

Healthy Christchurch

Newsletter #75, Poutū-te-rangi (March) 2010

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. 192 organisations are currently signed up to the Healthy Christchurch Charter.

From the Healthy Christchurch Coordinators

Healthy Christchurch Strategic Plan

Since November 2009 until February 2010 signatories have been generous with their time and their comments to inform the proposed a strategic plan for Healthy Christchurch.

The Hui-iti have been held, the comments and feedback recorded, the strategic plan is almost finished being written. We will be mailing the results of what you as signatories identified as being the top areas your organisation “can collaborate on, can contribute to and actively participate in and aligns with the work you do” sometime during the two next weeks. Take time to digest the information in the strategic plan and discuss the focus areas identified by signatories with your organisation and colleagues. It is proposed to host a hui, end April / early May, where signatories can sign up to work on the focus area they voted for. You know who you are!!!

As coordinators we would like to thank signatory members and their organisations for supporting and attending the Hui-iti over the last four months. Your time and contributions have been invaluable. Well done everyone!

The Healthy Christchurch priority to reduce health inequalities

Maori and Pacific youth unemployment rates need action

Nearly one in three Maori and Pacific young workers are now unemployed, and action is needed to address their plight, says Race Relations Commissioner Joris de Bres.

Speaking at Wesley Broadway in Palmerston North on Monday night, Mr de Bres said Statistics New Zealand’s December Household Labour Force Survey results showed unemployment for Maori had risen from 9.8 per cent to 15.4 per cent in the previous 12 months and from 7.8 per cent to 14.per cent for Pacific peoples. This compared to a rise in the European rate from 3.2 per cent to 4.6 per cent. Although the overall survey results were published last week, the ethnic breakdown of youth unemployment was not included.

The figures show a widening gap between different ethnic groups, which will impact on other social and economic areas, he said.

The unemployment rates for young people were even more worrying, with the Maori rate going up from 19.5 per cent to 30.4 per cent and the Pacific rate from 18.6 per cent to 29.8 per cent. The current rate for MELAA (Middle Eastern, Latin American and African) youth is at 40 per cent.

“Almost one in every three Maori and Pacific workers aged 15-24 is out of work,” Mr de Bres said. The younger demographic profile of the Maori and Pacific communities means this has an even greater effect on these communities.”

“In last year’s Race Relations Report, I noted that the deepening economic recession was the most challenging issue for race relations in 2009. After a gradual process of economic and social recovery for Maori and Pacific peoples, progress threatened to be halted and even reversed in terms of employment, standard of living and, consequently, other social conditions.”

This has unfortunately proved to be the case, and as we come out of the recession, it is vital these increased inequalities are reversed.

Contact: Healthy Christchurch Coordinators

Robyn Wallace: 03 378 6838

Michelle Whitaker: 03 378 6820

Maria Pasene: 03 378 6778

Email: healthychristchurch@cph.co.nz

Mr de Bres said this was one of the top 10 race relations priorities identified in his forthcoming annual Race Relations Report, due to be released in Waitakere City on 11 March.

Online guide for new migrants to Christchurch Otautahi

Checkout the Christchurch City Council's online guide for Migrants new to Christchurch. The guide provides information about settling in the city, transport, banking, health, tax, medial care and much more. The guide is set up to help newcomers create a new life here in Otautahi.

www.ccc.govt.nz/homeliving/informationformigrants/migrantsguidetochristchurch

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

Workplace Wellness Program

Workplaces are where we spend at least 8 hours if not more per day. We have an ageing workforce and a rising tide of chronic diseases. Workplace wellness programs are imperative from a health and bottom-line perspective. The workplace can have a direct impact on the health and motivation of its employees and a wellness program can deliver huge savings in reduced absenteeism and staff retention as well as delivering the financial benefits of increased productivity. Community and Public Health have developed a workplace wellness program which is available for businesses free of charge.

The wellness program goes step by step from a PowerPoint presentation to management, formation of a wellness committee, lifestyle questionnaires, action plan examples and policy examples.

Janne Pasco, Community & Public Health, is available to assist in the implementation of this program and can be contacted on ph 3786821.

