

Healthy Christchurch

Newsletter # 54, Hui-tanguru (February) 2008

From the Healthy Christchurch Coordinators

Welcome back to 2008. We hope everyone had a happy and safe holiday season. With the hurried swirl of pre Christmas social activities and last minute completion of the to-do list for 2007 now a distant memory, its time to launch into 2008. Rested, relaxed and rejuvenated.

Just as we have rung the changes into a new year so too have we initiated a changed format for the Healthy Christchurch newsletter. We hope you like it!!

Much of this issue's contents link to a Healthy Christchurch priority:
--To reduce health inequalities by working to improve the health status of people in disadvantaged groups
--To improve the nutrition and physical activity of people living in Christchurch.

Waitangi Day – 6th February NZ's national day

By signing the Healthy Christchurch Charter, signatories agree to be guided in their work by a principle (among others) that 'Te Tiriti o Waitangi is the founding document of Aotearoa-New Zealand and is central to health and well-being in this country'. For signatories who are working to reduce health inequalities (a Healthy Christchurch priority) working in a Treaty-based way is a key approach.

For these reasons, each year's February newsletter is devoted to

this important and unique annual statutory holiday.

Waitangi Day commemorates the signing of Te Tiriti – New Zealand's founding document – on February 6 1840. It was an agreement between Maori Chiefs and the British Crown and established the fundamental basis of the contractual relationship between tangata whenua (people of the land) and the Crown.

The 3 Articles (terms) of Te Tiriti covered the following issues:

- Kāwanatanga (Governance)
- Tino Rangatiratanga (Maori control and self determination)
- Ōritetanga (Equity).

The Principles are derived from Te Tiriti but reflect the spirit of Te Tiriti and its original aims. They are:

- Partnership
- Participation
- Active Protection

Differences between the English and Maori texts of the Treaty, and breaches of its terms in the years following its signing, have complicated New Zealanders' sense of the ongoing importance of this agreement.

Why not make this a day to increase your understanding of Te Tiriti and celebrate the uniqueness that is New Zealand?

Some wonderful and meaningful events are planned all around the country including Canterbury.

Kaiapoi Waitangi Day Commemoration

Where: In front of the Kaiapoi Visitor Information Centre, Charles St, On the grass

Time: 10 am – 3 pm

Pōwhiri: 10.30 am

For the first time North Canterbury will host a Waitangi Day festival on Wednesday 6th February. It will be held in Kaiapoi on the river and the theme of the festival in its inaugural year is *"Commemorating Waitangi Day to bring the diverse cultures of our community together as one"*.

The festival will kick-off with the Maori waka Katoro. It will carry MP Clayton Cosgrove and Mayor Ron Keating and will arrive at the wharf where the local hapu (sub-tribe) Ngai Tuahuriri will welcome the waka with a pōwhiri (welcoming ceremony). The day's activities will follow.

"North Canterbury has never had a commemoration for Waitangi Day so this is a really good opportunity for our community to come together for a special New Zealand day", says Ben Brennan, festival organizer. It is envisaged that the festival, supported by Ministry of Culture and Heritage and Visit Waimakariri, will become an annual event.

A special event will take place as part of the festival. "We're going to try to break the record for the world's largest haka. Currently the record is 1400 people", says Brennan.

There will be a mass haka tutorial at 1pm which will be followed by the performance of the haka at 1.30pm. "Come on everyone! I know we can do this! Last week I had 500 Aussies performing a haka. I'm sure we can triple that figure. I want to see 2000 of us. How cool would that be for North Canterbury", Brennan encouraged.

The festival will include free live entertainment from a variety of local clubs and groups including Maori, Scottish and Polynesian. You can bring your own picnic basket but there will also be food-stalls. The waka Katoro will be on the river for a short time and it is hoped that waka-ama will also be there for everyone to enjoy.

"In my view, the Treaty is a partnership that fuses two cultures together but in our modern society, it's not hard to see that we need more" says Brennan. "I believe that our founding document, as with the Declaration of Independence (for the USA), should always remain but that today it lacks the foresight and inclusion of a multicultural society", Brennan said.

