

Healthy Christchurch

Newsletter #58 Pipiri (June) 2008

From the Healthy Christchurch Coordinators

A meeting of the Healthy Christchurch Champions and Steering Group was held 21 May. All but two of the Champions and one of the Steering Group were able to attend so it made for a very interesting and engaging afternoon.

It has been a number of years since the Champions have gathered as a group and it was thought to be an opportune time, due to a number of changes to the Champions and Steering Group members through new people entering positions i.e. Champion Bob Parker (CCC Mayor), Champion Alister James (CDHB Chairperson) with Champion Warren Lindberg (Ministry of Health) sending an alternate Chris Wong in his place, new steering Group members are Laila Cooper (Mental Health Foundation), Martin Mongan (Sport Canterbury), Josie McNee (ECan), Alan Bywater (CCC) and Fiona Pimm (TRoNT). Other attendees were Champions Sir Kerry Burke (ECan), Prof. Peter Joyce (University of Otago, Christchurch), Dr Paul McCormack (Pegasus Health) and Steering Group members Evon Currie (CPH), Viv Daley (Pegasus Health), Ann Richardson (University of Otago, Christchurch), Liz Stephenson (MoH), and Jane Cartwright (Partnership Health Cant.).

The decision to bring the Champions and Steering Group together was initiated early in 2008. The meeting aimed to reacquaint the Champions with the Healthy Christchurch initiative, which their organisations sponsor, and the Steering Group which continues to drive it, and to enable creative dialogue between the groups to plan the future of Healthy Christchurch. Facilitation of the meeting was carried out by an independent facilitator, Graeme Nicholas of Te Kouka Consulting, to ensure the outcomes achieved were those discussed and flagged as a priority by the Champions, with Steering Group members providing their insights to how the Healthy Christchurch initiative has been operating.

Champions and Steering Group members were enthusiastic about Healthy Christchurch and discussed potential ways for working together more collaboratively to address pressing issues in Christchurch. The Steering Group will now collate the information gained from the meeting and move towards developing a strategic plan for the future direction of the Healthy Christchurch initiative.

We must send a huge thank you to the Champions that took time out from their busy schedules to attend this meeting and give us their input/insights. From this meeting the Champions have now planned to meet in a month's time to further discuss the issues and ways of working together. We think this will have a major benefit for the Healthy Christchurch initiative and its signatories. The Steering Group members also deserve a big thank you for their time and energy, not only in planning the session on the day but also in advance for the work that is still to be done.

Missing in action

Your trusty co-ordinators are down to one. Kathryn is away on a well deserved break with her husband and is due back 1st July. I have had one very short email telling me that she has just spent two fabulous weeks sailing on the Mediterranean (mmm the sun, the salt laden sea air aahh). She is now heading off to Greece and from there the plan is to backpack, bus and ferry through parts of Europe and up to Croatia. Near the end of June she will fly to the USA and visit her family before coming home to Aotearoa, the Land of the Long White Cloud, Godzone, NZ. Perhaps we are not top of her mind at the moment, and who could blame her.

Just a small reminder that there will be no newsletter in July so keep warm 'til next time...

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Kathryn Cannan: 03 3786 820 or
Robyn Wallace: 03 3786 838
Email: healthychristchurch@cph.co.nz

Debrief from 16th April Youth Housing Forum.

The main outcome from the debrief meeting which was held in mid May is that a working party of interested agencies is being formed. The working party will be under the umbrella of NZAAHD who will be looking at the overall housing needs of young people in Christchurch and endeavoring to ensure that people work together in their various housing projects so that as many gaps are filled as possible. For further information or if you would like to be part of the working party please contact Sue Bagshaw bagshaw@clear.net.nz.

Celebrate Men's Health Week, 9 – 13 June

A number of free events are planned for this week to celebrate Men's Health Week. All events will be held at Community House, 141 Hereford Street. For further information on the planned events contact Donald Pettitt, Manager, Canterbury Men's Centre on 03 940 9487 or email canmen@inspire.net.nz

Understanding Health Inequalities in Aotearoa New Zealand

A new book has been published by the Wellington School of Medicine and Health Sciences edited by Kevin Dew and Anna Matheson - **Understanding Health Inequalities in Aotearoa New Zealand**. Looks well worth a read!

