

Healthy Christchurch

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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

Home Alone!!!

Well Kathryn left Healthy Christchurch and the building officially last Thursday 28 May. I was very sad to see her go as over the years Kathryn has been one of Healthy Christchurch's most ardent advocates and I will miss her intellect, depth experience and counsel. So.... for the next few weeks until a replacement is found it will be little ole me manning the phones, intranet, email and anything else that needs seeing too. Remember I am available Tuesday and Thursday on 378 6838 if you wish to contact me via phone.

They say timing is everything - I had applied for 8 days leave from 24 June before Kathryn handed in her notice so I hope you will forgive me for not ditching my plans for a break somewhere sunny with my husband, in favour of staying home to keep the wheels of Healthy Christchurch turning. Alas the information base will have to depend on you the wonderful, intelligent, dependable (I know I'm laying it on a bit thick, but you get the picture) Healthy Christchurch Signatories to keep up the postings and communications for the whole Healthy Christchurch network to stay up-to-date and on top of what's happening in Christchurch. So, let those fingers do the walking and start practicing your posting skills. In the words of one who shall remain nameless - I'll be back!

The Healthy Christchurch priority to reduce health inequalities

"PROTECT YOUR WHAKAPAPA" new bi-lingual resource launched!!

26th May 2009 marked a new day for Maori Sexual Health with the first sexual health open day held in a marae setting with the theme "Protect Your Whakapapa".

Whakawhanaungatanga and up-to-date information was the order of the day from NCSP Canterbury Branch (Cervical Screening), Breastscreen Aotearoa, NZ Aids Foundation Christchurch, NZ Family Planning Ass, Pegasus Health HPV (Vaccinations re: Cervical Cancer), Sexual Health Centre, Community Health Information Centre and Community & Public Health (CPH) Sexual Health Team

It was an opportunity for the seven participating organisations to introduce themselves to rangatahi, whanau, community and other providers.

The launch of a new bi-lingual resource developed by the CPH Sexual Health Team and aimed at rangatahi was a highlight of the day with karakia, beautiful waiata and korero.

The resource features the word "MANA" bold and bright in yellow at the top with "protect your Whakapapa" underneath and consists of a pamphlet giving key messages and whakatauki and a condom pack which is being called the "Mana Pack".

Guests heard korero from members of the CPH Sexual Health Team on the most recent statistics and high prevalence of STI's amongst young Maori, which initiated the development of this resource and the vision to do something that would connect with rangatahi.

C&PH General Manager Evon Currie shared a personal story, Manager Mark Newsome congratulated the teams work in developing the resource and Peter Burt on behalf of MOH added further endorsement of the resource and launch.

Mana Packs and brochures are **available free** from Community Health Information Centre at 76 Chester St, ChCh or phone Sue Burgess on 378 6721.

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

10 Steps to a Healthier You - Good Living CTV Tuesday's 7.30pm

C&PH's own Bronwen King, Nutritionist, has been filming a series of ten 8 minute segments titled 10 Steps to a Healthier You and are screening as part of the Good Living programme on CTV. 10 Steps to a Healthier You is based on a programme from Appetite for Life - A Healthy Lifestyle Programme for Women, which can be accessed through your GP.

Bronwen's 10 Steps to a Healthier You are:

1. Fill up on breakfast
2. Choose high fibre breads and low fat spreads
3. Choose healthier versions of foods you commonly eat
4. Bulk out savoury dishes with vegetables
5. Snack strategically on nutrient rich foods
6. Make beans and lentils a habit
7. Base sweet foods around fruit
8. Watch portion size: eat a little less
9. Tap water is the best drink
10. Eat with awareness (eat slowly, sit down, small plate)

Each week the steps will include recipes, facts, useful tips, suggestions, and information. With each step being downloadable from the CTV website, <http://www.ctv.co.nz/goodliving.html>, you will always have access to the bountiful goodness of fresh appetising and healthy food coupled with the expert advice of Bronwen King. Make sure you're watching Good Living every Tuesday for another step on getting healthier.