For details phone Ben Brennan 027 542 8163 or email nzmaori1@xtra.co.nz. See attached flyer.

Okains Bay Maori & Colonial Museum

Where: Main Road, Okains Bay, Banks Peninsula

Time: 10am – 5pm

Pōwhiri: 10.30am

Celebrations will include the re-opening of the Okains Bay Provincial School which dates from 1872 - 1938, and has been fully restored.

Two waka will arrive at 4pm

The museum will be open:
Admission: Adult \$6 - Child \$2.

Working exhibits i.e. steam engines, black smiths, printing press. Family fun events including tug-o-war & running races will make this a real family day.

Take a picnic or purchase food at the event including a delicious hangi lunch from 12 (noon) – 1pm (charge). Waitangi Day is always a memorable day at Okains Bay.

For more details phone the Okains Bay Museum 03 304 8611.

Willowbank Wildlife Reserve

Where: 60 Hussey Rd, Harewood

Time: 10am - 3pm

Celebrate Waitangi Day with your whānau at the beautiful Willowbank Wildlife Reserve.

FREE entry to the reserve and entertainment between 10am - 3pm on Wednesday, 6 February.

Koha (donation) gratefully accepted and will go towards one of the wildlife conservation projects.

The combined churches of Belfast/Redwood will host a thanksgiving service at 10am. Bring a picnic and your whānau and enjoy the wonderful array of local talent, information stalls and the wildlife on our national day.

Contact the Belfast Community Network 323 9731 for further details.

Classical Sparks has moved dates and will now be on Tuesday 5 February to welcome in Waitangi Day.

Christchurch Art Gallery Te Puna o Waiwetū has events including kapa haka performances in its courtyard and foyer. 12 – 4pm.

At the **New Brighton Pier Amphitheatre** in Christchurch from 2 to 6pm. One Love Massive's annual celebration of

Waitangi Day (and Bob Marley's birthday). Bring your friends, picnic, frisbee, togs and everything else needed to chill out on a public holiday.

New Zealand's national indigenous broadcaster, **Māori Television**, will present a 12-hour broadcast starting at 9am dedicated to New Zealand's national day, Waitangi Day, for KOTAHI TE RĀ: WAITANGI 2008 on Wednesday February 6 2008.

The programme will include reports from key Waitangi Day events at home and abroad as well as news, views, interviews, discussions, documentaries, entertainment and historical highlights.

Māori Television's Julian Wilcox will again anchor the live-to-air broadcast from commemorations at the birthplace of the Treaty of Waitangi in the Bay of Islands for the second year in a row.

Veteran broadcaster Tainui Stephens will co-present the special show from the channel's Auckland studio.

Reporters will also provide updates from Waitangi Day events throughout the country – such as Christchurch, Wellington, Gisborne and Hamilton – and from overseas including Australia and Great Britain.

Special documentaries include GOD AND GUNS – about the involvement of the church in the genesis of the treaty – and THE NAVY AND THE TREATY which will focus on the historical involvement of the Royal Navy in the Waitangi commemorations.

Other schedule highlights include interviews with kaumātua (elders) as well as special studio guests.

Māori language news programme TE KĀEA at 7.30 PM (with English language subtitles at 11.00 PM) will have a special Waitangi focus; and a one-hour Waitangi debate will screen at 8.00 PM.

Upcoming Events

Bike Wise Week 2008 It's coming your way again 23 February – 2 March

Signatories to Healthy Christchurch are encouraged to take up the challenge to show their commitment to a Healthy Christchurch priority (to improve the physical activity and nutrition of people in Christchurch).

This programme is being managed and delivered by Land Transport New Zealand with the continued support of the Ministry of Health.

If you are planning to run events during Bike Wise Week 2008 you can register your activities on www.bikewise.co.nz and receive a free coordinators pack loaded with useful items to assist you with promotion and coordination. Be in quick, there are 500 free packs available on a first in first served basis. Enquiries to bikewise@landtransport.govt.nz or Paul Eagle (04) 931 8700.

