

Healthy Christchurch

Newsletter #70, Mahuru (September) 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. 196 organisations are currently signed up to the Healthy Christchurch Charter.

From the Healthy Christchurch Coordinators

Welcome to Maria Pasene - adding even more capacity for collaboration

Kia Orana Koutou katoatoa, Faka lofa lahi atu kia mutolu oti,
Tena ra tatou katoa.

It is with great excitement that I join the Healthy Christchurch Team after working as a Health Promoter for Community and Public Health for just over ten years. Over that time I have worked in the Pacific, Youth, Mental Health and Workforce development areas.

I live in Central Christchurch, St Albans with my husband Keith and my two beautiful children, Kalani-Jack, four and a half and Oriana-Jeannie who is two. I am of Niuean and Cook Island descent and originally from the Wellington area although I have lived in the South Island for 23 years.

The work of Healthy Christchurch ignites and inspires me as I learn more about the work that people in the community are involved in. My only weakness will be to remember that my role is to broker relationships and support activities rather than get totally immersed in everything – although I must say, there is no shortage of work to be done here. Healthy Christchurch has created opportunities for me to reconnect with old friends and colleagues and meet many new ones.

I look forward to meeting with the rest of you in the near future – Look out for me, I'm the cheeky one. Meitaki maata – Maria Pasene (aka Princess).

Changing the guard

With the changes in guard for your Healthy Christchurch coordinators we have been getting everyone up to speed with Healthy Christchurch. What, where, how, who? You will all know that the evaluation gave some recommendations which we took to the Signatories Networking hui in May this year to get your feedback. This feedback assisted the Steering Group when they held a half day workshop to discuss future directions of the Healthy Christchurch initiative. Your coordinators are working on the development of the strategic plan for Healthy Christchurch. This will require the input of Champions, Steering Group and Signatories alike. To this end we hope to host another Signatories Networking hui before the end of the year - we will keep you posted!

The Healthy Christchurch priority to reduce health inequalities

Congratulations Cheryl Brunton Public Health Champion 2009!!!!

The award was announced at the recent Public Health Association Conference held in Dunedin and recognises individuals who have made an outstanding contribution to public health. Cheryl now joins a very impressive group of individuals:-

2008 Marty Rogers
2007 Papaarangi Reid
2006 Philippa Howden-Chapman
2005 Ann Shaw
2004 Pauline Barnett
2003 Mason Durie
2002 Louise Croot

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2001 George Salmond
2000 Paratene Ngata
1999 Helen Galsgow

But wait there's more apart from her role as a Medical Officer of Health for the West Coast and Canterbury, Dr Brunton is also a senior lecturer in public health at the University of Otago in Christchurch, she's been an active member of the Public Health Association's Canterbury branch since it began and Cheryl is a member of our very own Healthy Christchurch Steering Group.

Healthy Christchurch would like to take this opportunity to offer its congratulations to Cheryl for the invaluable contribution she has made to public health and acknowledge how fortunate Healthy Christchurch is to have her expertise and knowledge assisting the Healthy Christchurch initiative in planning its future direction.

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

2009 Sea 2 Sea Challenge - Te Wero o Tai Ki Tai, September 28 – November 6

In 2009, the Sea 2 Sea Challenge will celebrate its 6th successful year of being the largest physical activity challenge across the Canterbury West Coast Region. 2008 saw more than 11,000 people participate in the Challenge and this year we hope to grow it even more!

Register online now at www.sea2sea.org.nz

We hope that you will take up the Challenge again this year and register your workplace to take part!

The Sea 2 Sea Challenge will start on Monday September 28 and finish on Friday 6 November. It involves employees being physically active with work mates, family and/or friends to complete the virtual distance of 240km from Sea 2 Sea in six weeks.

Just 30 minutes a day by each member of the two person teams is all it takes. 30mins = 3km.

The Sea 2 Sea Challenge is an ideal tool to encourage employees to be more physically active and there are many great benefits to workplaces for motivating employees to be physically active.

The benefits include:

- Increased productivity & morale
- Reduce stress levels
- Improved employee health & fitness
- Better employee relations
- Improved job satisfaction & team spirit
- Reduced employee absenteeism

By participating, employees will have the opportunity to be entered into a draw for prizes for both their workplace and themselves.

