

Healthy Christchurch

Newsletter #67, Haratua (May) 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. 194 organisations are currently signed up to the Healthy Christchurch Charter.

From the Healthy Christchurch Coordinators

The last in our series about the results from the evaluation of the Healthy Christchurch initiative.

Theme 8 – Does Healthy Christchurch have any ‘teeth’ if a signatory is behaving in a way that seems to not be in keeping with the Charter or the HC priorities?

It's important to remember that Healthy Christchurch is not a separate stand alone legal entity.....it's a network. The only way the Healthy Christchurch network could do anything about such a situation is if the vast majority of signatories agreed –

- that the behaviour was not in keeping with the Charter;
- what the reaction to the particular signatory's actions should be.

Needless to say, with almost 200 signatories, the logistics make these steps near impossible.

Having said this, there have been a couple of occasions over the 7 year life (and counting!) of the initiative where the Steering Group felt that the reputation of Healthy Christchurch could be jeopardised by the actions of an individual signatory. In one instance, the Steering Group developed a set of guidelines (see **Healthy Christchurch Steering Group** below) and began using them for vetting applications submitted by organisations wishing to become a signatory. In the other, the Steering Group wrote a letter to the particular signatory with a suggestion that major policy proposals be subjected to a formal Health Impact Assessment before a decision is made.

Here are some suggestions as to what you as signatories could do in such circumstances:

- Use the Healthy Christchurch Information Base to let other signatories know what the issue is and your thoughts about it and what should be done. Invite other signatories to let you know if they share your concerns.
- Use the directory of signatories (accessible through the Information Base) to identify additional signatories that might share your concerns.
- Contact like-minded signatories and explore the possibilities of working together to address the issue (eg, via a combined written and/or oral submission, letter to the CEO, etc).
- Feel free to invoke the words of the Charter and question the particular signatory as to how its actions fit with it.
- Use the Healthy Christchurch Information Base to keep signatories informed of progress and to invite wider participation if appropriate. Let signatories know the final outcome.

You can count on your trusty coordinators to apprise signatories of potential actions that could thwart progress on the two Healthy Christchurch priorities (to reduce

health inequalities and to improve physical activity and nutrition). We count on you to do the same thing!

In conclusion, any teeth that Healthy Christchurch might need to bare rests with you, the signatories to the Charter. Your coordinators are available to assist by providing coordination and facilitation where desired.

Farewell, goodbye, kā kite ano,

This is to announce that after almost 5 years on deck as a Healthy Christchurch co-coordinator, I'll be leaving the position at the end of May in order to be based full time on the West Coast (where I have lived since 1998!). I am looking for work locally which will enable me to spend more time with my partner (and our poorly behaved sheep and middle-aged Jack Russell) on our coastal farm located about halfway between Westport and Greymouth. My time with Healthy Christchurch has been truly exciting. I have met so many wonderful folks who are providing such fantastic services to the people of Christchurch. I so appreciate the support and contributions you have made to the initiative over the years. My heartfelt thanks to Robyn Wallace (the other co-coordinator) for her ultra common sense and who is such fun to work with, to the Healthy Christchurch Steering Group and Champions for their continuing commitment, and to Chris Ambrose at Canterbury District Health Board who invented the Healthy Christchurch Information Base. It has been fabulous to have been based at Community and Public Health (a division of Canterbury District Health Board) where I have been inspired, encouraged and challenged by Evon Currie, CDHB's General Manager for Population Health and the Healthy Christchurch Steering Group Chair. Being part of a team of highly professional public health workers within the DHB has been especially rewarding for me.

So....keep up the good work and **remember the power of collaboration!** It would be fantastic to see as many of you as can make it to the Networking Hui on 21 May so I can say 'Bye' in person! See attached invitation.

The Healthy Christchurch priority to reduce health inequalities

Social Determinants of Health Workshop

The Health Promotion Forum invites you to attend this workshop.
Christchurch 12th May

For more information regarding these workshops please cut and paste this link into your web browser <http://hauora.co.nz/page.php?p=42&fp=6>

Time: 10am – 3pm

Cost: Members \$60.75 Non Members \$67.50 (all prices inclusive of GST)

There are only a limited number of places available so early registration is recommended!

Introduction

The WHO Commission on Social Determinants of Health has produced a landmark report which is of special relevance to health promoters.