Summer race, run, walk & swim events for February

Feb 6th: Culverden Duathlon:
Fun Family event – www.amurischool.co.nz

Feb 16th: Sovereign Ocean Swim:
Corsair Bay – www.oceanswim.co.nz

Feb 17th: Canterbury Classic Tri:
Corsair Bay – standard and short course tri – www.canterburytriclub.co.nz

Feb 24th: Corporate Tri:
Clearwater – Corporate and

individual categories – www.barefootevents.co.nz

Mar 2nd: Nth Canty Women's Tri:
Rangiora – includes a guys event – www.ncwt.co.nz

Mar 9th: Weetbix Kids Tryathlon:
QEII – get your children out there – www.triathlon.weetbix.co.nz

Mental Health Awareness Week 6th– 10th October

Mental Health Awareness Week is a worldwide global priority for mental health and culminates in World Mental Health Day, 10th October each year.

This year's worldwide theme is "Scaling up services through citizen advocacy and action".

In Christchurch there are plans for a number of events; Victoria Square will be the focus during that week. The local theme will be "Canterbury Making the Difference".

Keep watching this newsletter for updated news and how you can participate to ensure Canterbury makes a success of this week.

If you would like to assist in any manner please don't hesitate to phone Gary Vogel, Organising Committee Chair on 021 167 9205.

Training & Workshops

Why Volunteer?

An opportunity to discuss

- What volunteering is and why people do it
- Rights and Responsibilities of volunteers
- What voluntary work you could choose
- Services offered by Volunteering Canterbury

Date: Tuesday 19 February

Time: 2.00 pm

Venue: Sumner Community Ctr

Open to everyone. No charge. Volunteering Canterbury, phone 03 366 2442, www.volcan.org.nz

21st Century Volunteering – Beyond the stereotypes

Changes in the behaviour of different generations are heralding potentially significant upheaval for many organisations. The newer generations bring unique sets of values, beliefs, and attitudes.

Volunteering Canterbury offers a dynamic full day workshop facilitated by one of Australia's leading trainers in volunteer management. Martin J Cowling will help you to consider strategies to attract and manage different generations and to manage long term volunteers who appear to no longer match the skills, values or direction of an organisation. This is the third workshop Martin has run in Christchurch and we can guarantee you will come away with a view of volunteer management that is up-to-date and very practical.

Date: Thursday 13 March

Cost: \$80 for members of Volunteering Canterbury, \$120 for non-members.

For a registration form with more details go to www.volcan.org.nz or phone 03 366 2442.

Legal Education Course

Tuesday 12 February – 8 April 2008 (9.30am-12.30pm)

Community Law Canterbury, 281 Madras Street

Week 1 12 February

NZ Legal System, How laws are made, lawyers, law centres, court structures

Week 2 19 February
Consumer Law

Week 3 26 February
Family law – relationship breakdown, relationship property, dissolution, domestic violence, Family Court

Week 4 4 March
Children-paternity, care of children, legal ages, youth justice, CYFS

Week 5 11 March
Wills and PPPR Act, Human rights, Bill of Rights, Ombudsman etc

Week 6 18 March
Police/Traffic
What to do if you receive a summons, court fines, being a witness

Week 7 1 April
Tenancy, Tenancy Tribunal, Disputes Tribunal

Week 8 8 April
Employment Law, Welfare benefits

Shared lunch at 12:30

Expressions of interest are required asap as places are limited

For enrolments or further information please phone 366 6870 or email Margaret@canlaw.org.nz

Resources

Food and Nutrition Certificate 2008

The Open Polytechnic of New Zealand offers a certificate in Food and Nutrition which takes about 90 hours to complete. This is distance learning.

The CATINC (Community Action to Increase Nutrition Capacity) project has developed a proposal to create Study Groups for people wishing to do this certificate. The advantages of setting up local study groups assists individual learner's motivation, access to resources and the opportunities to achieve through a structured timetable. The combined expertise of Richard Wisnesky (a teacher) and Janne Pasco (a dietician) will assist you in achieving a great level of nutrition education. Distance learning on your own

requires huge discipline and often our lives are already busy and open to distractions.

