

Healthy Christchurch

Newsletter #69, Here-turi-kokā (August) 2009

Healthy Christchurch is sponsored by Canterbury District Health Board, Christchurch City Council, Environment Canterbury, Ministry of Health, Pegasus Health, Te Runanga o Ngai Tahu, and University of Otago, Christchurch. 195 organisations are currently signed up to the Healthy Christchurch Charter.

From the Healthy Christchurch Coordinators

Welcome to Michelle Whitaker - new co-coordinator of Healthy Christchurch

Michelle Whitaker here - just introducing myself. I have had a couple of weeks stepping into the role of Healthy Christchurch Coordinator in hand with Robyn Wallace.

I was the independent evaluator for the Healthy Christchurch Evaluation 2009 so have good knowledge of Healthy Christchurch and a lot of your views. We plan to progress on your input in the near future encompassed in the development of a strategic plan. I have experience in other Healthy Cities initiatives nationally and internationally having evaluated Hokonui Horizons based in Eastern Southland and I was the coordinator for Healthy Greenwich Network in London. I worked in regeneration and health in the UK for 5 years but thought it best to come back to my home town to have my son. He's 4 ½ now, a wonderful age. I also completed the Diploma in Public Health last year. Before all that my background is in community development so I will always be a champion for the NGO sector.

If anyone has any burning issues please contact me or I will be making opportunities for contact soon. I look forward to collaborating with many of you in the future.

Changes afoot:

With the new appointment of Michelle to the part-time Healthy Christchurch Coordinator role and Robyn moving to the full-time role your Healthy Christchurch coordinators will now be available five days per week. Robyn will be working Mon – Thur 7am-5pm, and Michelle Tue 9am-3pm, Thur 9am-5.30pm, Fri 9am-4pm.

With the evaluation completed (*now accessible on the Healthy Christchurch Information Base*), feedback received from the Signatories Networking hui and the new appointment of coordinators, the Steering Group see this time as an opportunity to work on developing a strategic plan for Healthy Christchurch - we will keep you all posted on progress.

We would welcome hearing from you if there is a project or issue you think would benefit from a collaborative approach. Your trusty coordinators will use the Healthy Christchurch network to draw on the collective experience of other signatories, facilitate meetings between interested signatories and provide secretariat support to assist in progressing the project.

Hei ano

The Healthy Christchurch priority to reduce health inequalities

Tool Kit for Safer children, schools and communities

Matt Williams, one the Christchurch based Advocates for Child Witnesses of Family Violence, has developed a tool kit to pilot with 12 Canterbury schools. This tool kit focuses on staff training and alignment of school policy and curriculum with best practice in responding to children and young people who witness FV. It contains material and resources that can be used by teachers to educate and raise awareness in their students about family violence, its impact on them and what they can do to get support if needed.

The pilot will be undertaken over a period of two to three months and will involve a variety of schools from the Early Childhood, Primary and Secondary sectors. At the end of the pilot period all schools involved will complete evaluation surveys. These surveys

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will provide information on the effectiveness of this tool in up skilling and resourcing schools in the critical area of early intervention and prevention of children witnessing family violence.

Sample contents of the kit are:

- Key contacts and emergencies numbers
- Sample Policy documents e.g. abuse reporting,
- Relevant legislation e.g. CYF act,
- MoE material e.g. Health and Safety policies and checklists
- Info and guidelines for responding to child abuse e.g. CYF process, Police process, questioning children etc
- Ages and Stages of children's sexual behaviour - what is normal, what is not
- Statistical data re family violence
- FAQ's
- Training resources & opportunities
- Sample curriculum resources
- Resources for parents and children
- Social Service Agencies information
- Evaluation forms

Following the pilot, Matt will present the findings to the School Principals ' Associations to get their support in a wider roll out to all Canterbury schools. He will also present the pilot findings to the MoE and the Board of Trustees Ass.

To ensure schools keep up to date with their information and resources, Matt will develop an e-newsletter to send to schools to update them on changes and new initiatives and resources.

Matt is based with a host agency - Christchurch Methodist Mission. He brings his experience as a primary school teacher to the Advocate role.