Food Security

The recession has brought about food insecurity for many families particularly as economic factors have the greatest influence on food insecurity. Community & public Health are working with community agencies to improve access to healthy food. The effects of food insecurity on health status and social wellbeing are well documented. It is especially damaging for child health and development, and is associated with an increased risk of overweight. Food security is also about having access to culturally appropriate foods, having transport to access supermarkets and having the skills to prepare those foods that are cheap and seasonal.

Qualitative studies have shown that community gardens, community kitchens, bulk buying and produce distribution interventions can provide a more nutritious and varied diet for participants and also have considerable psychosocial benefits for individuals, families, and communities that participate.

Contact Janne Pasco Ph 378 6821 or Kay Hegan Ph 378 6868

City2Surf Challenge

The City2Surf is already set for record corporate entries for the 36th fun run on Sunday, March 21st. More than 150 corporate teams have entered. The Canterbury District Health Board, a signatory and sponsor of Health Christchurch is leading the way with over 500 city to surfers so far and aims to have 700 entries. The Christchurch City Council another sponsoring organisation has 200. Is your organisation involved?

The City2Surf is a great opportunity to run, or walk 12km or 6 km from Porritt Park with colleagues for support or by yourself. This event keeps getting bigger and better. Register online at www.city2surf.co.nz

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Time Banking

What is Time Banking?

Time Banking is a way of trading skills in a community. It uses time, rather than money, as the measurement tool.

Members of a Time Bank share their skills with other members within the community and are given time credits for the work they do.

With the credits they gain, each member can 'buy' someone else's time, and get the service they need.

How did Time Banking start?

The Time Banking concept was developed by Edgar S Cahn in the USA. Since then, it has spread to many countries around the world. Time Banking acknowledges we all have something to contribute and that what we offer is valued. Project Lyttelton has set up New Zealand's first Time Bank.

Time Banking is a type of complementary currency. Local community trading and bartering systems help to create empowerment and resilience in communities by enabling local trading of goods and services without relying on the national money system.

For more information about Time Banking Edgar S. Cahn's book, No More Throw Away People is recommended reading.

"If we accept a market definition of work, there are a few minor omissions worth nothing. Work does not include: raising children, taking care of one's elder parents, keeping one's family, functioning, being a good neighbour, or being a good citizen. So work includes everything — except family, community and democracy. Some of us think those things are rather important. If they can't be addressed as work within the market, it is clear we need a larger framework than that supplied by market." (NMTAP page 41)

Why Join a Time Bank?

Time Banking adds richness to Time Bankers' lives. As a concept it brings 'wealth', in the form of friendship, caring for one another, having our needs met from within our own community and getting help with things we can't do.

Skills which are often taken for granted are valued - especially non-market economy skills - like mothering, basic home help and caring, friendliness, listening.

In Lyttelton as a result of the Time Bank members can see a tighter community forming. Friendships are forming between people of different backgrounds that would not usually have met. The elderly are being cared for and the skills they share are valued. Special needs people are encouraged to participate.

Time Banking builds relationships and trust in a community. Everyone has something they can contribute to the wellbeing of the whole.

Everyone's Time is Equal

With Time Banking everybody's time is equal, no matter what type of work is done. 1 = 1. If you give one hour's work, you receive one hour time credit. If you have another member do one hour's work, they are paid one hour time credit. Every person is equally valued.

What Skills can I offer?

Sometimes people find it difficult to work out what skills to offer as a Time Bank member. You can offer any skill except what you do for your taxable income. We often don't realise how valuable our other skills are. That means things that we are good at, things we enjoy, hobbies or talents. Be creative!

Sometimes people feel they have no spare time. But if we do the things we like, for instance sewing or cooking, and get another member to do the things we don't enjoy so much, for example gardening, we find the time we do have is spent more enjoyably and we are also helping others in our community.