<http://www.otago.ac.nz/wsmhs/academic/dph/Inequalities%20book%20MR.pdf>

Health, spirituality, identity, determinants of health, chronic conditions, rehabilitation

The full article "The role of the spiritual dimension of the self as the prime determinant of health" was written in New Zealand and published in 2006. The concept of spirituality it uses is reproduced below.

The document addresses a number of issues including:

-- concepts of health and illness, what a sense of wellbeing requires, the concept of spirituality, why we need a holistic approach to health, the importance of the Maori health models.

The concept of spirituality used in this paper is based on four common defining themes found in the relevant literature [3, 8,15,16,18 – 24]. The themes assume that all life is created from the spiritual, nonmaterial rather than material realm. They are:

1. Relationships: The strongest theme is the existence of meaningful relationships within the self, and between the self and others, external spiritual forces and the natural world. In other words, the self is perceived as an inherent part of a greater whole.
2. Connectedness: This theme is intrinsically interwoven with relationships. Not only must a relationship be acknowledged, but its nature must be experienced and acknowledged as an essential component of self. Health is dependent on the degree of connection with self, others, the natural world and external spiritual forces as well as on the level of health of those things to which one is connected.
3. Meaning: The characteristics of the individual's relationships and connections determine individual interpretation of the purpose of life. Included is the concept of hope, which is an assurance that all will work for the betterment of the system, including the individual, even though objective evidence may suggest otherwise. The opposing construct to hope is fear, which is the conviction that there is no certainty that outcomes will be positive for the self.
4. Beliefs/Clarity of Principles: The preceding three themes enable the development of a personal belief system that is clear, strong and rigorously upheld, and which provides a structure for rationalisation of life purpose and experience. The strength of this belief system depends on the clarity of individual values, life meaning and of the concept of 'I'. It is the means by which the individual comprehends, interprets and reacts to experiences. These themes are reflected in New Zealand Maori models of health such

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as Whare Tapa Wha [25] and Te Wheke [26]. Both models emphasise the central influence of spirituality over all dimensions of the self system. Relationships that are perceived as inherently connected to the individual self system are viewed as determiners of one's perception, behaviour and interpretation of experience in line with the individual's unique life meaning and beliefs. Health (i.e. a resilient self) is determined by the degree of wholeness or interconnection of the dimensions of self with the wider system. However, spirituality/health research has been impeded by the assumption that religious behaviours such as church attendance, altruistic behaviour and praying are always sufficient indicators of spirituality, rather than of religion [27]. On the other hand, researchers such as Vash [15], Do Rozario [16] or Matthews [17] have focused on individual experiences of the phenomenon of spirituality. Increasing our understanding of the relationship between spirituality and health requires understanding the universal principles involved in incorporating spirituality into the self to achieve health (p.733).

Reference

The role of the spiritual dimension of the self as the prime determinant of health K. FAULL1 & M. D. HILLS2
1Queen Elizabeth Hospital, Rotorua, New Zealand, and 2Department of Psychology, University of Waikato, Hamilton, New Zealand
Disability and Rehabilitation, June 2006; 28(11): 729 – 740

Improving physical activity and nutrition

Staying Active This Winter

As the chill of winter starts to bite, it gets harder to exercise. Too cold in the mornings, too dark at night, I certainly find it is all too easy to give up and hibernate. This month, the Healthy Eating Healthy Action team is encouraging everyone to eat well and stay active during winter to ward off ills and chills. Their suggestions for a healthy winter lifestyle include:

- Keep up or start up lunch-time walking groups... walking together makes exercise more fun and social.
- Arrange or join a social sports team or exercise group

What is the food and beverage classifications system?

You may have heard this term around your school, maybe you have used it to prepare nutritious food on your school camp, or perhaps your school is using this system as a tool to help offer healthy choices in its canteen. Whatever your involvement, the Food and Beverage Classification System (FBCS) has been around for more than a year now and many schools are finding it useful.

Although the FBCS is not compulsory, it is a useful tool to help schools meet the changes to NAG 5 (National Administration Guidelines 5), which is effective from June this year and ask schools to:

- Promote healthy food and nutrition for all students
- Where food and beverages are sold on school premises, make only healthy options available

The FBCS categorises foods into three groups:

Every Day – foods from the four food groups with minimal processing and in moderate serving sizes which should comprise most of the food provided in schools, for example sandwiches, wraps, yoghurt, fruit, water and reduced fat milk.