Anyone will be able to access the material once it has all been authorized and signed of by MoE, CYF, etc. Matt is hoping this will be within 2 months time. People would simply contact Matt and he would send/email the information they required.

We will keep you posted about this exciting new resource.

Donations of baby equipment needed

Pregnancy Help, a small community-based organisation which provides support, information and assistance to pregnant and recently pregnant women, parents and their whanau is seeking donations.

Baby or maternity clothing and baby equipment in good condition are always welcome to pass on to families in need, said Pregnancy Help Manager Liz Henderson. "We have a waiting list for bassinets, prams, pushchairs and high chairs."

Blankets and wool suitable for knitting baby clothing is also needed.

The group receives 10 per cent of its funding from a contract with the Ministry of Social Development and has to raise 90 per cent from grants, donations and fundraising.

Pregnancy Help can be contacted on 385-0556 or at 98 Marshlands Rd, Shirley (10am to 2.30pm) weekdays.

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

Credible nutrition information promotes good health

Optimum nutrition is a fundamental part of good health. But knowing what to eat, how and when can be hard without access to the right information. The New Zealand Nutrition Foundation's new website, www.nutritionfoundation.org.nz, provides scientifically-accurate, easily-accessible information on food and nutrition, helping all New Zealanders towards a healthy, balanced diet.

The website gives up-to-date facts on all you need to know about 'everything nutrition'; energy to food safety, minerals to glycaemic index. Based on national and international food and nutrition guidelines, it provides practical ideas and tips for all ages and stages.

The Foundation is New Zealand's leading independent food and nutrition organisation. Everything on the website is written by qualified nutritionists and checked for scientific accuracy by the Foundation's expert Scientific Advisory Group.

"Nutrition is an area where misinformation and confusion is common. Our new website gives New Zealanders confidence to make the right food choices as part of a healthy lifestyle," says Sue Pollard, New Zealand Nutrition Foundation CEO.

Items of Interest

Healthy Champions actions aimed at reducing alcohol-related harm

Over the past few months there has been a lot of work happening around the issue of alcohol including submissions on the proposed Christchurch City Council Alcohol Restrictions in Public Places Bylaw 2009 and Parliamentary Select Committee on the Government's Sale and Supply of Liquor and Liquor Enforcement Bill.

Healthy Christchurch Champions and their respective organisations have also been adding their collective voice to the many concerns.

The following is an outline of these actions.

March: Submissions on CCC's 'Alcohol Restrictions in Public Places' bylaw, alcohol ban area bylaw closed. 20 submissions were received. Two organizations represented on the Healthy Christchurch Steering Group (CDHB and Partnership Health Canterbury PHO) made individual submissions. The CCC approved the new bylaw making some changes to the boundaries and times of some areas with existing restrictions and adding some additional areas with alcohol in public places restrictions. The new bylaw came into effect on 1 July 2009.

April: Submissions to the Parliamentary Select Committee on the Government's Sale and Supply of Liquor and Liquor Enforcement Bill closed.

Alister James and Mark Solomon made submissions as Healthy Christchurch Champions, using a template drafted by a Healthy Christchurch coordinator with input from a member of the Tri-Agency Liquor Licensing Team. In addition, sponsoring organizations Canterbury District Health Board, Christchurch City Council and University of Otago ChCh made submissions. *(CCC, Doug Sellman of University of Otago and CDHB submissions posted on Healthy Christchurch Information Base 21/07/09)*

The Select Committee received 224 submissions nationally.

May: ALAC hosted its annual conference in Wellington called 'Working Together' and brought in Dr Peter Rice from Scotland as a keynote speaker. Dr Rice is an expert on evidence-based alcohol policy. ALAC held a breakfast for Healthy Christchurch Champions and Steering Group members to meet Dr Rice and hear his views. Champions Bob Parker (who welcomed Dr Rice to the city), Dr Martin Seers and Alister James attended the breakfast, along with several Steering Group members. Outcomes from this event include exploration by Pegasus Health into brief intervention approaches that Pegasus GPs can use with their patients and confirmation that NZ is headed in the right direction when it comes to the legislative changes that are on the cards. In addition, Partnership Health Canterbury Primary Health Organisation (a member of the HC Steering Group) was prompted by Dr Rice's presentation to complete its workplace policy on alcohol and to share it with the other members of the Steering Group.