The aim of the Sea 2 Sea Challenge is to encourage people to be more regularly active. It's suitable for everyone, regardless of your age or current activity level and a fun way to get started if you're not currently active. It's also a great way to keep motivated if you're already doing some physical activity.

The great thing about the Sea 2 Sea Challenge is that you can complete the challenge by doing everyday things, so it doesn't require a lot of extra time. There are no set activities - you choose! For instance, activities like gardening, walking the dog, doing the housework, walking to work, cleaning the car, taking the stairs or mowing the lawns all count. The important thing is to get moving for 30 minutes every day.

For added interest, the Sea 2 Sea Challenge includes a "virtual" traverse from the west coast to the east coast (hence the name). Every time you complete 30 minutes of

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activity you cover a "virtual" distance of 3km. As you complete the challenge, you and your buddy cover the distance from one side of the south island to the other - 240km!

The Sea 2 Sea Challenge is a great team activity. There are free activity cards and wall-charts available to track your progress week by week.

This year, Sport Canterbury will also be offering a number of activities for your workplace to participate in throughout the 6 weeks, all counting towards your 30 minutes of Push Play each day!

And all of this is free! There is no cost to enter, no matter how big or small your workplace is, and there are some great prizes to be won!

Registrations are now open, log onto www.sea2sea.org.nz to register today!

Items of Interest

Are you or your organisation writing a submission to the Law Commissions review on the Sale and Supply of Liquor in NZ?

We have tried to keep you informed and up to date on the Law Commission's review of the Sale and Supply of Liquor in NZ and the upcoming submission process.

There is a great summary booklet "Alcohol in our Lives" A summary of the Law Commission's issues paper on the reform of NZ Liquor Laws. It is an easier read than the full document and available by contacting the Law Commission:

Phone: 0800 303030

Email: liquor@lawcom.govt.nz

Website: www.talklaw.co.nz

Submissions close at 5pm on Friday 30 October 2009

Barry McDonald working with Healthy Christchurch Champions

Barry McDonald Health Promoter Alcohol with Community and Public Health will be co-ordinating the efforts of the Healthy Christchurch Champions on alcohol action in the city. The Healthy Christchurch Champions have made a commitment to work collaboratively to address alcohol misuse in our city and the related harm it causes. A workable and agreed plan is being formulated in the short term by Barry with input from the Healthy Christchurch Steering Group. Once reviewed by the Steering Group the plan will be presented to the Healthy Christchurch Champions for their endorsement.

The effects of alcohol and its related harm come in many disguises. There is a golden opportunity to change the liquor laws in NZ and reduce the heavy drinking culture that exists, the consequences of which front line clinicians deal with on a daily basis.

Doug Sellman, Professor of Psychiatry and Addiction Medicine, University Otago Christchurch is soon to take university sabbatical leave to help launch a new national group, Alcohol Action NZ www.alcoholaction.co.nz by way of a lecture tour from Invercargill to Doubtless Bay in the Far North. The title of the national series is: "Ten things the alcohol industry won't tell you about alcohol".

Drop us a line if you or your organisation is writing a submission then we will feedback to the wider network on the numbers that participated. (*see our contact details below*)

New Statistics New Zealand Website launched

The new Statistics new Zealand website has been launched and here's what it will give you:

- **Clearer** look for more effective navigation
- **Quicker** access to tables and data
- **Smarter** browsing experience
- **Better** search functionality, not just key words

The stats for health can be found at the following link and includes information on life expectancy, abortions, disability and injury: <http://search.stats.govt.nz/nav/ct1/health/0>

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Free seminars on accessing information from the new website are also being held in Christchurch; visit www.stats.govt.nz/webstats for more information.

Vacancies

Community Max Information for Sponsors

The fact sheet needs to be updated to include the additional money that will cover GST component of wages.

The Fact sheet states \$375 this has now increased to \$422 participants' wages will be covered over the xmas period to include stat days and 3 weeks leave.

For every 4 participants there is supervision wages available at the same rate as above, e.g. 8 young people 2x's supervision money.