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Some of the skills on offer at Lyttelton Time Bank are:

Cooking, sewing, gardening, childminding, dog walking, odd jobs, card making, knitting, painting, working bees, wood stacking, computer help, pruning, music lessons, marketing advice, basic accounting help, listening, spread sheeting, puppetry, preserving, nurse aiding, rides for shopping and appointments, home help, photography, meditation, felting, needlework lessons, graphic design, cleaning, help during illness, window washing, craft work, building, use of trailer, parenting help and resources, computer tutoring, motherhood support, Japanese, proof reading, bicycle maintenance, yoga, soap making, ESOL tutoring, companionship, art lessons and much more!!!

Frequently asked questions

Q: How safe is the Time Bank?

A: New members are asked to provide two referees who will be called by the Time Bank coordinator to ensure members' safety. Police checks are also carried out, if required.

Q: What if I don't have any Time Credits?

A: Time Banking is not about balancing the books. It is about trading skills in the community and reciprocity. You can still trade if you have not yet earned time credits. In fact, for the system to work properly, most traders will move in and out of debit and credit at some point.

The Community Chest

A feature of the Lyttelton Time Bank is the Community Chest. People who don't want their time credits can donate them for someone else to use, perhaps local community groups, or someone frail or unwell who needs extra help but can't offer any services.

Web resources: www.timebanks.org; www.le.org.nz; www.lyttelton.net.nz/timebank

If you would like to know more please contact Margaret Jefferies, 03 328 9243 or email timebank@lyttelton.net.nz

Training and Workshops

Food Miles, Carbon Footprinting and their potential impact on trade

Sustainable Otautahi invites you to attend a public meeting with Caroline Saunders, Professor Director of the Agribusiness and Economics, Research Unit, Lincoln University.

When: 7.30 pm on Monday 15 March

Where: WEA Hall, 59 Gloucester Street

Dr Caroline Saunders has 25 years research expertise in the UK and New Zealand. She has over 100 publications specialising on sustainable economic development. Her current research involves developing and using the Lincoln Trade and Environment Model to assess impacts on trade of various factors including changing policy, market trends, energy use and greenhouse gas emissions, development of new technologies and such issues as food miles.

All welcome. Supper to follow

Please telephone for further information: (03) 384 1281

Sustainable Otautahi Christchurch PO Box 2216 Christchurch 8140

www.sustainablechristchurch.org.nz

Cooking Skills to Life Skills

Cooking Skills to Life Skills is a cooking and nutrition program running in the community – usually through community groups.

Facilitators have been trained to teach the course which was developed in response to a need voiced by the community. Not only do the participants learn the skills of cooking but also learn the skills and benefits of menu planning, writing shopping lists and budget control so that they can feel reassured in the fact that they now have the knowledge and skills to feed their family a nourishing, well balanced diet within the constraints of their budget.

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The program is developed by Community & Public Health and is accessible for community groups by contacting Jill on 375 7192.

Resource

Secondments to NGO's funded by Dept. of Internal Affairs

You may be interested to hear about this fund that allows the secondment of staff to NGOs (or to please pass onto your networks).

Grants from the Community Internship Programme enable non-profit community organisations to pay the salaries of staff with high-level skills to work as interns, helping community groups to improve their services, to plan strategically and become more effective.

The actual number of internships this year will depend on the salary amount the intern receives from their usual employer and the length of the internship.

The 2010 supplementary funding round for the Community Internship Programme opens on 15 February 2010 and closes on 6 April 2010 at 4pm.

Below is the link to our website for the full details:

http://www.dia.govt.nz/diawebsite.NSF/wpg_URL/Services-Community-Internship-Programme-Index?OpenDocument

Feel free to call Liz Stephenson, Community Development and Funding Advisor, if you would like to discuss this programme. Phone 03 353 8301, Mobile: 0272 263 694

Healthy Christchurch Steering Group

At its 17th February 2010 meeting the Steering Group –

- Agreed to investigate how an Age Friendly Cities lens can be included in work on the City Health & Wellbeing Plan (a Healthy Christchurch Project).
- Agreed to have a ½ day workshop reviewing the Steering Group's Terms of Reference. Specifically to clarify more defined roles and responsibilities to support effective working.
- Approved Interpreting Canterbury as a Healthy Christchurch signatory

The next meeting of the Steering Group is scheduled for 31st March 2010, 10am-12pm at Community and Public Health, Kowhai Room, 76 Chester Street East.