



## INFORMATION PACK

SUMMER CAMP 2020

Living  
EVERY DAY  
Brave

Diabetes Youth Auckland

YMCA Shakespear Lodge Whangaparaoa  
January 13th - 16th 2020  
For details and to apply visit  
<https://diabetesauckland.org.nz/youth>  
AGES 9-11

The poster features a collage of images showing young people participating in various outdoor activities like kayaking, climbing, and socializing. The background is a mix of blue and white textures. The text "Living EVERY DAY Brave" is prominently displayed in a large, white, cursive font. The Diabetes Youth Auckland logo is in the bottom left corner. A yellow circular area in the bottom right contains the event details.

## APPLICATIONS CLOSE 11 NOVEMBER

### COST:

**With 4 days Carer Support funding: \$125**

**Without Carer Support funding: \$433.94**

## WELCOME TO SUMMER CAMP 2020!

This information pack will guide you through the process for making an application and answer common queries about what to expect.

### IN THIS PACK YOU WILL FIND:

1. Instructions for how to apply
2. Benefits of Summer Camp
3. Camp organisation: teams, staff, accommodation, food
4. Costs & guide to completing Carer Support
5. Daily programme
6. Clothing & equipment list
7. Camp rules for Behaviour contract

### TO APPLY:

Complete the online Application form and pay the deposit online at <https://dya.focusmedia.co.nz/2020-summer-camp-living-every-day-brave/>

Complete the online [YMCA health & safety form](#).

Pay the deposit and complete the above forms by **Monday 11 November**.

**Note: the \$125 deposit will be refunded if your application is not successful.**

### Payment options:

- **Online banking** to Diabetes Youth Auckland, Westpac Bank account **03-0584-0197985-05**  
Particulars: Child's surname Reference: Camp  
To pay by online banking, exit out when you get to the Paypal page – your form will still be submitted, then go to your bank and pay by online banking.
- **By credit/debit card** when you complete the online Application. (Preferred Option)

***Diabetes Youth Auckland will review all applications with input from Starship. We will let you know by email if you have been successful by 17 November as places are limited.***

### FOR QUERIES:

Email: [youth@diabetesauckland.org.nz](mailto:youth@diabetesauckland.org.nz)

Messenger: [m.me/DiabetesYouthAKL](https://m.me/DiabetesYouthAKL)

## BENEFITS OF SUMMER CAMP

Feedback from a camper:

“Hi my name is Grace and this was my first Summer Camp. I was really nervous because I didn't know anybody and I didn't want to go, but once I got there I soon made friends. I'm really not an outside person but I LOVED CANOEING. I wasn't so sure about abseiling and the crates as I'm not a fan of heights but I gave them a go anyway and felt really good about it. Another great thing about camp was learning to do my own injections. I am a needle phobe and I was adamant I wasn't going to do them myself but the nurses were so encouraging that I managed to do it. I was so happy and so were my parents.”

### Meet new friends

They'll be surrounded by other people just like them and for once they won't be the only one testing and injecting – the whole camp will! Don't worry if they don't know anyone before camp – most kids don't. Summer Camp is the easiest way to meet kids of a similar age with diabetes and in many cases form friendships that help them through the teenage years and beyond. Once they've made friends here it makes it more fun to catch up with them at other Diabetes Youth Auckland events. If children feel a bit unsure about being away from home that's not uncommon and our camp team are trained to make sure everyone feels comfortable and help them make new friends.

### Build self confidence

Daytime activities are led by YMCA Shakespear's team of professional instructors who teach a mixture of land and water based activities including sea kayaking, mountain boarding, archery plus lots of fun team based activities all designed to enhance self-esteem and confidence.

### Gain independence with diabetes management

It's a fantastic opportunity for your child to learn more about diabetes management and gain some independence. Safety is our top priority. A Starship diabetes doctor is always available and diabetes nurse specialists supervise all diabetes management of campers. They are supported by overnight nurses, a dietician, reps from medical companies and group leaders who are older teenagers or young adults with type 1 diabetes.

### Take a break

While your child is having fun at camp this is also a time for parents and family to have “time out” from diabetes management. This may be the first time you've had an overnight break since your child was diagnosed. We want you to be able to relax secure in the knowledge that your child is being well supported in managing his/her diabetes.

## CAMP ORGANISATION

**Red, blue, green and orange teams:** The children will be divided into four age-related groups (approximately 10 campers, boys and girls). Each team has a registered nurse, team leader, youth leader (who also have type 1) and a medical representative who will be with their team throughout the day helping with diabetes management and general welfare.

### STAFF RESPONSIBILITIES

Here's an overview of who will be looking after your child at camp:

**Camp Manager:** This will be a Diabetes Youth Auckland team member who has first-hand experience living with type 1 diabetes. They're there to make sure everyone has a fun and safe time which also includes making sure all the rules are kept and to deal with any breaches of behaviour.

