

HEALTHY CHRISTCHURCH

November 2002

First Healthy Christchurch Signatory Hui

Healthy Christchurch plans to hold two meetings each year when all signatory groups can get together. The first of these is **9.30-11.30am,**

**Wednesday November 20th
at Christchurch Netball Centre,
455 Hagley Avenue.**

The major purpose of these meetings will be networking – a chance for the many diverse groups who have signed the charter to strengthen relationships and focus on any current issues of interest or concern. No doubt as the Healthy Christchurch initiative matures, it will develop its own ways of listening and responding to community issues and these 6 monthly meetings will play an important role in this development. As well as updating signatory groups on the Healthy Christchurch projects, the Hui will include a presentation from Canterbury District Health Board.

Update on Healthy Christchurch projects

The following projects are now in the early stages of development. Each project group is drawn from a range of organisations, some working together for the first time.

- **Healthy Workplaces** – a pilot programme for addressing workplace health issues, including stress, nutrition, relationships and employment law.
- **Healthy Homes** – a programme to raise awareness about creating healthier and more energy efficient homes.
- **Oral Health Project** – a pilot to address oral health problems in children by providing fluoridated milk or water through kindergartens and primary schools.
- **Breastfeeding Promotion** – a programme to promote breast feeding and baby friendly environments in the city.

- **Employment Mentoring for young Maori/refugee people** – a project to provide practical support in workplaces.
- **Living Wage/Future of Work** – projects using Healthy Christchurch's links between tertiary institutions and community groups to set up research to identify what constitutes a 'living wage' locally and how employment trends will affect life in the city.
- **Ecofest for Christchurch** – a project to use a festival to promote information and awareness about sustainability issues.
- **Protocols for Groups working in schools** – practical guidance to ensure schools access the best available information and resources.

If you or your agency wants to be involved in a project, please contact Lucy or Olivia at Healthy Christchurch – HealthyChristchurch@ccc.govt.nz or 941 8057

Healthy Christchurch Directory Now Available

The Healthy Christchurch Charter now has 186 signatories. A directory is now available, including contact details and a brief description of each group. Directories will be available at the Hui on November 20th or from Healthy Christchurch
HealthyChristchurch@ccc.govt.nz or 941 8057.

The Heart Of The Community

Heart disease is the leading cause of death in Aotearoa New Zealand, accounting for 41% of deaths. Men and Maori people are particularly at risk. This issue touches everyone's lives and it will take the efforts of the whole community to change lifestyles and practices which put people at risk. If you have concerns about any aspect of heart health – from nutrition to stress, from inequity to cultural issues - please come along and have your say.

The Heart Of The Community meeting is on **Thursday, November 14th, 10am - 2pm** at **Christchurch Netball Centre, 455 Hagley Avenue**. Lunch will be provided.

RSVP – Joan Mechen at Crown Public Health – 379 9480 extn 801, or joan.mechen@cph.co.nz

Meeting about databases, directories, networking and information-sharing

Over 50 people attended the October meeting focusing on better use of information. John Truesdale from City Council Libraries presented an overview of the CINCH database and the LocalEye project.

CINCH contains details from over 5,000 organisations and for those without computers, print outs of relevant sections are available from local libraries. It remains a major resource for most Healthy Christchurch groups. CINCH's address is <http://library.christchurch.org.nz/cinch>

LocalEye, launched 31st October, is a Christchurch and Canterbury Gateway, providing access to all web material related to Christchurch and its surrounding area. John describes it as "a one start shop for locals and visitors". The address is www.localeye.info

The Community-Mapping Project is a joint venture between Christchurch City Council, Department of Internal Affairs, Department of Child, Youth and Family Services and Safer Christchurch. The project aims at developing a community profile of Christchurch. The profile will include information on local demographic and social trends, social service and government provision.

Other useful information from the meeting included

Third Age Project is happy to offer tutoring and computer facilities to small groups who have no computer, to enable them to produce newsletters and do websearches. Contact Third Age Resource Coordinator, John Probert, on 03 353 6883.

COSS News, the newsletter of the Council of Social Services, is a very useful way of keeping in touch with what's happening both locally and nationally. If you want to join COSS, contact Sharon Torstonsen on 366 2050 or via ccoss@ihug.co.nz

Plains FM 96.9 are able to advertise many community ventures through their network. Contact Richard on 365 7997 or richard@plainsfm.org.nz

Full notes from the meeting are available - HealthyChristchurch@ccc.govt.nz or 941 8057.

Healthy Christchurch website – an apology

Due to circumstances beyond our control, we regret that the Healthy Christchurch website has not been updated as quickly as we had planned. Hopefully, the updating will be completed very soon. There will then be a full list of signatory organisations on the web, including many links to other websites, as well as newsletters, meeting notes and other information.

Posters

The Healthy Christchurch posters are still available, featuring the charter framed by a beautiful painting by local artist, Jenny Rendall. A larger poster, featuring the signatures of all agencies signing the Charter by the end of July 2002, is just being printed and will be distributed at the hui on 20th November. Please let us know how many copies you need via 941 8057 or HealthyChristchurch@ccc.govt.nz