



diabetesTALK

Together we can help Kiwis with diabetes live well.



Open Mon–Thurs
9am–11.30pm
Life Unlimited Building
20 Palmerston Street
Hamilton 3204

Phone (07) 8539854
Email diabetesw@xtra.co.nz

 [LIKE US on FACEBOOK](#)

Donate online at
www.diabetes.org.nz/donate

See reverse for support meetings



Participants at the 2019 Waikato-Tainui Hikoi

IMPORTANT

You can receive a lot of local news including Corona virus and other important issues happening in the Waikato.

Please make sure that we have your correct email address.

If in doubt please feel free to re-enter your details in the FREE MEMBERSHIP form available in the office.

We will have those forms in all our support meetings for the coming three months

Diabetes Action Month

The theme for Diabetes Action Month this November is “Love Don’t Judge”.

DAM Events

November is fast approaching and November means Diabetes Action Month! We have a number of exciting events lined up for you to get involved in, or help out with. Following on from the success of the E-Bike Rally last year and the Waikato-Tainui Hikoi both events will be running again. A list of events for DAM can be found on the next page.

\$2 RAFFLE \$2

We are also running a raffle this year with some fantastic prizes! With tickets only \$2 it’s definitely worth a punt, especially as the money raised goes towards a good cause.

If you would like to buy tickets please email diabetes@xtra.co.nz or pop into the office. Tickets will also be available at our support groups and all the events.

Please see below for details of prizes and check out our [Facebook page](#) for more information.

Support Meetings

ALL SUPPORT GROUP MEETINGS ARE RUNNING

Hamilton held monthly every fourth Tuesday at 10am in Hamilton RSA Club 50 Rostrevor Street

Type 1 Diabetes & New Technologies held monthly every second Wednesday at 6.30pm in Hamilton RSA Club 50 Rostrevor Street, Hamilton

Te Awamutu held monthly every second Tuesday at 10.30am at Methodist Church, 261 Bank Street, Te Awamutu

Huntly held monthly every third Wednesday at 10am in the Huntly RSA Clubrooms, Williams Street, Huntly

Ngatea-Thames-Hauraki held monthly every first Thursday at 1.30pm at the Richmond Village Conference Room, Thames

Tokoroa – This meeting is on hold at present.

Raffle

All proceeds of the Diabetes Awareness Month Raffle go to Diabetes New Zealand Waikato Branch.

The Raffle will be drawn on 30 November 2020.

Results published in Hamilton Press 8th Dec 2020.

Palmerston Street Closure

A reminder that Palmerston Street will be closed to through traffic as of Monday 05 October for at least 2 months while the road is being upgraded.

Access is available via a stop / go system and business will operate as per usual. If you are visiting the DiabetesNZ Waikato Office please allow extra time.

There is parking available at the Seventh Day Adventist Church – as it might be easier access from Pembroke Street if you are coming from that direction.

Date	Time	Location	Event
Mon 1st Nov	11am - 11.30am	Hamilton	Community Radio Interview
Tue 2nd Nov	10.10am	Hamilton	Free FM - Interview with Kelly Pike
Tue 2nd Nov	10am - 2pm	Hamilton	Rauawawa Kamatua Trust Health Expo
TBC - check facebook for updates	12 Noon	Hamilton	Waikato-Tainui Hikoi
November		Hamilton	Hamilton Central & Chartwell Library displays
Fri 10th Nov	10.20 - 12 noon	Te Awamutu	Morning tea with Diabetes Health Day and talk.
Fri 13th Nov	10am - 3pm	Hamilton	Bucket collections at Pak'n'Save & New World
Sun 15th Nov	10am - 1pm	Hamilton	Round The Bridges Fun Run Youth Fundraiser
Tue 17 Nov	11am - 3pm	Hamilton	South City Pharmacy Awareness
Wed 25th Nov	9am - 12 noon	Hamilton Age Concern	"Blokes Can Cook"

\$2 Raffle \$2

1st Prize: Fitbit charge 3 Advanced Fitness Tracker
Value \$199



2nd Prize x 2: Glow-Lab Toiletries
Courtesy of Pak 'n' Save
Value \$80



3rd Prize: Men's Toiletries Gift Pack
Courtesy of South City Pharmacy
Value \$70



4th Prize: Diabetes New Zealand Cook Book
Value \$25



5th Prize: Diabetes Awareness Month
2020 T-shirt
Value \$15

Office News

FOR SALE

Dextro – \$2.50

Hypofit gel – \$2.00

Cookbooks:

Eat Well Live Well – \$25.00

We have a few cookbooks left. These make a lovely gift with up to date diabetes-friendly recipes for a variety of meals that are healthy, easy and quick to make.

They also have nutritional information that helps with that carb counting.

We also have a few discontinued products such as socks and Air Cycle Exercisers left at reasonable prices.

FREE

We have Equal in sachets in boxes of 50 for those of you who like to use this sweetener.

For a wider range of products we recommend the internet shopping service run by Diabetes NZ Auckland Branch at www.diabetesauckland.org.nz/shop/

Koha/donation

Given an increase in activities and our tight financial position we will be asking for a \$2.00 donation per person for the Support Groups run by our Field Officer. Thank you for your understanding.

Everybody Welcome

Please be aware that there may be changes to this programme.Support Meetings

Photos from the E-bike Rally 2020



Preparing to set off on the rally.



Getting ready to welcome the riders.



Diabetes NZ helps Kiwis live well with diabetes and supports your journey every step of the way

Donate today

Give securely at www.diabetes.org.nz or call 0800 342 238.



diabetes
action month

LOVE DON'T JUDGE
Kei whakawā. Me aroha.

www.diabetes.org.nz | @DiabetesNZ