Items of Interest

Healthy Christchurch Networking Hui for Signatories

The aim of this event held on 21st May was to reconnect, inform, promote, celebrate successes & increase understanding and commitment. The event was attended by approximately 30-40 people representing 20 Healthy Christchurch signatory organisations who heard from three groups who have or are working together and heard a presentation on the recent Healthy Christchurch Evaluation.

Warm Families: The first presentation was from the key partners of Warm Families. Warm Families is a new collaborative community project underway in Christchurch and North Canterbury, which is designed to improve household warmth and energy efficiency in low income households.

It was established because local and international research has shown that there are a range of health and economic benefits to be gained from housing with improved levels of insulation. Local funders wanted to enable local households to gain these benefits.

Referrals to Warm Families are made through medical centres and GP's with the broad criteria being low-income households where an occupant either suffers from a chronic health condition or is over 65 years old. The bulk of the funding for the project comes from the Energy Efficiency Conservation Authority (EECA).

Initially 400 homes are being upgraded and household health improvements will be tracked for a proportion of these.

The main local partners in the project are;

- Electricity lines company Orion (Stephen Godfrey)
- Electricity lines company Mainpower (Julie Battersby)
- Christchurch Energy Trust, Community Energy Action (Bede Martin)

- Partnership Health PHO, (Michael O’Dea)
- Community and Public Health, a division of the CDHB. (Ann Currie)

Representatives of the project described the key features of the programme and how they are working together. Although each organisation had differing strategic goals there were sufficient similarities to enable an agreement to work on a common purpose.

Although it is too early to report on any results, this project is an excellent example of how sectors such as NGOs, government agencies and large corporates can work together. While their journey together had not been without its trials, the ability of the group to stay focussed on the original aim means that with some effort and the building of trust among the group nothing is impossible.

A Pilot Project Working With Families on Low Incomes in Christchurch to Mitigate the Effects of Poor Accommodation and Related Costs: This pilot project demonstrated social development in action. It is an example of how a large government department and a small community organisation can successfully collaborate on important issues of mutual concern. In this case, the collaborating entities were the Work and Income Stanmore Service Centre (W&I) in the Christchurch suburb of Linwood and Tenants Protection Association Christchurch Inc (TPA). Several other organisations were involved at various levels. For example, Canterbury District Health Board, Christchurch City Council and the Department of Buildings and Housing provided funding at \$2000 each and attended a few meetings in late 2006-early 2007. Serving on a Reference Group for the pilot project were staff from Disabled Persons Assembly, Rowley Resource Centre, and Youth & Cultural Development. Administrative support was provided jointly by the coordinators of Council of Social Services and Healthy Christchurch.

The issues of mutual concern were:

- 1—the unhealthy/unsafe conditions of some private rental properties which pose serious threats to tenants who may already be disadvantaged because of their low incomes and other circumstances
- 2—where the rents for these properties are being subsidised by tax payers through the Accommodation Supplement.

Housing meets one of our most basic human needs – the need for shelter. Decent and affordable shelter is considered to be a fundamental human right in New Zealand. This pilot project demonstrates that this most basic of human rights is not available to everyone in Christchurch.

Several positive outcomes emerged from this pilot project and are summarised here.

A. Housing conditions

- Improvement in housing conditions occurred for tenants living in properties found to be poorly or extremely poorly maintained. It should be noted, however, that in most cases, this improvement was a result of the tenants’ move to better quality housing, rather than the landlord carrying out needed repairs and maintenance on the existing dwelling.

B. Tenants

- As a direct result of the support provided by TPA and W&I (which in turn led to improved housing conditions), most tenants also gained momentum to seek other improvements in their lives (eg, taking up employment or study).
- An increase in tenants’ reported understanding of the Residential Tenancies Act (RTA) enabled them to make more informed decisions around housing choices.
- There was an increase in tenants’ reported expectations that they are entitled to live in decent housing.
- There was an increase in tenants’ reported understanding about the importance of carrying out a property inspection before renting; of knowing their rights and responsibilities under the RTA; and of checking the provisions of their tenancy agreement.
- The pilot project is likely to have a ‘ripple’ effect beyond the tenants to their friends, children and extended families.

