135,910	\$ 25,326	
Reserves	\$ 4,670,715	\$ 4,690,627	
Total Net Assets / Equity	\$ 4,806,625	\$ 4,715,953	

A full set of audited financial statements is available on request.
Contact: accounts@diabetesauckland.org.nz