**Team Leader:** Also a DYA Volunteer who has first hand experience with T1D. They're here to take responsibility of their assigned group, mentor and establish good rapport with all campers

**Youth Leader:** Also a DYA Volunteer who has first hand experience with T1D. Typically a teenager over 18 with a strong interest in helping kids. They are here to assist with their assigned group and learn valuable skills from the Camp Manager and Team Leaders.

**Diabetes management:** The Starship Diabetes team will have a doctor and a diabetes nurse specialist onsite at all times. An endocrinologist will be on site one day and on call at all other times. Bureau nurses are contracted to provide night nurse coverage. (They'll be testing your child's blood glucose during the night)

**Volunteer nurses:** registered nurses who are not diabetes specialists but have a keen interest in diabetes in children.

**Medical representatives:** the following companies usually send medical representatives; Medtronic, (Medtronic pumps), NZMS (Animas pumps), Pharmaco, (CareSens meters) Novonordisk, (insulin) and Sanofi, (insulin).

**YMCA Shakespear team:** daytime activities are led by YMCA's team of professional instructors who teach a mixture of land and water based activities all designed to enhance self-esteem and confidence.

### ACCOMMODATION

**YMCA Shakespear Lodge, Whangaparoa. Website:** <https://www.ymcauckland.org.nz/find-your-local/shakespear-lodge/> **You Tube:** <https://youtu.be/k8nOYKVXXEo>

YMCA Shakespear Lodge is set above the beach in the scenic Shakespear Regional Park and Open Sanctuary. The lodge is surrounded by wide open green spaces to play in and native bush complete with birds and wildlife. Boys and girls will always be in separate dorm bunk rooms with adult team leaders and nurses bunking in too, making sure everyone is safe and getting sleep after lights out! DYA has exclusive use of the entire area for the duration of our camp.

## CAMP FOOD

Meals are provided by a contracted caterer with close involvement from the Starship Diabetes team dietitian. Morning and afternoon tea will be sent out with each group to have during their MERC activities and supper will be served around 8.30pm. We will provide plenty of food that we know most kids will enjoy, e.g.; hamburgers, tortillas, chicken drumsticks.

Please don't pack any extra food for your child – we will have plenty of snacks on hand if they need more carbohydrate or are just feeling hungry.

***It's important that you let us know of any special dietary needs such as gluten free, dairy free, nut allergies, vegetarian on the application form so we can cater for them in advance.***

## CLEANING

It is everyone's combined responsibility to keep the facilities clean and safe as per the YMCA requirements. Each group will be rostered during the week to assist with cleaning (sweeping dining area, collecting any rubbish, cleaning toilets etc) all team members are expected to play an active role.

## COMMUNICATION

At camp we do not allow children to have cellphones etc as this hinders the camp experience. Should parents need to contact their children during camp in such cases as an emergency the Camp Manager's number will be made available prior to camp starting.

## COSTS

**Included:** 3 nights' accommodation, all food (except morning tea on first morning), 4 days water and land based activities with trained YMCA instructors.

<b>Deposit (to be paid with application)</b>	<b>\$125</b>
<b>Carer Support (4 days paid by Ministry of Health)</b>	<b>\$308.94</b>
<b>Full cost per camper</b>	<b>\$433.94</b>

- Providing your child qualifies for Carer Support the only cost you will directly pay is \$125.

### Scholarships

If you want to send your child but know you can't afford it then consider applying for one of two scholarships. We appreciate it can be hard asking for assistance but we don't want your child to miss out on this important experience if we can help out financially.

### To apply:

Discuss with the Starship team at your child's next clinic appointment. Only applications endorsed by Starship will be considered for Scholarships.

## CARER SUPPORT

Most campers will qualify for Carer Support and we strongly advise you to use it. It is funded and administered by the Ministry of Health.

### **If you have a Carer Support claim form:**

Check now that it will cover the dates of camp, 13-16 January 2020. If it doesn't, you will need to re-apply.

### **If you don't have a valid Carer Support Claim form:**

*Please ask for an **application form** for one at your next diabetes clinic appointment. It needs to be signed by a doctor and then it is your responsibility to complete the form and send it to Ministry of Health. It takes at least 10 working days for the MOH to approve. Once this is done they will send you a valid Carer Support **Claim form**.*

Once you have a valid Carer Support Claim form please refer to the example in this pack to fill it in. You need to **sign** your Carer Support Claim form and post it to Diabetes Youth Auckland to arrive by 13<sup>th</sup> Dec. **We complete all other details including the dates** and send all the claim forms off to the Ministry of Health at the end of the camp. MoH then pays Diabetes Youth Auckland.