Please contact Anne Ginty for further information on 03 963 8403 / 029 200 6245

COMMUNITY MAX SUPPORTS THE COMPLETION OF PROJECTS THAT BENEFIT THE COMMUNITY OR THE ENVIRONMENT AND THAT WOULD NOT OTHERWISE BE DONE, WHILE CREATING JOBS FOR YOUNG PEOPLE

What is Community Max?

Community Max provides a wage subsidy for six months to young people to help complete community-based projects.

Community Max projects could include projects such as renovating public buildings such as marae or public spaces, or improving access to local environment such as parks and reserves. It provides an opportunity for young people to build skills and work experience while contributing to the community.

Community Max subsidies are paid for up to six months, and are targeted to help prepare young people for further opportunities in the workforce.

Is my project eligible?

In order to receive Community Max funding your project must:

- be of benefit to the community or the environment
- not displace existing staff or contractors
- be additional to the normal work of the organisation (eg a teacher aide position is generally not additional to the normal work of a school)
- be non-commercial
- be at least 26 weeks in duration
- provide 30 hours work per week.

A Community Max opportunity cannot be accepted if the employment agreement attached to the job contains a 90 day employment trial provision. If the employer removes the 90 day employment trial provision from the employment agreement, then the opportunity can be accepted on the basis that this is a six month opportunity.

What support will I receive?

Community Max provides a wage subsidy for young people for 30 hours a week. The wage subsidy will be equivalent to the minimum hourly wage, and will cover a total of 26 weeks.

Community Max will also include a training component, which will be funded for up to \$1,250 for each young person.

Funding to cover supervision expenses will also be provided where there are four or more Community Max workers employed within your project. This will be paid at \$12.50 per hour.

Supervision expenses may include (but are not limited to):

- financial costs to the employer for taking on an additional staff member to provide supervision (this can be a Work and Income client or another person chosen by the employer)
- the cost to the employer for using existing staff to supervise Community Max workers.

How can I register a Community Max project?

To register a project contact the Work and Income Employer Line on **0800 778 008**.

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IRD call centre Customer Service Positions

Location: Christchurch, Hamilton & Wellington

Full time or Part time Evening shifts Monday to Friday between 12:00pm - 8:30pm, and no more than 4 Saturdays in a 16 week period, for a 9:00am - 1:00pm shift.

Do you have great customer service skills and want to advance your career?

As part of the Inland Revenue's Assistance team, we can offer you:

- Competitive salary and regular performance reviews.
- Great training and development opportunities.
- A fun and supportive working environment.

We are looking for energetic, enthusiastic, goal orientated and emotional resilient people to join our customer focused team. With ongoing training and support, this is a great opportunity to learn new skills and progress your career.

Applications close Friday, 16 October 2009.

For more information about this job email callcentrevacancies@ird.govt.nz and ask for the Job Expectation. If you would like to apply you will also need to complete and sign an application form.

If you have any questions contact Geoff Jones, ph: 04 890 5462 or email: callcentrvacancies@ird.govt.nz

Training and Workshops

Kaumatua Hui – 22nd September 2009

An update on Health Services for Kaumatua in Canterbury

Tena koutou katoa

E nga Poua E nga Taua

E nga Koro E nga Kuia

Nau mai haere mai ki tenei hui

mo nga Kaumatua / Kuia

Date: Tuesday 22 September 2009

Time: 10.00am – 12 midday followed by lunch

Where: Te Korowai Atawhai, Building 4, Hilmorton Hospital, Annex Road Otautahi Karakia, mihimihi & korero. Speakers will include

- Hana Costigan/Diane Adams /Quita Tukaki
 - Rapuora Mobile Nursing Service
- Vania Pirini
 - He Oranga Pounamu - Exercises
- Sally Pitama
 - Nurse Maude Hospice
- Bettina Dillon
 - Ali's Home Help

Please RSVP to Dianne Smith, Elder Care Canterbury Coordinator on Ph 3638225 or email dsmith@psusi.org.nz.

VARK Training for group facilitators

Neil Fleming, who designed the VARK (Visual, aural, reading and kinaesthetic) approach to enhance learning, will be facilitating a workshop at Community and Public Health on this very approach 29 September from 10am-12:30pm, Kowhai Room.