Sometimes – Foods are for restricted provision and should not dominate the selection of foods available. They are mostly processed foods with some added fat, salt or sugar. Schools should ensure these foods are in appropriate serving sizes and offered less often, for example pizza, macaroni cheese, oven baked wedges, diluted fruit juice and flavoured milk.

Occasional – foods should only be provided about once a term and are generally high in fat and sugar, for example pies, sausage rolls, chocolate bars and deep fried foods such as fries and fizzy drinks.

Support for the FBCS is being provided by an Australian group, which has successfully set up a similar system in Australia. They have been busy:

- Setting up a toll-free number if you have any questions 0200 408 962
- Registering products from food manufacturers to be classified into the different categories.
- Developing a buyers' guide which will be sent to all schools with information about product categories.
- Setting up a website with the product categories and other useful information for schools www.everyday-sometimes.org.nz
- Developing a newsletter to be sent to schools twice a year.

A resource pack, which includes a user guide on how to classify items and plenty of other nutritional information, is available. There is also a catering guide with many recipes and ideas for the best types of foods to cook. Both are free of charge from CIHC on 03 378 6721.

Community and Public Health is working with schools to support the implementation of these guidelines. One area where staff are working intensively is with school canteens and food services. A network has been set up, with its members meeting once a term to look at the latest information and to have some lively discussion about how it will all work out. If your school has a foodservice staff member who would like to be part of this group, please contact Nicola on 03 378 6738.

Upcoming Events

Celebrate “Matariki”

Known in other cultures by names including the Pleiades and the Seven Sisters, the rise of the star cluster Matariki heralds the beginning of the Aotearoa Pacific New Year according to the lunar calendar.

Matariki may be translated as mata riki – tiny eyes, or Mata Ariki – eyes of God. The eyes are thought to watch over the land and its people. Matariki (Pleiades) is a small but distinctive star cluster that drops below the horizon in April and reappears in June.

Check out the great range of Matariki events around Christchurch at <http://www.ccc.govt.nz/Matariki/>.

Maori Language Week Competitions at Te Puna Wanaka

Throughout Maori Language Week 21st – 27th July Te Puna Wanaka and CPIT are holding various activities and displays to promote the national theme of ‘Te reo i te kainga -Maori language in the home’ to the local community.

As a way of celebrating the week Te Puna Wanaka is inviting local primary, intermediate and secondary school students to take part in either an art or an essay writing competition surrounding the theme.

Te Puna Wanaka would like to invite the community to come to CPIT during the week and check out the entries to the competitions and take part in the other activities around the campus designed to showcase this theme.

Te Puna Wanaka is currently working with various Maori and relevant organisations to gain sponsorship and prizes as well as a great range of surprise guests to judge the competitions. Members of the public will also have the opportunity to vote for their favourite entry so a “Community Prize” will also be presented.

Throughout Maori Language Week Te Puna Wanaka will be holding free te reo Maori classes where members of the public and students will be able to join in a class free of charge. Please contact us for further information surrounding times and dates.

At the end of the week a prize giving ceremony will be held at Te Puna Wanaka to present the prizes in each category and give you and your students the chance to meet the staff at Te Puna Wanaka, tour the facilities, and have all your questions about courses and career opportunities answered.

Any questions please contact Jessica Langford on: (03) 9408513 or 027 6994622

Training and Workshops

Play and Learn Group at Lollipops FREE!!!

Parents/Caregivers update your Spelling, Maths and Reading to help your children. Learn new skills. Free fully funded Integrated Learning for Life Courses

Where: Lollipops Playland and Café, 146 Antigua Street

When: 10-12.30pm Thursdays and Fridays

Further bookings or more information phone 366-9479

Mental Health Foundation 2008 Workforce Development Training Programme

Sharing the Power - An interactive half-day training session from the Mental Health Foundation

When: Wednesday 11th June 10.00 - 1.00

Reflective practice, collaborative note-writing, consumer-led evaluation, social inclusion, partnership. A real way forward for mental health services?