They envisage groups getting together and planning their own programme and with their help develop a series of tutorials including local expertise to bring topics to life and achieve the completion of the assignments. This certificate could well be completed in 10 – 12 weeks depending on the commitment the group makes to each other.

The benefits to individuals are the gaining of well researched and well presented knowledge, making them a valuable community resource especially in this time of confusion about what is healthy.

For further information please contact either:

Janne 378 6821

janne.pasco@cdhb.govt.nz or

Richard 378 6833

richard.wisnesky@cdhb.govt.nz

(More about CATINC and their projects under **Items of Interest** below).

Where to get free health checks for children ages 0-5.

Two resources are now available to give parents information about the organisations that provide free health checks for newborns to five year olds and to help them decide which one is best for them and their child.

Well Child/Tamariki Ora is a free service for children up to five years old and their parents. Its aim is to provide parents with information and support about their child's development and to offer free immunisation and free dental, hearing and vision checks.

In Canterbury, there are five providers – Te Puawaitanga Ki Ōtautahi Trust, Pacific Trust

Canterbury, Canterbury Plunket, Canterbury District Health Board's Public Health Nursing Service and Te Tai O Marokura, based in Kaikoura.

A new brochure, produced by the five Canterbury Well Child/Tamariki Ora providers, includes information about each of them, outlines what parents can expect at a free health visit, which usually takes place at their home, and when the visits are likely to take place.

The second resource is a one-page referral form, which a woman's lead maternity carer will use to refer the woman and her baby to the Well Child/Tamariki Ora provider of her choice before the baby is four weeks old. The referral form asks for information about the baby such as birth weight, gestation, its siblings and birth order. It also asks for information about the baby's mother such as ethnicity, contact details and her GP's details.

Ann Vanschevensteen, Health Promoter with the Canterbury District Health Board's Community and Public Health division, says the brochures have been designed to make it easier for parents to decide which Well Child/Tamariki Ora provider they want to be referred to. "We hope this will help parents become more aware of the options available to them and will give them a smooth transition from their midwives to the Well Child/Tamariki Ora provider that suits them and their baby best.

The brochures were widely distributed late last year, but more are available through the Community Health Information Centre, 76 Chester Street East, 03 364 1777.

Proceedings of the 2nd Annual Forum to Reduce Poverty in Christchurch, Oct 07

This forum was written about at some length in the Nov 07 issue of the Healthy Christchurch newsletter. The full proceedings are now available. To obtain a paper copy, please contact a coordinator (details at the bottom of this page). Alternatively, it is available electronically through the Healthy Christchurch Information Base (an intranet for those working in signatory organisations) and in due course, the Healthy Christchurch website www.healthy.christchurch.org.nz

Vacancies

Mental Health Promotion • Service Development Opportunity

- Southern Development Manager

Christchurch Based

The Mental Health Foundation is the leading mental health promotion NGO in New Zealand, and has a mission to improve the mental health of all people and communities. The organisation has a strong national profile and involvement with highly regarded campaigns such as Out Of The Blue and Like Minds Like Mine. The role of Southern Development Manager is to manage the Christchurch office and a team of Mental Health Promoters ensuring they are supported to deliver against agreed contracts and plans, including mental health promotion and anti-discrimination. With emphasis on identifying and creating opportunities to extend the reach of the Mental Health Foundation's work in prioritised areas, you will further develop contracts so that they are outcome focused, and actively participate in national management processes and practices as well as contribute to

the development of policies. You will develop and maintain relationships with key stakeholders in mental health and related fields, and keep up to date with developments in mental health promotion with other health and social service providers, these key relationships will include Tangata Whai ora consumer networks, Mana Whenua and other relevant organisations. Your experience is likely to be from public health and/or mental health sectors including working in the funder/provider environment where you have gained contract management experience, and have also had experience in implementing organisational policies and plans. You will have staff and budget management experience, an understanding of mental health promotion concepts and working methods, and an understanding of anti-discrimination policy and practice with reference to mental illness. You will be a strong networker and communicator, with a real interest in health issues and the impact of social, economic, political, cultural and environmental determinants. For further information on the above position please visit www.sheffield.co.nz or phone Yvette Keys or Linzi Ebbage-Thomas on (03) 379 7334. To apply, please email your CV to cvchc@sheffield.co.nz quoting reference number 43465. Emails will be electronically acknowledged and further correspondence may be by email. Closing date: 9 February 2008.

