



Northern Newsflash

April 2009

Inside this issue:

- Diabetes Project** 1
- Warkworth Quilters** 2
- Specialists v. GPs in Cricket** 2
- Home Care 4 Kids project** 3
- Random Act of Kindness** 3
- Manly Bowling Club** 4
- Waitemata Health Excellence Awards** 4

Lion Foundation grant assists Diabetes Project

The Pump 4 Freedom project to establish a specific loan service of insulin pumps for the young adult diabetics under the care of Waitemata Diabetes Services has been boosted by a generous grant of \$20,000 from the Lion Foundation.

An insulin pump looks very similar to a small pager weighing around 100grams, with a remote control. There is a colour choice to suit personality of individual style.

How do they work?

An insulin pump delivers a continuous flow of insulin, closely adapted to the basic needs of the individual while additional doses of insulin can be delivered on demand as required. Patients programme the pump to deliver the appropriate rate and doses needed by using the keypad. A pump more closely mimics a healthy pancreas than injection therapy by delivering insulin effectively & continuously. Pumps are water-proof, allow disconnection for approximately an hour for showering, swimming, contact sports, intimate moments etc..

Benefits for Adolescents & Young Adults

Rapid growth & hormonal changes with puberty cause fluctuations and are difficult to control with injection, not being able to share many activities with friends, such as sleep over parties, camping; staying up late or spontaneous activity can be very frustrating and limited for psychosocial development.

Pumps allow more freedom and flexibility, they deliver extremely small amounts of insulin, keep blood glucose levels stabilised, reduce the risk of low blood sugar, all night sleeping is allowed (no need to wake for overnight injection).

More freedom with eating times, daily life at school, college or university normalises.

No more drawing up of insulin and injecting according to results.

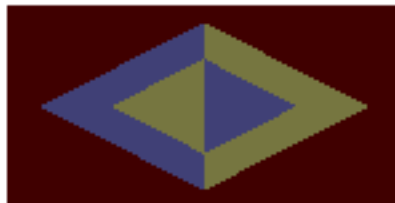
Physical activity does not have to be planned hours in advance.

Food may be eaten when the person feels like it, rather than to a testing schedule.

Sleeping patterns such as going to bed early and sleeping late are as flexible as non diabetics.

Flexibility in life with an insulin pump allows an irregular daily schedule or spontaneous physical activity even when stress and irregular working hours make control and routine difficult.

Thank you Lion Foundation for "making the difference."



The North Shore Hospital Foundation

presents a news column

THE FOUNDATION

FOCUS

in the North Shore Times every second Friday of the month.

Each quarter the

HEALTH REPORT

is published, a health themed insert carrying news from Health Foundations in the North, South and West

CHECK IT OUT

KEEP UP WITH THE NEWS FROM YOUR

REGION

Warkworth Quilters continue to support Maternity Service

For many years the women of the Warkworth Quilters have met and joined together putting together exquisitely crafted tiny memorial quilts for those families unfortunate enough to lose a baby at an early stage.

The quilts are given to families as a memorial of their loss and are very much appreciated.

Hours of handwork are put into the thoughtfully created tiny works of art. Larger quilts are also made for the Special Care Baby Unit where brightly coloured quilts are used as incubator covers and as quilts in the bassinette cots. Often the quilts are offered to parents to take home after they have enjoyed the extra personal touch these gifted items bring.



Jane Hunter admires quilting handiwork

Specialists face GPs in cricket friendly

A Waitemata DHB Specialists team faced off against North Shore GPs in a friendly 40-over per innings cricket match at Kristin School on Sunday January 18.

"Everyone was busy and active and there was a great family atmosphere on the day," says Dr Joe Singh, Home and Older Adults Service specialist physician.

The Waitemata DHB Specialists had a decisive victory over the North Shore GPs, reaching the 148 run target with 16 overs to spare.

"We had an enthusiastic, bustling team of consultants this year, many of whom are regulars and have played cricket for the Waitemata Specialists team before," Joe says.

This was the fifth annual match between Waitemata DHB Specialists and North Shore GPs.

