



# Healthy Christchurch

December 2002

## **Community Mapping**

What's happening in the city? What and where are all the services? What is needed?

The Community Mapping Project is hoping to find out more about the city's makeup and the social services that operate in Christchurch. The aim is to get a good over all picture of the community, spot trends and use the information to identify gaps and help with planning. The hope is that this will lead to the best possible match of local needs and resources.

The project is linking with the CINCH directory - so that individuals and groups can also find information about the services available in the city. Much of the information that is being gathered and put together will be made available through the website over coming months

The Community Mapping Project is a collaboration between Child, Youth and Family, Christchurch City Council, Department of Internal Affairs, He Oranga Pounamu, and representatives of various government departments through Strengthening Families Management Group.

They are asking that you help build the picture of our community by filling in and returning a questionnaire. The questionnaire is available on the website <http://library.christchurch.org.nz/CommunityMapping/>

or can be emailed to you [communitymapping@ccc.govt.nz](mailto:communitymapping@ccc.govt.nz)

## **Healthy Christchurch Posters**

Copies of the Charter poster and the poster listing signatories are still

available. Please let us know how many copies you would like.

## **New Website Address**

Healthy Christchurch has a new website address –

<http://healthy.christchurch.org.nz/>

The website is run through the Libraries web team, which also runs the CINCH database and the move reflects Healthy Christchurch's commitment to promoting CINCH as the central information and networking point for agencies in the city. The old website address will transfer you directly to the new site. The website has now 'gone live' with information about all the signatory groups, in many cases with direct links to their websites. If you have news or information you would like to put on the website, please let Lucy or Olivia know –

[Healthy.Christchurch@ccc.govt.nz](mailto:Healthy.Christchurch@ccc.govt.nz)

## **Healthy Catering Guidelines**

Healthy Christchurch is keen to encourage organisations to share good ideas. With this in mind, Community and Public Health (formerly Crown Public Health) have prepared some very simple Catering Guidelines to assist organisations to serve healthy options at catered events. If your agency does not already have a catering policy, this would provide a very good template for one. Copies are available from Healthy Christchurch - [Healthy.Christchurch@ccc.govt.nz](mailto:Healthy.Christchurch@ccc.govt.nz) or 941 8057

## **Updates from some of the Healthy Christchurch Projects**

- **Healthy Workplaces** – The pilot programme will be tested early in 2003 at four organisations – Shirley Primary School, City Care Ltd, Community House and Waipuna Trust. The programme consists of 6 sessions, tailored to the needs of the particular agency but broadly focused on mental health at work, relationships at work, physical exercise, nutrition and smoking and legal issues. Thanks to the large number of agencies who volunteered to be part of the pilot – hopefully we will be able to expand the scheme in the second half of 2003.
- **Healthy Homes** – This group is planning to offer a free 8 week course to workers from Healthy Christchurch agencies focusing on practical information about how to make homes (and workplaces) healthier and more sustainable. Watch out for further details as places will be limited.
- **Oral Health Project** – The project has run into a number of legal issues around adding fluoride to milk. While it assesses how to work on these, it has set up a short term measure of providing toothbrushes and toothpaste for children receiving Christmas hampers from the Methodist Mission.
- **Breastfeeding Promotion** – The group is looking for organisations who would like to volunteer to implement Workplace Breastfeeding Policy which they have drawn up. If your organisation is interested, please contact Julie Stufkens at CPH – 379 9480 or [Julie.stufkens@cph.co.nz](mailto:Julie.stufkens@cph.co.nz)

- **Living Wage/Future of Work** – This project is now called **Sustainable Livelihoods** and has employed a researcher to draw together all the key literature on employment issues, which will be used as the basis of public discussion in Autumn 2003.

Other projects include **Employment Mentoring for young Maori**, **Ecofest for Christchurch**, and **Protocols for Groups working in schools**. For further details about these projects or ideas for projects you would like to see Healthy Christchurch work on, please contact Lucy or Olivia - [Healthy.Christchurch@ccc.govt.nz](mailto:Healthy.Christchurch@ccc.govt.nz) or 941 8057

### **Physical Activity Strategy for Christchurch**

In the new year, Healthy Christchurch will be involved in developing a Physical Activity Strategy for Christchurch. This will bring together areas such as environmental factors like air quality; urban planning and design; nutrition promotion; parks design; promotion of physical activity; workplace promotion of healthy lifestyles, etc. and would involve a wide range of groups. We hope that your agency will want to be involved.

### **Christmas and Summer Holidays**

We would like to take this opportunity to thank everyone involved in Healthy Christchurch for their energy and commitment over the past year, which has seen the Initiative grow from an idea into a body which can make a real difference to life in Christchurch. We would like to wish you all a peaceful and safe holidays and look forward to working together for a healthy Christchurch in 2003.

Best wishes,  
Lucy and Olivia