Brain Injury Association Canterbury (Inc.)

- Administrator / Fundraiser
- The Brain Injury Association Canterbury (Inc) is seeking an Administrator / Fundraiser to work 25 hours per week, to

undertake administrative, fundraising and other duties.

Qualities required are:

- Self-motivation, initiative, team member
- Excellent planning and administration skills
- Proven fundraising skills and outcomes
- Effective written and verbal communication skills
- Computer literacy including Microsoft office and MYOB
- Basic accounting skills essential
- Current knowledge of local community networks
- Experience with working with people with disability

This position is a re-advertised position. Previous applicants are welcome to reapply.

For a job description and further details, please contact our office at 141 Hereford Street Christchurch, Phone Sue Wilson (03)365 3262 or Email liaisoncanterbury@biacant.org.nz

Z Applications close Friday February 8

Pregnancy Help Inc. Canterbury

needs volunteers for client and field work. Excellent training provided and out of pocket expenses paid. **Training day:** Wednesday 20 February 2008.

Venue: 98 Marshland Road, Shirley

Contact: 03 385 0556 or email: edoyer@pregnancyhelp.org.nz.

Help us to help mothers and babies in need. Call now!

Items of Interest

Lunch for Healthy Christchurch work-place coordinators in the 2007 Sea 2 Sea Challenge

On 12 Dec 07 the Healthy Christchurch Steering Group hosted a light lunch to congratulate those 2007 Sea 2

Sea Challenge work-place co-ordinators who encouraged and cajoled employees from their respective signatory organisations to participate.

The Sea 2 Sea Challenge is an annual workplace-based physical activity initiative that runs for 6 weeks. Thirty minutes of physical activity per day over 6 weeks is the equivalent of walking from one coast of the South Island to the other.

Dr Selwyn Maister, CEO of Sport Canterbury and (now ex-) member of the Healthy Christchurch Steering Group welcomed invitees and congratulated them for helping to create a healthier city.

The following 21 signatory organisations participated in the 07 Sea 2 Sea Challenge : CPIT, ComCare, Canterbury District Health Board, Environment Canterbury, ESR Public Health Laboratory, Kingdom Clinic, Ministry of Health, Pacific Trust, Pegasus Health, Stopping Violence, He Oranga Pounamu, University of Canterbury, YMCA, Youth & Cultural Development, 198 Youth Health Centre, ACC, Alcohol Drug Association New Zealand, Canterbury Arthritis Society, Cancer Society, Sport Canterbury and Christchurch City Council.

Well done!

Still puzzled?

One attendee at the Sea 2 Sea lunch wondered why Healthy Christchurch was hosting it, when it was a Sport Canterbury/SPARC initiative.

It's worthwhile remembering that Healthy Christchurch is a network of about 200 organisations which have committed 'to work together to promote, protect and improve the

health and wellbeing of the people of Christchurch.' Sport Canterbury is part of this network.

There are 3 reasons why the Healthy Christchurch Steering Group hosted the lunch:

1-The Sea 2 Sea Challenge fits with a Healthy Christchurch priority to improve the physical activity and nutrition of people living in Christchurch. Although it is true that Sport Canterbury 'drives' the initiative, the Healthy Christchurch Steering Group has endorsed it because it has been shown to increase physical activities levels of participants on a long-term basis. Given the evidence and the Healthy Christchurch priority to improve the physical activity and nutrition of those living in the city, the Steering Group wanted to encourage all signatories to participate.

2-A protocol in the Healthy Christchurch Charter states that signatories will 'ensure our own organisation's policies and programmes have a positive impact on health and wellbeing.' Once again, there is evidence that the Sea 2 Sea initiative does just that. It therefore represents an effective healthy workplace approach and thus deserves to be encouraged amongst signatories.

