



# Foundation for Rural Integrated Enterprises & Development

Head Office: FRIEND Village, Tuvu, Kings Road, Lautoka, Fiji Islands  
PO Box D623, Lautoka. Phone: (679) 6663181/6640914 Fax: (679) 6669181  
E-MAIL ADDRESS: [friend@connect.com.fj](mailto:friend@connect.com.fj)  
[www.friendfiji.com](http://www.friendfiji.com)

Sunday, October 12, 2014

## Communities get together in effort to combat Diabetes.

FRIEND is continuing its fight against diabetes and other NCDs through a sporting initiative for communities in the West.

Our upcoming Mela Na Waqe Event will be held on 18th October 2014 at the Natabua High School Grounds. The event is supported by the Australian High Commission and Sports World is sponsoring attractive prizes for the day including shoes for first prize getters in different categories of the main event of Walk Race ! The event will be officiated by representatives of the two sponsoring organisations.

FRIEND Associate Director Dr Jone Hawea says, “Diabetes has reached a crisis point in Fiji. The clock is ticking on us- 1 in 3 people in Fiji has diabetes, every 12 hours there is a diabetic amputation in Fiji, youngest type 2 diabetic is an 11 year old – WE HAVE TO ACT NOW!”.

FRIEND SMILE team has been providing free medical care in the communities for the last four years combined with healthy eating and sporting activities to deal with the common risk factors.

“The Walk race Event is the main event of the day. While people of any age can participate in the walk race, we are aiming to attract people of 30 and above to participate with attractive Prizes for the winners. The whole focus is to encourage outdoor activity and exercise for health,” says Dr Jone Hawea.

School children aged between 6yrs – 13yrs will be partnering with their elders and participating in a Kite Flying Competition. Kite flying will provide a platform for younger children to engage in outdoor activities with their elders in learning kite making and kite flying skills. We have more than hundred kids registered for the event.

Mela Na Waqe (Festival of Sports) is a combination of a multitude of sports including Mixed Netball, Mixed Volleyball and Tug of War.

The day will also feature traditional food festival where a variety of local foods will be available on sale. The food festival is intended to revive local traditional modes of cooking for health so we can combat the rising challenge of NCDs.

SMILE stands for Sustainable Medicine Improving Lives through Empowerment and is a program of FRIEND reaching out to communities.

The programe will start at 7am followed by various fun competitions like sack race, marble race and “Tin-Pani”.

For interview please call:

*Dr Jone Hawea*  
*Ph 6663181/ 9995164*

###

Labasa Branch: Lot 3 James Madhavan Street, Phone (679) 8816007

*All correspondence to be addressed to The Founder/CEO, FRIEND, P O Box D623, Lautoka.*