The report, *Closing the Gap in a Generation*, says that avoidable inequities in health "arise because of the circumstances in which people, live, work and age and the systems put in place to deal with illness. The conditions in which people live and die are, in turn, shaped by political, social, and economic forces." It says that improving health requires actions to improve daily living conditions, tackle the inequitable distribution of power, money and resources, and measure and understand the problem and assess the impact of action.

This workshop will consider where the report came from, its context, what relevance it has for New Zealand, and the implications for health promotion planning and practice.

Participants will discuss health inequities relevant to their own work, strategise practical implementation of the recommendations, and explore ideas for sustainable change.

While all health promoters are welcome, this workshop will be most relevant for senior practitioners and leaders involved in planning, developing, and managing health promotion services.

Participants are asked to look at the report's Executive Summary and the Special Edition of Hauora, the HPF newsletter which featured the report, before coming to the workshop. Please contact reception@hauora.co.nz if you need a copy.

Learning Outcomes

As a result of this workshop, participants will be able to

- describe the work of the Commission and its recent report
- discuss the application of the Commission's likely framework of empowerment for health promotion.

About the Facilitator:

Alison Blakelock is the Executive Director of the Health Promotion Forum. She is a public health physician and her special interests are the health of children and young people, the determinants of health, and health and human rights.

More information about the WHO Commission on Social Determinants of Health can be found at www.who.int/social_determinants

General Information

Tea and coffee will be available upon arrival and a light lunch will be offered at 1pm.

Please let us know if you have any special dietary or other needs.

Please come to network and catch up with colleagues!

This meeting is organised by the Health Promotion Forum as part of a contract with the Ministry of Health to provide seminars, workshops and other services on health promotion.

“PROTECT YOUR WHAKAPAPA” Sexual Health Day at Rehua Marae

An invitation to all Rangatahi – Whanau – Manuhiri - Community

Where: 76 Springfield Road

When: 26 May 09

Time: 12pm – 4.30

Table displays, sexual health information, questions and answers, activities and giveaways.

A blessing of a new Te Whare Tangata resource will commence at 1.45pm

EVERYONE WELCOME - Come along – be informed and make this a Tumeke time!!!!

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

Nutrition for infants

The Ministry of Health has contracted Associate Professor Judith Duncan of the University of Canterbury's School of Maori, Social and Cultural Studies and Carol Bartle of Te Puawaitanga ki Otautahi Trust's Canterbury Breastfeeding Advocacy Service, to develop breastfeeding guidelines for Early Childhood Education settings with appropriate consultation.

Judith and Carol will be doing an extensive literature review and also seeking the views of both early childhood education professionals, breastfeeding women using early childhood education for their infant or toddlers and pre-school children, breastfeeding support groups, Maori & Pacific Island organizations and individuals, health organisations and other interested stakeholders, both individuals and/or organisations.

The questions Judith and Carol are interested in receiving feedback about are:

1. **What do you think supports breastfeeding in early childhood education settings?**
2. **What do you think the barriers are to breastfeeding continuance in early childhood education settings?**
3. **What do you think the issues for infant feeding are within these settings?**

Please email any feedback on the questions or any other information – experiences, stories or suggestions to either:

carolbartle@omwwl.maori.nz or Judith.Duncan@canterbury.ac.nz

You may also post your responses to Carol Bartle, 206 Wairakei Road, Bryndwr, Christchurch

If you would like your feedback to be anonymous please indicate this clearly on your email or letter. Please indicate clearly if you are speaking as an individual or on behalf of an organisation.

Your suggestions, feedback and stories are very welcome and will play an integral part in the development of these guidelines.

As the time frame for this initial round of consultation is limited we would appreciate your responses as soon as possible. The final date/time for submissions is **5pm, Monday 18th May**.

Vacancies

Heart Foundation seeks a Heart Health Advocate

This person would be accountable for objectives related to smoke-free environments, health eating and physical activity. The Advocate also supports community programmes assisting people at high risk of cardiovascular disease. The role includes the promotion, facilitation and advocacy for heart health and cardiac care services by engaging volunteers to support and raise the profile of the Heart Foundation within the local community. By building and maintaining strong relationships with key stakeholders in the health agencies and community groups, the Advocate will ensure high levels of awareness and uptake of the support and services the Heart Foundation provides.