This workshop will explore the dynamics of discrimination and power and the obligations placed on mental health services under Standard 18 of the National Mental Health Sector Standards. It will explore creative ways to ensure that service users are placed at the heart of their own recovery, promoting mental health services that are inclusive, non-discriminatory and partnership-focussed.

Anyone working in mental health services would benefit from reflections on their personal opinions and professional practice, and this workshop is recommended for Community Support Workers, residential providers, managers.....in fact, anyone working closely with people with experience of mental illness.

Facilitated by Grant Cooper & Vaea Hutchen of the Mental Health Foundation Like Minds, Like Mine team.

Cost: \$20

To book a place contact Kate Ensor at the Mental Health Foundation, 03 366 6936 or kate@mentalhealth.org.nz

Other training sessions at a cost of \$20 per session include

Privacy – Wednesday 16th July (Full-day session)

Good Governance – Wednesday 13th August

Self-Advocacy – Wednesday 17th September

Tiriti o Waitangi hui - “Working with each other – Sharing our insights”

Network Waitangi Ōtautahi and the Human Rights Commission, working together under the Healthy Christchurch banner, invites you to attend a half day Tiriti o Waitangi hui.

Date: Thursday 24th July 2008 9am to 12.30pm

Venue: Salvation Army Citadel, cnr Colombo & Southampton Streets, Sydenham

Cost: FREE.

Registrations Close 9th July 2008. *See the flyer attached to this newsletter.*

Introduction to Te Waipounamu Culture and Practice

Kia ora koutou e noho ana ki te whenua nei o Te Waipounamu! If you've always wanted to know more about this beautiful island of ours, Te Waipounamu, its traditions, people and Maori history, then this course is for you. Nau mai, tauti mai ra!

Tuition-Free. Free for one time only!!! *

Venue: Te Puna Wanaka, CPIT, Coventry Street, Otautahi / Christchurch

Time: Starts at 9am each Saturday

Code: MAOR514-08P1

Dates: Saturday 2nd August

Saturday 9th August

Saturday 23rd August

Saturday 30th / Sunday 31st August (field trip)

This exciting course will enhance participants' understanding of history, culture and values of Maori in Te Waipounamu.

The course includes the examination of Waitaha, Kati Mamoe and Kai Tahu migration traditions, and identification of the key events, historical figures and places of significance in Te Waipounamu. Students will discuss the main characteristics of Te Waipounamutanga, culture and practice including tikanga, kawa and waiata. The environmental practices of Te Waipounamu, which includes mahinga kai, nohoanga sites and kaihou kai principles, will be examined as will contemporary Te Waipounamu organisations, structures and processes.

The field trip will be an overnight wananga away from Otautahi. Students will be asked to contribute to kai and koha.

For further information and enrolment enquiries please contact:

CPIT (Christchurch Polytechnic Institute of Technology)

PO Box 540, Christchurch 8140

Phone: 0800 24 24 76

Email: info@cpit.ac.nz

* The free fee applies to NZ citizens and permanent residents.

Items of Interest

Skylight Youth Support Leaflet Series – with 5 new titles!

This series for young people has proven to be very successful and effective throughout New Zealand in a wide range of contexts, including schools, tertiary training centres, youth work, community centres, medical centres, hospitals and churches.

New titles:

Getting Stronger

Split – When Your Parents Break Up

Bully – Info for Bullies and those Being Bullied

New Home – Arriving to Live in a New Country - *NEW*

Behind Bars – When Someone You Know is in Prison

If you wish to see a sample from the series you are interested in, please call Skylight on 0800 299100 or email rs@skylight-trust.org.nz with your request, your name and agency and your postal details.

Free Online Resource for Education and Research resources

Intute is a free online service providing you with access to the very best Web resources for education and research. The service is created by a network of UK universities and partners. Subject specialists select and evaluate the websites in our database and write high quality descriptions of the resources. The database contains 123311 records.

<http://www.intute.ac.uk/>

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Healthy Christchurch Steering Group

At a meeting held 21st May between the Healthy Christchurch Champions and Steering Group there was support for:-

- identifying two issues around the Healthy Christchurch priorities that are pressing for Christchurch
- agreeing to working together on these issues to create an impact
- Champions planned to re-convene in one month

The next Steering Group meeting will be held on 11th June. At this meeting Steering Group members will discuss and plan the next steps to ensure progress on the above.