# GUIDE TO COMPLETING CARER SUPPORT CLAIM FORM FOR USE AT CAMP.

1. Check days remaining and expiry date are adequate.
2. **Sign only box 1 where it says Signature of full-time carer. Leave date blank.**
3. The remainder of the form will be completed by Diabetes Youth Auckland, after camp has finished. It must be an original form. We cannot accept photocopied or scanned versions.

## Carer Support Claim Form

Funded By Waitemata DHB

Private Bag 1942, Dunedin 9054  
Telephone: 0800 281 222

**MINISTRY OF HEALTH**  
MANATŪ HAHIORA

Full-time carer details  
Name, and mailing address of full-time carer

Form printed 19-Mar-2012.

**Client Number:** \_\_\_\_\_  
Name of Client: \_\_\_\_\_

**28.00 days** remain for use between 12-Mar-12 and 11-Mar-13. The total allocation for this period was 28.00 days.

Full-time carer physical address  
(if different from the mailing address above)

**Support carer details**

Full name \_\_\_\_\_  
Date of birth   /   /   /   /   / \_\_\_\_\_  
Relationship to client \_\_\_\_\_  
Physical address \_\_\_\_\_  
Mailing address (if different from above) \_\_\_\_\_  
 Tick if you have previously provided support care

**Daily rates** All rates are GST exclusive.

<u>Formal Rates</u> (Only for GST registered carers)	
Formal	67.16 <input type="checkbox"/>
<u>Informal Rates</u>	
Informal	64.50 <input type="checkbox"/>

**Payment will be made at rate applicable for the period claimed. This may differ from that printed on this form.**

Date(s) of service (dd/mm/yy)	Hour(s) if applicable	Tick Claim Period	
		Half day*	Full day
Total days claimed			
Daily rate			
If the support carer is registered for GST, then a tax invoice must be attached to this claim form.			
GST – if any – (tax invoice attached)			
Total claimed (days x rate)			
Amount already paid to support carer if any			

\* A half day is a minimum of 4 hours care.

**At the completion of service complete either box 1 or 2**

**1. Payment direct to support carer**

I confirm that the above information is a true and correct record of the services provided.

Signature of support carer \_\_\_\_\_  
Date \_\_\_\_\_

I confirm that the support carer provided the above services and request that the support carer be paid directly.

Signature of full-time carer \_\_\_\_\_  
Date \_\_\_\_\_

**2. Reimburse the full-time carer**

I confirm that the above information is a true and correct record of the services provided and that I have already been paid the amount shown for those services prior to this claim being submitted.

Signature of support carer \_\_\_\_\_  
Date \_\_\_\_\_

I confirm that the support carer provided the above services and that I have already paid the support carer the amount shown and request reimbursement of the lesser of the subsidy claimed or the amount already paid to the support carer.

Signature of full-time carer \_\_\_\_\_  
Date \_\_\_\_\_

If you are moving or have recently moved please refer to the instructions on the reverse.

**Days remaining:**

4 or more days required to cover camp fully. Expiry date must be later than 16/01/20

Sign here

**(Signature of full-time carer)**

**Leave date blank**

## DAILY PROGRAMME

Here is an indication of what we will be doing (and when) over the 4 days of camp. It's subject to change depending upon weather conditions.

YMCA Shakespear instructors will be running daytime activities; these will include a section from Kayaking, Sailing, Raft Building, Coaststeering and Coastguard Boating Education's Safe Boating Programme, Air Rifles, Archery, Bush Craft, Bush Cooking, Climbing, Initiative Exercises, Mountain Boarding, Mountain Biking, Pioneering, UHF Radios, Sanctuary Discovery and Tramp to Camp.

The Camp Manager and DYA volunteer team will organise other activities to keep the children occupied outside of these times including the famous last night disco evening. There will also be some downtime for everyone to relax and catch their breath!

### Monday 13 January

Time	Action
10 – 11.30am	Camper arrival & registration – families will be given a specific time to arrive within these hours to manage registration queues
11.45am	Welcome talk
12 midday	By this time all parents/caregivers to depart
12.15pm	Lunch
12:45pm	Activity 1 with YMCA instructors
2:15pm	Activity changeover
2:30pm	Activity 2 with YMCA instructors
4pm	Afternoon tea
4:15pm	Free time
5.15 – 5.45pm	Testing
6pm	Dinner
7.00pm	Evening activities run by DYA volunteer staff
8.30pm	Testing & supper
8.45pm	Get ready for bed
9.15pm	Lights out

### Tuesday 14 and Wednesday 15

7am	Wake Up
7.30 am	Testing
8.00 am	Breakfast
8:30 am	Rostered Cleaning
9.00 am	Activity with YMCA instructors
10:30am	Morning tea
10:45am	Activity with YMCA instructors
12:15pm	Testing & lunch
12:45pm	Activities with YMCA staff
2:15pm	Activity changeover
2:30pm	Activities with YMCA instructors
4pm	Afternoon tea
4:15pm	Free time for campers
5.15pm – 6pm	Testing & getting cleaned up for dinner
6 pm	Dinner
7pm	Evening activity/Disco on Wed night
8 – 8.45pm	Testing, supper, get ready for bed
9.00pm	Lights out