TPA staff noted that the outcomes of this project may have been quite different if it had been carried out in an outer (as opposed to inner) suburb of Christchurch, where private rental housing is not as old and thus, in less need of major repairs and maintenance. Many of the properties TPA inspected were 'old, cold and costly' (coined by the Presbyterian Support Otago 2004 survey of low income private rental housing in Dunedin). This reflects the suburb and the age of many of the properties in this area. Much of the existing rental housing is nearing the end of its life cycle.

Staying Safe Strategies: Ginny Larson works for Neighbourhood Trust, and Anna Mowat works for Family Works (Presbyterian Support Upper South Island), and they both work through school communities; supporting families. A collegial friendship had developed between Neighbourhood Trust and Family Works because they worked within one same community, so it made perfect sense that the two organisations unite when opportunities arise. While the emphasis was on families, and relationships, the 'learning' extended to themselves, as well as to their respective organisations.

The project is called 'Staying Safe Strategies' and aimed at parents of 10-16 year olds and their children. It was a requirement of the programme that at least one parent/guardian and child attend together. The programme came out of discussions with Glenmoor Primary School parents. Both Family Works and Neighbourhood Trust (NHT) run activities of different sorts (Parents' network for Anna; Extended Services after-school and holiday programmes for NHT) at this low decile school.

Ginny says the response to the project has been so positive that they have had approaches from parents at other schools asking how they can get the same project going in their school.

Healthy Christchurch Evaluation: Feedback on the recommendations from the recent evaluation of Healthy Christchurch was given by the signatories present after its presentation.

- An Event, Commitment to an annual Hui and regular HC meetings
 - Signatories agreed with this recommendation with either a Hui annually or at least every two years.
- An annual type report.
 - Signatories agreed with a report in some form and coordinators conveyed that the high time/financial costs of producing an annual rep
- Contact people as HC representatives.
 - Coordinators had produced and circulated through the newsletter, job descriptions for HC representatives, to assist signatories in defining the role but work was still needed by organisations to embed HC within their respective organisations.
- A large network has many different needs.
 - The signatories did not agree with the idea of stratification or developing different classifications of signatories.
- Clarity of relationships, roles and governance and potentially agreed TOR
 - Many signatories are confused about the role of HC and the role of the Coordinators, Steering Group and Champions. Clarity of responsibilities creates good practice and increases engagement and successful partnership working.
- A review of the location of the HC Coordinators.
 - The location of HC Coordinators was not a major drawback to the initiative but to ensure that the initiative was not seen as being about medical health. The organisation that hosts the HC provides infrastructure and professional support to the Coordinators which the Coordinators believe is vital. A suggestion that a location in a community organisation could be viable but only if the funding for infrastructure went with the positions.
- A community/voluntary sector representative on the Steering Group.
 - Signatories suggested that they would need a separate hui to discuss how or if this could be achieved.
- Evaluation every two years.

- This could be done with a simple questionnaire. A suggestion by the HC Steering Group that bi-annual or annual phone call from HC Coordinators to Signatories to ensure Signatory organisation is still engaged and HC Contact Person has current understanding of Healthy Christchurch.
- A strategic direction for Healthy Christchurch.
 - Signatories agreed that a strategic direction as above would benefit the initiative. The Steering Group planned to meet on 27th May to discuss the evaluation recommendations (see *HC Steering Group below*).

Feedback from Signatories who attended the networking hui has been very positive. Everyone enjoyed hearing about other projects where signatories are working successfully together to address an issue of mutual concern. Well Done!!

Training and Workshops

Building Better Intervention Logics, Faster – Levels 1 & 2 (Wednesday, 29 July, 9-12.30pm & 1.30 – 5pm)

Two hands-on workshops providing effective information and techniques that you can apply immediately.

Join Dr Paul Duignan for a highly focused workshop that will increase your skills and confidence in developing and using intervention logics. Intervention logics (also called logic or outcomes models) are the key to sound accountability documents. Come and get equipped with new techniques and tools that you can take back to your work place and apply immediately. If you can, take the opportunity to attend levels 1 & 2 in one day.

