

Healthy Christchurch

Newsletter #61 Whiringa-a-nuku (October) 2008

From the Healthy Christchurch Coordinators

The Healthy Christchurch Champions

Many of you will know that the Healthy Christchurch initiative is sponsored by seven organisations. Six of the seven have been sponsors since Healthy Christchurch was formally launched in early 2002. The seventh – Environment Canterbury – came on board in 2005. The seven organisations are (in alphabetical order) - Canterbury District Health Board, Christchurch City Council, Environment Canterbury, Ministry of Health, Pegasus Health, Te Runanga o Ngai Tahu and University of Otago, Christchurch. Each of these organisations has a person at a top level who 'champions' the initiative. The Champions give visibility and mana to Healthy Christchurch.

This year the Champions have decided to use their collective influence on an issue of mutual concern. The issue they have settled on is alcohol misuse in our city, the harm it causes, and effective solutions. The details of how they will address this will be the subject of future newsletters.

The Healthy Christchurch priority to reduce health inequalities

No Poverty in Christchurch? Yeah, right.

A group of people, representing 7 Healthy Christchurch signatory organisations who were working together to plan what would have been the 3rd annual hui on reducing poverty in Christchurch, recently made the decision to not hold it this year after all. It was originally scheduled for mid-October, on the International Day for the Eradication of Poverty. (Click on <http://www.un.org/Depts/dhl/poverty/> for more information about this day.)

Why is that? What happened? Is this no longer an issue in Christchurch? No one on a low income lives here anymore? Is poverty just happening in places like Sub-Saharan Africa, parts of India, Haiti, or other parts of NZ but not Christchurch?

A variety of factors led to this decision, not the least of which was that only 37 people responded to the electronic questionnaire the group sent out recently to over 200 people in an effort to gauge interest in participating in a 3rd hui. Thirteen people, most of whom had completed the questionnaire, attended the meeting at which the decision was made.

Perhaps the most compelling factor, however, was that the group didn't know where to start in terms of putting together a half-day programme. Should it be an update on the Community Outcomes indicators related to poverty that city residents decided on a few years ago? Should it be a progress report on projects that emerged from previous years' hui? Maybe it should be a planning session where organisations would look for ways to partner up and plan to work smarter on issues related to poverty. Should the link between poverty and poor health be made yet again? Perhaps Healthy Christchurch signatory organisations that serve those who live in poverty could provide an overview of their work, the outcomes and their advice on what needs to happen. Maybe it could be an opportunity for people on low incomes to talk about their lives and what would make a difference.

Although it's true that Christchurch does not experience poverty at anywhere near the levels seen in the places mentioned above, our city does have poor people living in it. There is some hard data to document it, and those Healthy Christchurch signatories who work with people on low incomes will have a lot of anecdotal information and their own data sets.

The following figures have been taken from Monitoring Community Outcomes on the Christchurch City Council website. Click on

<http://www.ccc.govt.nz/LTCCP/CommunityOutcomes/Monitoring/>

to view the full report.

Average weekly gross earnings

While the 2008 average weekly gross earning for wage and salary earners in Christchurch increased by 73% since 1990, there is a clear disparity between the income of males and females in the city with females over represented in the lower income groups. This disparity increased over the 1990-2008 period.

Annual incomes of families with one parent and child/ren

In 2006, 23% of our families of one parent and child/ren received an annual income of less than \$20,000. Another 21% of families of this type received an annual income of \$20,000-\$30,000.

Annual household income

In 2006, 15% of Christchurch households had an annual income of less than \$20,000.

Educational levels

Given the documented links between education, income and health, it is reasonable to look at educational levels amongst the people of Christchurch. In 2006, 11% of Christchurch school leavers had no qualifications. In that same year, approximately 60,000 usual residents of Christchurch aged 15 years and older had no formal educational qualifications.

Access to GP services

In 2006, 55% of Christchurch respondents to 'The Big Cities Quality of Life Survey' who said there had been a time when they or a member of their household wanted to go to the doctor but didn't, identified cost as the reason for not going.

Means of home heating

From 1986 – 2006, just under 1% of Christchurch dwellings have no means of home heating. (The report does not indicate how many dwellings this amounts to.)

What is the definition of poverty?

In 1998, the City Council conducted its own research on the issue of poverty and hardship in Christchurch and published it in a document by the same name.