**Thursday 16**

7am	Wake Up
7.30 am	Testing
8.00 am	Breakfast
8:30 am	Rostered Cleaning
9.00 am	Activity with YMCA instructors
10:30am	Morning tea
10:45am	Activity with YMCA instructors
12:15pm	Testing & lunch
12:45 – 1:45pm	Pack up and cleaning
1:45pm - 2pm	Prize giving & Farewells (parents welcome)
2pm	Pick up of children

## GEAR & CLOTHING RECOMMENDATIONS

<b>DIABETES EQUIPMENT</b>			
Insulin		Testing gear	
Syringes (or pen needles)		1 Glucagen Hypokit*	
Meter, batteries & strips (2 pots)		Blood ketone meter if you use one	
Log book		Ketostix or 2 packets Blood ketone strips *	
People on pumps: pump consumables including wipes, tape, batteries, cannulas, transfer sets, cartridges & insulin pen with short acting insulin and long acting insulin		Glucose tablets (4 packets) <b>or</b> 2 lots of 8 pack Twist juice* (don't bring other brands)	
Any other medication		Spare Libre or CGM sensor if you use these	
* Please ask for additional one of each at clinic. Each child will need to hand either one of these two items in at the start of camp to the 'supply pool' and they won't be returned at the end of camp.			
<b>CLOTHING Closed in shoes are a safety requirement for ALL activities</b>			
2 pairs of old closed in shoes (1 pair will get wet during water activities)		Swimming togs	
Sandals for around camp		Sunhat	
Socks (at least 4 - 5 pairs)		T-shirts (4)	
Lots of underwear		Shorts	
Pyjamas		Something to wear at the disco	
Warm clothing including:			
Warm shirts		Sweatpants or long pants (also needed for protection when wearing harnesses)	
Sweatshirt		Raincoat or windproof jacket	
<b>OTHER ITEMS</b>			
Sleeping bag (or single bedding)		Single fitted sheet (or sheets + spares if required)	
Pillow & pillow case		2 Towels – one for swimming & one for showering	
Sunblock if you use a special type otherwise block will be provided		Toiletries/sanitary requirements (e.g. face cloth, soap, toothpaste & brush, hair brush)	
Lip screen		Cutlery and crockery is provided this year!	
Drink bottle		Torch	
Plastic bag for dirty/wet clothes		Pen/pencil	
Tea towel and clothes peg		Book/games (optional)	
YMCA supplies wetsuits, snorkels, masks & fins for activities. If you have and prefer to bring your own, feel free to do so.			
<b>MAKE SURE EVERYTHING IS CLEARLY NAMED</b>			

### **Do NOT Bring:**

Mobile phones, iPad, iPod, tablet or anything valuable  
 Extra food  
 Pocket money  
 Pocket knives

## Camp rules & behaviour contract

Please read this section carefully with your child. On the online application form you will sign that you have discussed this agreement with your child and have both agreed that this is the accepted standard of behaviour required at camp.

Our aim is to provide a camp that is safe and fun for all the children attending. Children will be expected to take responsibility for their own behaviour. This contract is to ensure that behaviour standards and consequences are clearly and fully understood.

### Camp Behaviour Contract

I agree to treat others kindly and to speak with respect.

I agree to follow the camp rules.

I will try my best and participate in activities.

This is to ensure everyone feels happy and has an amazing and fun time at camp.

Camp rules:

- Children must not leave the camp area without approval and/or without an adult.
- Boys must not go into girls' dormitories and girls must not go into boys' dormitories.
- The climbing wall cannot be used without harnesses and instructors.

Behaviour that is unacceptable includes:

- Aggressive behaviour (fighting, bullying, teasing).
- Stealing.
- Serious non-cooperation in activities and routines.
- Behaviour which may be dangerous to the individual or to others or which may be a dangerous example to others.

For breaches of the behaviour contract the normal consequences and penalties will be as follows (although serious, major offences may result in the child being sent straight home):

Offence	Consequence	Action
First	Warning	This will be discussed with the child & a record will be kept by the Camp Manager
Second	Time Out	The child will be excluded from part of the programme & asked to help with jobs by the Camp Manager
Third	Parent Call	The parent/caregiver will be phoned by the Camp Manager & the situation discussed
Fourth	Sent Home	The parent/caregiver will be asked to remove the child from the camp by the Camp Manager at their own expense

The Camp Manager will be responsible for ensuring that the rules are kept and will deal with any breaches of behaviour. Upon arrival, there will be an explanation of the rules of the camp.