May: Dr Doug Sellman (Univ of Otago ChCh and head of the National Addictions Centre) gave the keynote address at the AGM of the NZ Public Health Association (Canterbury Branch). As part of his address, he announced the country-wide campaign he is organizing to inform the public about 'Ten Things the Alcohol Industry Won't Tell You About Alcohol.' He noted that the Mayor has committed Christchurch to host two of these 'road shows.'

Mayor Bob Parker spoke to participants at Te Wai Pounamu (South Island) Alcohol and Drug, Mental Health, Gambling and other Addiction Connections Hui about the Healthy Christchurch Champions and their support of initiatives that aim to reduce alcohol related harm in Christchurch.

June: A letter endorsed by the seven (7) Healthy Christchurch Champions was sent 11 June, by the Tri-Agency Liquor Licensing Team, to off-licensees in Christchurch which invited them to attend a forum to begin working together to explore ways to help reduce the incidence of crime and violence in our community.

July: Healthy Christchurch Champion Mayor Bob Parker commented in The Press article "Police target worst 10 bars" that Healthy Christchurch is trying to tackle the problem of excessive drinking from off-licence premises. He further went on to say "a number of years ago, laws converted alcohol into just another commodity product, like cheese or bread. We [Healthy Christchurch] say it is not just another product and should be more closely monitored. At a local level we are trying to do something about it."

Healthy Christchurch Champions continue to stay informed on the issue of alcohol misuse and related harm in our city and voice their support of initiatives that are endeavouring to positively address this issue.

Law Commission issues paper - Key messages for Healthy Christchurch Signatories

The following information has been developed to help Healthy Christchurch signatories to understand the Law Commissions' issues paper "Alcohol in our Lives".

Who is the Law Commission ?

The Law Commission is an Independent Crown Entity that is completing a comprehensive review to examine and evaluate the current laws and policies relating to the sale, supply and consumption of liquor in New Zealand.

The issues paper has been written and is owned by the Law Commission. It reflects their views and ideas on the various problems and benefits associated with alcohol consumption in New Zealand and ideas for reform. It asks for submissions on people's views and ideas.

How can people have their say?

Visit www.talklaw.co.nz from 30 July to have a say.

Download a copy of 'Alcohol in our Lives'; the paper released by the Law Commission which outlines the various problems and benefits associated with alcohol consumption in New Zealand.

Visit the 'Talk Liquor' section of www.talklaw.co.nz in August and participate in forum discussions, answer quick surveys, send in an online submission or comment and find out more information about the liquor review.

Email your submission to liquor@lawcom.govt.nz or by downloading the submission form from www.talklaw.co.nz.

Public consultation meeting will be finalised so check the website for these meeting details for Christchurch.

Post your written submission and post to the Law Commission, PO Box 2590, Wellington 6140.

If you don't have time to read the full 279 page report, refer to chapter 12 (page 217) which outlines the options towards a new framework for regulating liquor.

This information and a link to the relevant site has been posted on the Healthy Christchurch Information Base for you to access. So if you do nothing else, check out Chapter 12.

Vacancies

He Waka Tapu looking for a Receptionist

He Waka Tapu are currently looking for a person to work in their front office who has a great personality and would like to work in a Māori health and social services assisting whanau to reach their goals.

If you are someone who is comfortable with maori culture and language, has a great personality and preferably with some office / reception experience, can use a computer has a great phone manner and is a fast learner contact Daryl Gregory 03-373-8150 or cell: 021-379895 daryl@wakawairua.org

Training and Workshops

Special Workshop: communicating with non-English speaking clients

The Interpreting Canterbury branch of Interpreting New Zealand invites you to a free workshop for all general user agencies with no medical background on how to work effectively with interpreters, so that you can achieve the best possible communication with non-English speaking clients.

Some of the questions that will be answered are:

- Why not just struggle along without an interpreter?
- What are the risks of using an untrained interpreter?
- How do I know if an interpreter is needed?
- How do I work with an interpreter?
- How do I monitor an interpreter's performance?