3-The Steering Group wanted to acknowledge the efforts of those participating signatories to address both the Healthy Christchurch priority and the Charter protocol.

Healthy Urban Design – Hot Topic

Recently one of your trusty coordinators was able to attend an end-of-the-day talk by Stephanie Knox, a planning consultant working in Melbourne and other cities, and a board member of the Royal Australian Planning Institute. She was an

invited speaker for Christchurch City Council's 2-day staff training on planning healthy communities.

Stephanie wants to see cities planned in a way that enhances (not detracts from) residents' health. Although her emphasis was on physical health, many of her statements could also apply to mental wellbeing. As an example, she advocated that shopping malls be made convenient to people taking public transportation, walking or cycling to get to it on a priority basis. People driving cars to shopping malls should have the lowest priority in terms of convenient access. These shoppers should have to park at the back of the buildings as a way to discourage car use and to encourage active transport.

Citing the obesity epidemic, she also advocated for well-placed and designed open space within cities, including bike paths, etc.

The discussion that followed raised the issue of costs and where the money would come from. Stephanie's response was that we already pay for design, so why not make it good design? Often the costs are the same or not much more and can help reduce illness costs. One person from the audience suggested that perhaps VOTE: Health should contribute to these costs. It was noted that some District Health Boards in NZ are able to fund certain home improvements (eg insulation, heat pumps, double glazing), particularly for people on low incomes as a preventative measure. A final comment was made that when ordinary citizens start insisting on healthy urban design, elected representatives and other policy makers will take notice.

In recent years, Stephanie has presented at Deakin University's healthy cities and communities short courses convened by Dr Iain Butterworth in Melbourne. In April in Christchurch, Dr Butterworth is convening a similar event under the auspices of Healthy Christchurch. More information about the short course will be included in the March newsletter.

Collaborative Action Amongst Healthy Christchurch Sponsoring Organisations

Have you wondered what collaborative initiatives the Healthy Christchurch sponsoring organisations get up to? It turns out that, in addition to steering the Healthy Christchurch initiative, a lot!

The December 07 newsletter contained examples provided by the Ministry of Health, University of Otago, Christchurch (formerly known as the Christchurch School of Medicine), Environment Canterbury, and Community and Public Health (a division of the Canterbury District Health Board).

Continuing in this vein are two examples provided by Christchurch City Council:

1—Three social work students on their placements with the Community Development Team over the last 18 months. Two have been from Canterbury University and one from Massey. Two have been Masters of Social Work Applied students and one has been completing their BSW. The projects they have focused on include:

* The graffiti project at Phillipstown (with the Phillipstown Community Centre, police, businesses, children and youth, residents and schools)

* Youth research in Linwood (with youth organisations)

* The Accessible Christchurch Map (with a wide range of disability groups and organisations, plus Council and businesses in the inner city)

* Hoon Hay Service Mapping Project (with community organisations, schools and local leaders in the area)

* InfoTap Evaluation (with 3 organisations involved and users of services at Beckenham)

* Development of Parenting Pack (with 100's of youth, parenting organisations)

2—The Active Canterbury project is a collaborative one amongst close to 20 organisations involved in health and physical activity in Canterbury that make up CIPANG (Canterbury Intersectoral Physical Activity and Nutrition Group). These include: Cancer Society; Canterbury Community PHO; Canterbury District Health Board (Community and Public Health, Hauora Matauraka, Planning and Funding); Christchurch City Council (Recreation and Sports Unit, Marketing Unit, Information Management & Communications Unit, Libraries and Information Unit); Christchurch PHO; Environment Canterbury; He Oranga Pounamu; Heart Foundation; Hurunui Kaikoura PHO; Pacific Trust Canterbury; Partnership Health Canterbury; Rural Canterbury PHO; Selwyn District Council; Sport Canterbury; Waimakariri District Council

These organisations have been working together for the last two years to create a plan which reaches out to residents with the aim of increasing physical activity levels of the local population. For people starting out in physical activity,

www.activecanterbury.org.nz gives great tips, encouragement and information to help them along the way.