This publication provided a useful definition (which did not include any dollar figures!):

'Poverty and hardship are seen as encompassing three main overlapping dimensions, which are related through a complex set of interactions:

1. **Material / financial** – an inability to provide material necessities. Put simply, this focuses on a lack of money and income – an issue that is usually the most immediate need of people on limited incomes. This dimension also involves an examination of the cost and affordability of basic necessities (such as accommodation and food) and the impact on cost on peoples' abilities to provide for themselves and significant others.
2. **Spiritual / isolatory (a poverty of spirit)** – isolation from other members of the community. This involves factors such as fracture and dysfunctional relationships, emotional strain, limited happiness, feelings of being an undervalued and non-contributing member of the community, and a lack of a sense of belonging. This dimension is not about spirituality in the religious sense, but may include a notion of religion for some people. This dimension is often the outcome of financial and participatory deprivation.
3. **Participatory** – an inability to participate in community life and most things of interest to a level that is meaningful for the individual. This incorporates limits on participation in terms of accessibility, affordability (material / financial) and appropriateness. It also involves a lack of real and perceived choice in decision making.

Included here is an inability to make provision for non-financial needs such as support, welfare and well being. Limitations on participation as a result of factors at the individual level and societal level are also included (such as disability, physical ill health, cultural isolation and government policy). ‘

The Ministry of Social Development, in its *Social Report 2008* defines ‘low income’ as being ‘a household with real gross income less than 60% of the median household equivalised national income benchmarked at 2001’. (NB: Technical information on the meaning of equivalised and how the figures are calculated are included in this document.) In 2006, 77,196 Cantabrians (all ages) lived in households with low incomes.

So, poverty exists in our city and province; those living in it are likely to have poorer health than those living in affluence. In 2005 Healthy Christchurch signatories endorsed a priority to reduce health inequalities by working to improve the health status of those in the city who are the worst off. We know who ‘the worst off’ are.

It strikes your trusty coordinators that there is huge potential for Healthy Christchurch signatories to make even more of a positive difference to these people than is already occurring.

The question your coordinators would pose is “How & what can we coordinators do, understanding that some signatories have limited resources?” Here’s how we are able to assist signatories: administrative / secretariat, facilitation, provide a place to meet, help you plan and discuss your ideas for addressing the issues collaboratively. We are only a phone call away (see contact details at the bottom of the page).

On that note of optimism, we encourage you to attend the Public Health Advocacy workshop on 31 October (see attached flier). You are likely to come away with ideas about how your organisation can work more effectively with others on this issue.

The Healthy Christchurch priority to improve the physical activity and nutrition of people living in Christchurch

A Healthy Christchurch sponsoring organisation is funding a new role to Increase Youth Physical Activity

A new position funded by the Canterbury District Health Board will help to identify the types of physical activity that Canterbury’s young people enjoy – with the long term aim of increasing the number who participate regularly.

New Active Youth Advisor Aaron Webb, who took up his appointment in early September, will be based at Sport Canterbury on a two-year contract. The aim of his role, which will cover the CDHB’s district of responsibility Kaikoura to Ashburton and across to the Southern Alps, will be to find out what opportunities are available for young people to participate in physical activity in Canterbury. He will also recommend how services could be improved so that more young people can, and want to, take part in regular exercise. A youth advisory group will be set up to oversee the work.

Aaron Webb said a key part of his role would involve finding out from 13-18 year olds the types of activities in which they want to participate in the community. Until now, many of the activities aimed at young people have been school-based. “One way of doing this is to talk to young people about what is already there if they want to take part in physical activity, and what is missing,” he said.

Evidence shows that if young people develop good physical activity habits when they are young, they are more likely to continue when they are older.”

Mr Webb said: “We are trying to build a sustainable programme so that when young people come to have children themselves, they will be role models and will encourage them to take part in regular physical activity.”

Upcoming Events

The MISHES

The Men in Social and Health Services monthly network group has come out of the New Zealand Men's Health Week 2008 lunch time meeting. The purposes for the group include the following (not prioritised);

- 1) Peer Support, social contact, living well in your role
- 2) Collaboration between agencies and other professionals working with men / boys
- 3) Political change and advocacy
- 4) Learn about available services for men / boys and disseminate info about them to your group and associates, networking
- 5) Education and training about working with/for men / boys

If you or a man you know should be there then see the following information.

Where: Christchurch Community House, 141 Hereford St.
Committee Room 3 on the 2nd Floor

When: Second Wednesday of Every Month, 12.00 – 1.15

Bring: Lunch, we will supply coffee / tea

Focus: October's focus is on gay men, November is men and gambling

Please contact us to register your interest to receive a reminder e-mail.

Training and Workshops

WORKING WITH REFUGEES AND FORMER REFUGEE COMMUNITIES IN CHRISTCHURCH

Hagley Community College (in conjunction with the Ministry of Social Development) is offering FREE ONE DAY TRAINING WORKSHOPS to NGO's, Charities, Public Sector and Government agencies in Christchurch and beyond. The workshop is designed to promote knowledge and help organisations and individuals work successfully alongside refugee and former refugee families.