The session will be interactive and there will be time for questions and comments, so we encourage you to think beforehand about any contacts you've had with trained or untrained interpreters, or difficult situations when you wish you'd had professional support for communicating in you job. Come along and share your point of view.

Time: 1pm-5pm (afternoon tea provided)

Date: Friday 14 August 2009

Venue: Refugee and Migrant Centre
201 Peterborough Street (Cnr Peterborough & Madras)

Aspire Training Courses 2009

The Christchurch Small Business Enterprise Centre is running the "Aspire Training" programme for Not-for-Profit organisations, previously run by the Canterbury Development Corporation.

Influencing Others with Integrity

Presenter: Karen Armstrong Thursday, 20 August 2009 9am – 12pm

Using Data to Show Your Organisation's Impact

Presenter: Lindsay Jeffs Tuesday, 29 September 2009 9am – 12pm

All seminars are being offered free of charge and will be held at Community House - 141 Hereford Street, Christchurch.

Contact Christchurch Small Business Enterprise Centre, P O Box 4232, Christchurch.
Ph: 03 366 9978, Fax: 03 366 9971, email: charlotte@csbec.org.nz

Assume Nothing – Free workshop at the Canterbury Museum

Last year the Human Rights Commission published *To Be Who I Am: Kia noho au ki toku ano ao*, the final report of our Inquiry into discrimination experienced by transgender people (www.hrc.co.nz/transgenderinquiry). Over the last year they have been running a public education programme alongside the *Assume Nothing* exhibition which is now in Christchurch.

There are 3 free workshops that are running on Tuesday 18 August in partnership with the Canterbury Museum. These are:

- *An introductory Trans 101 session*

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- *A Young and Trans workshop* – about creating schools, youth groups and health services that are positive, inclusive and safe for trans youth and
- *Trans Vocal* – about how sharing stories builds communities

The workshops have been very successful in other cities and have had a large number of participants from NGOs, DHB's and community health providers.

Bookings can be made directly with Canterbury Museum by phoning 03 366 9429 ext 817 or by emailing discovery@canterburymuseum.com.

Please feel free to contact Jack Byrne 09 375-8647 or email jackb@hrc.co.nz

Working Together for Sector Wellbeing

Tangata Whenua, Community and Voluntary Sector Seminar

As the recession impacts on our sector, groups are facing increased demands and complexity in their work, while funding and other resourcing is declining and coming under increased pressure. This seminar is an opportunity to explore ways to work together for the wellbeing of the sector.

Thursday 27 August, 12.30pm – 4.30pm.

Oxford Tce Baptist Church Lounge

Opening speaker: Dr Paul Dalziel, Professor of Economics, Lincoln University

The Financial Crisis: What Happens Next?

BYO lunch, Trade Aid tea and coffee provided.

RSVP to COSS, ccoss@ihug.co.nz, ph 03 366 2050.

Healthy Christchurch Steering Group

At its 5 August 2009 meeting the Steering Group –

- Welcomed Steering Group member Wendy Dallas-Katoa as the representative for Te Runanga O Ngai Tahu.
- Welcomed Michelle Whitaker as part time coordinator for Healthy Christchurch and Robyn Wallace into the full time coordinator role.
- Accepted the finalised report “Healthy Christchurch and Alcohol related harm minimisation” report from Dr Lynley Cook and commissioned by the Steering Group.
- Agreed that at their next meeting Barry McDonald will have a report and action plan for Steering Group approval to present to Champions to move forward on realising their aspirations to reduce harmful drinking in Christchurch.
- Agreed to look at ways they can add support around the issue of alcohol harm minimisation.
- Agreed to extend their remaining 2009 meeting times to 2 hours and spend 45 minutes per meeting working on the strategic planning process for Healthy Christchurch.
- Agreed to attend a 3 hour workshop to work on the Partnership Analysis Tool.
- Reviewed and approved applications for Healthy Christchurch Signatory status from:-
 - Bi-polar Support Canterbury
 - Canterbury College of Medicine
 - Sarona Community Trust

The next meeting of the Steering Group is scheduled for 16 September, 10am-12pm at Community and Public Health, Kowhai Room, 76 Chester Street East.