Active Canterbury also supports physical activity providers and health professionals (including GPs and practice nurses) by giving them the tools and information they need to help their clients and patients get more active, more often. An exciting feature is the Easy Promotion Tool which enables providers to create professional-looking fliers, posters and certificates with ease.

Project manager Maria Moran says "The project is guided by a steering group which is essentially a sub-group of CIPANG. Without the foresight of CIPANG this project would never have happened. The wealth of experience and diversity within the Steering Group has ensured that good decisions are made and the project staying on track to achieve its planned outcomes. In short, collaborative work is at the heart of the project and all that it achieves."

CATINC – The Year in Review

CATINC stands for Community Action to Increase Nutrition Capacity. It is a 2.5 year project funded by Partnership Health Canterbury PHO, the other PHOs that serve the Canterbury region, and Community and Public Health (a division of Canterbury District Health Board).

The CATINC team consists of Richard Wisnesky (ex education and community development) and Janne Pasco (dietitian with catering business background).

They started with a blank canvas but used existing community links and networks. It was necessary first to establish just what was happening in Canterbury related to nutrition. The community stock take identified the following needs:

- Consistently delivered nutrition messages.
- More trained nutrition providers.
- Community-based cooking lessons, budgeting and shopping guidance.
- Recognition that whilst nutrition is a concern, families can have many other interlocking problems which impact on the success of interventions.
- Community based dietitians with community development/ action skills and experience to complement the numerous physical activity programmes.
- Community groups strengthened to be able to deliver nutrition information through improved funding, knowledge of how to access information, having a sound information base and the ability to set and evaluate outcomes.

CATINC has been instrumental in the establishment of the following projects:

1--Waipuna, St John of God Youth and Community Trust – Young Mums on a Limited in the community, for example school holiday programmes, adult night school, single Budget.

In this project *The Great Little Cookbook* was used as a base resource.. It was a ten week pilot; the key findings were once again a need for cooking skills and associated life skills. While the cook book is a great resource, the CATINC team felt it could be further enhanced with the addition of a teaching co-resource (now developed). The cookbook can then be customised and adapted to meet the needs of the many varying groups found young men's and women's groups.

This is a collaborative initiative with the cookbook developers (Ministry of Social Development).

2--Open Polytechnic of New Zealand.
 CATINC has developed a Study Group proposal to assist distance learning utilising their Food and Nutrition Certificate paper. The content of this course has been developed by the National Heart Foundation. It is proposed to set up two groups early in 2008. Establishing study groups helps to ensure that distance courses are completed, create supportive networks of informed people and offers consistent food & nutrition messages at the community level.

The combination of programmes 1 and 2 above could result in the possibility of having trained personnel delivering *The Great Little Cookbook* cooking courses which is exciting and helps move nutrition into the lives of more members of the community. (Also refer to **Resources** above.)

3--TAHU FM Hundie Club.
 This kaupapa Maori project was initiated by a TAHU FM DJ as a lifestyle change challenge for himself and people in the listening community to join him. CATINC, in collaboration with Hauora Matakauka, has been able to support this project through developing collaborative relationships with sponsors (foot wear & gym membership) and giving dietetic advice. Yet again confusion around what is healthy to eat was a feature along with the belief that healthy food is expensive. 'Feeding Our Future' messages broadcast on TV once again came to the fore.

The challenge for CATINC continues to be to find ways to increase and or improve community capacity in nutrition. CATINC has been successful in doing that by building relationships and trust within identified communities with

highly practical, easy methods of translating the Feeding Our Futures social marketing messages into reality.

Community empowerment, so crucial for the social marketing of health to succeed, requires time, expertise and consistency working at this level. It is also critical to focus on the positives in communities and build on them, as this approach has more potential for long term sustainability than others.

Healthy Christchurch Steering Group

The Steering Group has not met since the December 07 newsletter was distributed. Its next meeting is scheduled for 13 February 2008.