By the end of the workshops, you will understand:

- Why you are drawing intervention logics (outcomes models)
- How they fit at the centre of strategy, monitoring and evaluation
- How they can be drawn to ensure they are the most useful they can be
- How the 13 Tips to Better Intervention Logics can be applied in practice to build great intervention logics – plus, participants can start practicing doing this in the workshop.

Simple Evaluation Planning for Non-Evaluators (Tuesday, 28 July, 9.30am - 1pm)

Do you need to plan an evaluation? This is a great place to start...

People working in many different roles have to develop evaluation plans. The current focus on evaluation is likely to accelerate as pressure comes on to prove results in a time of constrained spending.

Join Dr Paul Duignan for a highly focused workshop that will provide all you need to begin successfully planning and managing evaluations.

By the end of this workshop you will have:

- a structured template that identifies exactly what you need to do at each stage in developing your evaluation plan
- a simple framework for developing an evaluation plan
- a clear understanding of how to begin planning an evaluation for any type of project
- an understanding of the role of visual results models (also intervention logics or outcomes models)
- guidance on when & where you may need to pull in specialist expertise and what you can do yourself.

This workshop is aimed at those who need or want to do, or manage, evaluations, but have had little or no evaluation training. It provides a tight template-based approach to developing an evaluation plan. It is ideal for being faced by the challenge of planning or funding evaluations where they have had little experience with evaluation. For those with some experience it also provides a tidy way of structuring evaluation planning.

More workshop information: http://www.parkerduignan.com/pd/pd_presentations.html. Register by emailing: workshops@parkerduignan.com. Early registration discounts apply.

Healthy Christchurch Steering Group

At its 13 May meeting the Steering Group -

- Agreed to re-schedule previously postponed SG workshop to 27 May to propose strategic directions for the Healthy Christchurch initiative based on evaluation results
- Received a draft report from Lynley Cook who is working with Healthy Christchurch Champions to see how they can realise their aspirations to reduce harmful drinking in Christchurch
- Heard about progress on getting endorsement from Healthy Christchurch Champions on letter being drafted by CCC staff member to supermarkets under Tri-Agency Liquor Licensing Team.
- Accepted the resignation of Martin Mongan of Sport Canterbury from the Steering Group
- reviewed and approved an application from Revive and Thrive as a Healthy Christchurch Signatory

27th May Steering Group Workshop

The Steering Group met 27 May from 9am – 1pm for a workshop to consider the results of the recent evaluation of the Healthy Christchurch initiative.

The evaluation of HC provided valuable feedback. It also highlighted the fact that with the departure over the years of many of the people originally involved in the establishment of HC, some of the institutional memory and understanding of the healthy cities model has been lost.

The recent activity around the Champions' identification of alcohol as an issue they wish to provide visible leadership in and their support for the development of a City Health Plan signals potential changes to the focus and expectations of SG group members.

These issues have been touched on in recent SG meetings and the idea of a workshop for SG to discuss the history and future of HC was suggested.

This workshop provided an opportunity for the SG to propose new directions for the initiative with an understanding of the implications of today's decisions for the initiative to the year 2012 with a focus on the next 12 months

The Steering Group workshop resulted in members deciding on a work plan. Steering Group members will work in small groups together to progress the various parts outlined below and report back to the next Steering Group meeting to discuss the way forward.

Work Plan for Steering Group:

- Infrastructure – business as usual around network
- City Health Plan – projects (strategic objective)
- Champions Plan (priority)
- Facilitated annual catch up on progress of work plan
- Steering Group process review
- Network continues to be maintained (How can the Steering Group assist this process)

The Steering Group also discussed the recommendations in the evaluation with their opinions being very closely aligned to that of the feedback from the Signatories Networking Hui held on 21 May 2009.

The next meeting of the Steering Group is scheduled for 24 June, 11-12.30 at Community and Public Health, 76 Chester Street East.