Date: 9 October 2008

Time: 9.30am – 4.00pm

Lunch provided and networking opportunity

Location: Room 104, Hagley Community College (come to main Reception)

To register please call 03 379 3090 ext 810

MEHRC EDUCATION PROGRAMME 2008

Introduction to Mental Health – *A Community Perspective*

These sessions provide an introduction to the nature and prevalence of the disorders, treatment options, recovery and the services offered by clinical and NGO support groups. There is a strong orientation on consumer experiences and consumer perspectives. A full course outline is available on request.

Venue: Mental Health Education & Resource Centre
221 Gloucester Street, Christchurch
2nd Floor Meeting Room

Time: 9.30am – 12.30pm

Cost: \$55.00 including GST

Light refreshments and a Certificate of Attendance will be provided.

- Introduction to Anxiety Disorders – 7 October
Presented by Sue Ricketts & Paula Rountree – Anxiety Support Canterbury
- Understanding Borderline Personality Disorder – 14 October
A Consumer's Perspective – Presented by Suzan Munro 'Changing Views'

Contact: Healthy Christchurch Coordinators
Kathryn Cannan: 03 3786 820 or
Robyn Wallace: 03 3786 838
Email: healthychristchurch@cph.co.nz

- Introduction to Schizophrenia – 21 October
Presented by Joyce Harris – Supporting Families Pegasus Bay
- Understanding Bipolar Disorder – 4 November
Presented by Janie Hand & Frances Caldwell – Bipolar Support Canterbury
- Introduction to Eating Disorders & Related Issues – 25 November
Presented by Kate Yeoman – Eating Awareness Team (EAT)

Registration is essential – Limited to 20 places per session

For further information and registration, please contact: Mental Health Education and Resource Centre, 2nd Floor, Securities House, 221 Gloucester Street Christchurch

Phone: 03 365 5344 Fax: 03 365 5345 E-mail: mherc@xtra.co.nz

Be quick – very limited spaces

Resources

Commemorating Waitangi Day Fund

The Ministry for Culture and Heritage operates a Commemorating Waitangi Day Fund to support events which commemorate the signing of the Treaty of Waitangi. It is designed to encourage a wider spread of communities to participate in Waitangi Day by organising inclusive events and festivals suitable for all age groups and ethnicities. Applications are now open for Waitangi Day 2009. Proposals will be accepted until 5pm 31 October 2008 from community organisations to support activities which are consistent with the funding criteria, a key being to encourage wide participation and cultural diversity within the event. To download an application form and find out more about the fund, visit the Ministry of Culture and Heritage site <http://mch.govt.nz/awards/index.html>

Poster Giveaways!!

The 60th anniversary of the United Nations Declaration of Human Rights is coming up on the 10th of December 2008 and to celebrate the Human Rights Commission has produced a series of posters including the entire declaration in both English and Māori. If you would like one or more of the series, please email NZ Diversity nzdiversity@hrc.co.nz with 'Declaration of Human Rights 60th Anniversary' in the subject line, and provide your full postal address (including post code).

Youth focussed peace website

A new youth focussed peace website [ENACT](#) (Youth Enabling Action) has been launched. The website was developed by the Peace Foundation, New Zealand secondary schools and other youth, it includes information and initiatives for youth on promoting peaceful relationships at home, in the community and around the world. As well as teaching conflict resolution skills, developing inter-cultural understanding and engaging constructively with social issues, it also has a forum to discuss ideas and perspectives on peace and provides links to events and peace and development organisations.

Vacancies

Health Promoter - Vacancy 12740HRW. Closing 15 October 2008

Christchurch Office, Permanent, Full-time, 1.0FTE

This is an exciting opportunity for someone with physical activity experience/qualifications to join the Communities Team as part of our Chronic Disease and Injury Prevention programme area. The communities team deliver initiatives that promote nutrition, physical activity, auahi kore/smoke free, injury prevention and hauora/wellbeing in Canterbury communities.

We are seeking someone with a knowledge of tikanga and te reo maori, experience/qualification in health promotion and strong community networks.

Contact: Healthy Christchurch Coordinators
Kathryn Cannan: 03 3786 820 or
Robyn Wallace: 03 3786 838
Email: healthychristchurch@cph.co.nz

For further information, contact Caroline Lee, phone 0-3-378 6764, email caroline.lee@cdhb.govt.nz

Items of Interest

Children and Young People: Indicators of Wellbeing 2008

The Children and Young People: Indicators of Wellbeing in New Zealand was first released in 2004. The 2008 report released this week shows how well our children and young people are doing, measured against a set of indicators.

Youth related highlights

- fewer young people smoking
- increased educational achievement

Challenges

- Male and female suicide rates (even though substantial drop since 1990s)
- Road deaths among 15-24 year olds

Find out more: <http://www.msd.govt.nz/about-msd-and-our-work/publications-resources/monitoring/children-young-indicators-wellbeing/index.html>

Healthy Christchurch Steering Group

The Steering Group has not met since the last newsletter was distributed, but will meet 15th October.