Neil Fleming has been teaching for forty years. His full time teaching was divided between secondary, teacher education and university (Lincoln University, New Zealand) with ample recognition of his teaching and research prowess in those three sectors. For the past ten years he has been facilitating active workshops on a variety of topics in North America, Asia and Europe travelling there in spring and fall. He has been the main author of the VARK books available online at this website.. He has also been working

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with a group of elite sports coaches on a learning-preferences approach to coaching. His sports' clients include the Australian Institute of Sport, All Blacks, Super 14 (Rugby), Australian Cricket, Royal Yacht Association (UK) England and Wales Cricket Board.

What is VARK?

VARK alerts people to the variety of different approaches to learning. It supports those who have been having difficulties with their learning and has particular applications in sport, training and education. Teachers who would like to develop additional learning strategies can also benefit from using VARK. It can be used with a group, team or class or with one-to-one training and counselling, but it does require some explanation to avoid leaping to inappropriate conclusions.

Everybody has a preferred learning style, visual, aural, reading, writing or kinaesthetic. Knowing and understanding your learning style helps you to learn and teach more effectively. Understanding your own and your participants' learning styles will help you to capitalise on your strengths and enhance the delivery of your workshop.

VARK is a way of finding out your preferred learning style and how we take in and give out information as learners and facilitators.

VARK works with four modality preferences they are: Visual (seeing), Aural (hearing), Read/Write and Kinaesthetic (doing).

For enrolments and/or enquiries please contact Annie Davey Ph: 378 6769.

National Carers Conference, 24-25 September!

Carers NZ's two yearly conference is to be held at Auckland's Waipuna Events Centre later this month.

Highlights will include an opening song by Whirimako Black, opening remarks by Dame Cath Tizard, and a statement of support for carers from the Prime Minister, John Key. This will be followed by a presentation by Joan Hughes, CEO of Carers Australia, about Why the Prime Minister Talks About Carers.

During the afternoon, there will be a global caring and employment expert Caroline Waters, of the BT Group, sharing her knowledge about why employers need to be aware of carers in their workforce (as many as one in three of every workplace). There will also be presentations at the Work Life Care! workshop by Business NZ, the NZCTU, and Carl Stent, wellbeing manager for Fulton Hogan. If you are unable to attend the full conference but are interested purely in the Work Life Care! workshop, you can register separately for this for just \$100.

There are too many workshops and features to mention! You can attend just plenary sessions, or choose from an interesting selection of workshops and other meetings to be held at the conference. Details about all of them are in our programme available at www.carers.net.nz.

You can download the full programme and register online at www.carers.net.nz or register by phoning 0800 777 797.

Healthy Christchurch Steering Group

The Steering Group has not met since 5 August.

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.



Plant a Plant!

A challenge to Healthy Christchurch Signatories!

Which organisation (large, med and small) can plant the most plants during conservation week?

You can:

- Plant a plant at home – Tree, herb, flowerpot
- Donate a plant for Orton Bradley Park
- Plant at Travis Wetlands with TreesforCanterbury on Saturday 19th
- Or come up with your own team's or organisation's idea e.g No waste printing and photocopying paper day.

WHY?

- Trees are very useful in helping to reverse the Green House Effect. Trees extract the carbon dioxide from the air
- Planting requires physical activity
- Nurturing growth and having greenery around us is good for Mental Health and Wellbeing
- Planting fruit, nut trees and herbs provides us with healthy food
- Trees are important for providing habitat for the natural wildlife (fauna) found throughout New Zealand
- Planting native plants increases the number of natives as there is a lack of them in our region
- Together we can have a real impact – let's see if together Healthy Christchurch can plant 2000 plants.

Make sure you let your Healthy Christchurch Contact Person:

Know how many plants you planted (or equivalent). Or contact healthychristchurch@cph.co.nz www.healthy.christchurch.org.nz

Trees for Canterbury are offering natives for \$3.20 for signatory organisations (normally \$4).

Donate a plant for Orton Bradley Park and Travis Wetland community planting day

Contact www.treesforcanterbury.org.nz for more information.

**13 - 20 September 2009
Get Involved: Kia Mahia te Mahi**

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