"This year there was a threat of 'random practicing certificate testing' after the opposition had a university student cricketer on their team last year," Joe says.

Joe says one of the match highlights was that specialists from many different departments had the chance to get to know each other and enjoy New Zealand's favourite summer sport.

"It's great to see specialists from different departments mixing together and enjoying the game," he says. "I enjoy everyone being out there, and all the family and children getting along together."



East Coast Bays Rotary continues support for Home Care 4 Kids project

The President of East Coast Bays Rotary Club, Ms Carol Caulfield presented a cheque for \$10,000 to the foundation as a result of their annual Drive 4 Life Golf Tourney late last year. This greatly assists the project goal of providing loan equipment to children who are recovering in their homes after significant illness or injury.

The ability to provide loan equipment certainly ensures the comfort and expert care of the children with high medical needs while they are at home with their families and eases the burden on parents /carers in sourcing and affording these expensive items

Thank you so very much East Coast Bays Rotary for your ongoing and constant support over the past 7 years.



Random act of kindness

As if the January 28 arrival of their new-born bundle of joy wasn't enough, a Glenfield couple received another gift on that special day.

Lisa and Ryan Wood received a gift pack from ANZ Human Resources consultant Bex Isted as part of ANZ's Blue Day; a day when staff participate in random acts of kindness in their local community.

"It's an awesome and unexpected gift ... we're over the moon," the Glenfield couple said.

The gift pack included nappies, Bonus Bonds, magazines and tissues, dressing gowns and slippers and various other treasures.

Baby Issac – the couple's first child – was selected as the lucky recipient because he was the first baby born on the day.

"The gifts were especially nice because they were so unexpected," says first time mum Lisa Wood.

"It was absolutely lovely to give the gifts to the family" Bex says.



RANDOM ACT OF KINDNESS: The Woods receive their ANZ Bank Blue Day gift pack

Manly Bowling Club looks to their health

On February 18 the Manly Bowling Club held a very successful charity Bowling tournament to raise funds to contribute to the purchase of advanced Cardiac CT technology to assist in the rapid assessment and urgent treatment of heart attacks.

Joined by the VMJ Trust they made a wonderful donation of around \$4,000

The new equipment when installed will allow much quicker definite diagnosis of chest pain and ensure appropriate treatments are ordered rapidly.

They also looked at their own situation and that of the adjoining Veterans Tennis Club and the Sailing Club across the reserve at Manly deciding to install a community automatic heart defibrillator for rapid access in the emergency collapse situation while awaiting Ambulance support.



Waitemata Health
Excellence Awards
Showcasing Achievement



Waitemata District Health Board has as its primary aim 'making a healthy difference'. The Waitemata Health Excellence Awards (WHEA) is an opportunity for individuals, teams and collaborative groups of health workers in our district to showcase their achievement. The awards are not just about ground breaking research and new knowledge. WHEA promotes a sharing of knowledge gained from projects that improve practice, develop and support the workforce, encourage community cooperation and equitable access to healthy solutions.

Winners will be announced at celebration event 4:30-7.00pm at Bruce Mason Centre. Entry by ticket only.

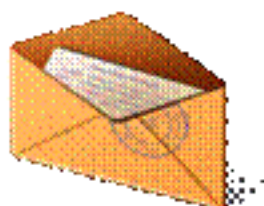
How you can participate:



Tickets for the award ceremony are **free of charge.**

Tickets can be obtained by sending an email to: tickets@waitematadhb.govt.nz (Tickets will **not** be available on the night).

Please provide in your email your name(s), the number of tickets required and a postal mailing address. Tickets will be distributed during the week commencing Monday 20th April 09.



We are on the web

www.northshorehospitalfoundation.com



North Shore Hospital Foundation is raising funds by selling the 2009/2010 Entertainment™ Book. Available for \$65, a portion of each sale proceeds (\$13) will help fund **targeted projects across the health region**

Order your new Entertainment™ Book now as they are sure to sell out quickly. To purchase your copy of the Entertainment™ Book, email your order to

Jane Hunter on jane.hunter@waitematadhb.govt.nz
or call

DDI 486 8954 or 4868920 ext. 2670