For more information, go to the job section of the Heart Foundation's website www.nhf.org.nz for the position description and application form. You can also ring Anne Trappit, Regional Heart Health Manager, 03 366 2112. Please forward your application and CV to jobapplications@nhf.org.nz Applications close on Friday 15 May 09

Items of Interest

Everything (well, almost everything) you wanted to know about swine flu

Canterbury District Health Board is one of several organisations in the region heavily involved in containing/controlling the spread of swine flu since its sudden emergence about 1.5 weeks ago.

The following CDHB website will keep you informed on a daily basis: www.fluinfo.org.nz

As members of the Christchurch community, it is incumbent on us all to take this outbreak seriously, to plan as advised by the website and to take care of ourselves and each other.

2009 New Zealand Small Town Conference in Kaiapoi Sept 16- 18 2009

The Kaiapoi Small Town Conference 2009 is for people passionate about life in Small Town New Zealand.

Keynote Speaker, Peter Kenyon founded the Bank of IDEAS – Initiatives for the Development of Enterprising Action – www.bankofideas.com.au and has worked with

more than 100 communities world-wide on fresh ways to stimulate economic and community renewal.

People with a commitment to help stimulate and sustain a vibrant New Zealand small town economy in the face of the 2009 global economic downturn should **register your interest NOW!** It's all about communities striving, inspiring, surviving, reviving and thriving.

For further information phone Conference Professionals on 03 377 7800 or e-mail your details to: conference@eventcreation.co.nz

Training and Workshops

NGO Social Services Expo

Social Service Providers Aotearoa Inc. and Strengthening Families invites you to attend the expo which is targeted at frontline staff employed by government and non-government social service agencies working in this field.

There will be presentations and displays showing the scope of services provided by NGO's for children, youth and families in Canterbury

When Thursday **28th May 2009**

Time **9.30am - 1pm** (*morning tea included*)

Where Knox Centre, 28 Bealey Ave, Christchurch (parking next door)

RSVP Dianne Smith at Presbyterian Support. Tel: 363 8225 or email dsmith@psusi.org.nz by **Monday 25th May 09**

Healthy Christchurch Steering Group

The Guidelines for Healthy Christchurch Membership were developed in 2003-04 by the Steering Group as follows:

'As part of the growing number of signatories to the Healthy Christchurch Charter it has become necessary to create guidelines for Healthy Christchurch membership. These guidelines are based on those existing for projects and on the Healthy Christchurch Charter.

Healthy Christchurch membership will be considered if the individual/organisation applying:

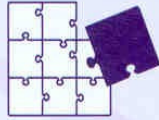
- Engages in and promotes legal activities
- Has positive health impacts/outcomes
- Is consistent with the Healthy Christchurch Charter.

Membership may be declined/ceased if:

- There are strong concerns from existing signatories. These concerns will be fully aired before the individual/organisation can join or be unjoined. In a situation where there is no consensus the final decision will be made by the Steering Group for Healthy Christchurch.
- The individual/organisation is found to be engaging in and /or promoting illegal activities.'

The Steering Group has not met since 1st April (reported in April newsletter).

The next meeting of the Steering Group is scheduled for 13 May, 11-12.30 at Community and Public Health, 76 Chester Street East.



Healthy Christchurch

An
Exciting Networking Hui for
Healthy Christchurch Signatories

This event provides an opportunity for signatories to reconnect, recommit, inform, promote, celebrate & increase understanding of the Healthy Christchurch initiative

When: Thursday 21st May 2009

Where: Oxford Tce Baptist Church – Cnr Madras St & Oxford Tce
(light morning tea provided)

Time: 9am – 12.30pm

Schedule:

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| 9.00 - 9.10 | Welcome and introductions |
| 9.10 - 10.25 | 3 collaborative projects in the limelight |
| 10.25 - 10.55 | Light morning tea (<i>provided</i>) |
| 10.55 - 11.45 | Results of the recent Healthy Christchurch evaluation and Steering Group response |
| 11.45 - 12.05 | A facilitated session on what it means to be a HC sig |
| 12.05 - 12.30 | An opportunity for you to ask others to join in any collaborative projects your organisation is involved in. |

There is no cost to attend this hui.

For catering purposes, please contact Healthy Christchurch Coordinators
Kathryn Cannan – 3786 820 or kathryn.cannan@cdhb.govt.nz
Robyn Wallace – 3786 838 or robyn.wallace@cdhb.govt.nz
by 18 May 2009