

# Healthy Christchurch

Newsletter #74, Hui-tangaru (February) 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. 191 organisations are currently signed up to the Healthy Christchurch Charter.

## From the Healthy Christchurch Coordinators

### Welcome to the first newsletter for 2010

We are sure that everyone is back into the swing of things with Christmas lights and wrapping paper a distant memory.

### A Healthy Christchurch Strategic Plan

February 2010 is already busy for your coordinators with the last in a series of Hui-iti for Healthy Christchurch signatories being held Thursday 4<sup>th</sup> February. These Hui-iti have been held to assist signatories to identify two common areas for focus for the next 2 years. They will be areas where a majority of signatories have said they can collaborate on, contribute to and aligns with the work they do. This will see the creation of a Healthy Christchurch strategic plan and will assist your coordinators to support you in working collaboratively and utilising our time and resources more efficiently. We have scheduled the presentation of the strategic plan to signatories for their approval in March. There is some work to do yet bringing together the feedback from all the Hui-iti and we will be working hard to ensure we meet the March deadline. We will keep you posted!

### Dr Rob Moodie's visit to Christchurch

Healthy Christchurch were fortunate to host Dr Rob Moodie in New Zealand from 2 – 5 February.

Rob Moodie is a Public Health Physician and currently the Professor of Global Health at the Nossal Institute in Melbourne University. Rob Chairs the Technical Panel to the Gates Foundation's HIV prevention program in India, and Chairs the Rudd Government's newly established National Preventative Health Task Force which has 3 key areas of focus, obesity, alcohol and tobacco.

Rob was Chair of the 2007 NRL Premiership winners Melbourne Storm and was Victorian Father of the Year in 2005. He is a regular contributor to radio and to the press, is co-editor of three books and has recently published 'Recipes for a Great Life' with Gabriel Gate, a well known (in Australia) French chef.

You will remember that the Healthy Christchurch Champions identified Reducing Alcohol Harm as an area for focus. They met with Rob to hear from him and discuss this issue further at a breakfast meeting held 3<sup>rd</sup> February. A small group of invited guests also attended the breakfast and included members of your Healthy Christchurch Steering Group, Prof. Doug Sellman, NZ Police, ALAC, Safer ChCh and Community & Public Health.

Your coordinators also could not pass up the opportunity of having Rob speak to signatories about his work and in particular city health profiles and plans - how and why we need one, at the City-wide Hui-iti held 4<sup>th</sup> Feb. It was a great way to increase everyone's understanding before we got down to the nitty gritty work of the day.

Rob's schedule was very full and included a workshop with the CCC Greater Christchurch Urban Development Strategy Team and Community & Public Health Senior Management Group, a presentation on Creating the environment for healthy communities – the role of local government and a public lecture organised by the Health Promotion Forum – Key Issues for Health Promotion in the New Decade.

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Rob then flew off to Wellington on Friday where ALAC and the New Zealand Drug Foundation organised a public lecture at Te Papa titled - Fat, pissed and choking: Why you can't cure the incurable and why prevention is important.

The burden of disease caused by obesity, tobacco and alcohol are hot issues on both sides of the Tasman. Professor Moodie's lecture was a fantastic and timely opportunity for a New Zealand audience. The Maori Affairs Select Committee is currently conducting an inquiry into tobacco; the Law Commission is due to make its recommendations to government on its liquor review; and there is ongoing debate about the most effective ways to tackle obesity.

Healthy Christchurch sends a big thank you to ALAC and in particular Jim Hauraki and Gilbert Taurua for their assistance in co-sponsoring Dr Rob Moodie's visit. The biggest bouquets go to Anna Stevenson, one of your very own Healthy Christchurch Steering Group members and Nicola Laurie C&PH staff member, who coordinated Dr Moodie's entire visit to the Land of the Long White Cloud.

Dr Moodie's visit with all the associated meetings, presentations and lectures is but another example of Healthy Christchurch Signatories working collaboratively.

## **The Healthy Christchurch priority to reduce health inequalities**

### **Maori Select Committee's Tobacco Industry Inquiry!!**

A message from Shane Kawenata Bradbrook, Director, Te Reo Mārama - Kaupapa Tupeka Kore: Tobacco Free:-

Ka nui te mihi mo o koutou mahi !!! I just wanted to thank everyone for contributing to the submissions process. Oral submissions are next and the push for strong recommendations that demand that tobacco is removed for sale in this land.

Over what was the worst period of the year to collect support for the submissions process we made it to the line despite this issue. Well done whanau for doing the hard yards, it is deeply appreciated! Another highlight was getting iwi support from around the motu. Having iwi/hapu involvement will place the relationship with the Crown and this kaupapa in a very different light.

WAI844 – This claim has sat in the Tribunal since 2000 when it was lodged by kuia Huhana 'Bubbles' Mihinui from Whakarewarewa. The claim came back into light during research for the TRM submission. I have been in contact with the Waitangi Tribunal to see what information was available and the process is to get this claim heard and feeding this information on to Te Arawa. Expect to get further information on this claim over the next few months. I particularly want to acknowledge our Te Arawa whanau that have rightfully elevated its importance.

Summary:

- Waka/Iwi/Hapu: From the larger iwi of Te Arawa, Maatatua, Tainui, Ngai Tahu, Kahungunu to the smaller Ngati Hauti, Ngati Te Ata it was good to get iwi/hapu support for this kaupapa!
- Providers: We know that there was a good mix from health providers, notably the AKP whanau who are working at the flaxroots. Other providers included PHOs.
- DHBs: majority put in submissions as individual DHBs or as clusters e.g. Regional Public Health (Wellington) covering 3 DHBs.
- National organisations: Ranged from Maori Doctors/Nurses to Maori SIDS
- Individuals: A number of individuals put in submissions that provided an insight into the impact of tobacco on their own whanau through to our prominent submitters that wanted to talk to such things as the Treaty relationship and the Crown. Some notable names amongst them – Moana Jackson, Cathy Dewes, Amster Reedy, Ta Meihana Durie.
- Petitions: Over 900 names for the online petition. Uncertain about the written petitions.
- Postcards: 4000 were sent out.

Where to from here?:

- Secretariat: will collate the submissions

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- Dates: Information regarding dates etc will be sent from the Secretariat in due course. It is likely that the first will be in Wellington in March.
- Locations: to be decided but I have advocated for locations throughout the motu.
- Analyse the submissions – particularly the tobacco industry and its allies
- Media preparation: will work through a communications strategy that requires access to local/regional stories that could be used by the national media to explain the issues faced by Maori.

There is still work to be done but Stage 1 is complete. Moving forward!!!

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

### **Sitting for long periods can be bad for your health, even if you exercise regularly.**

The findings are from a report that reviews multiple studies that found inactivity, and in particular prolonged periods spent sitting, increase the risk of obesity, heart disease, diabetes and early death.

The study by researchers in public health at Auckland University of Technology (AUT) backs up a recent Australian study that found sitting watching TV for long periods could shorten your life.

Professor of Public Health at AUT, Grant Schofield who co-authored the report, says the findings are a wake-up call, even for regular exercisers.

“We've known for a long time that exercise is good for us, that's a no brainer but the new finding here is that long periods of sitting have detrimental effects on our health independent of exercise. In other words, even if you exercise, but spend most of your day sitting, you are at increased health risk, especially from obesity, cardiovascular disease, and diabetes.”

Professor Schofield says the human body works best when people are constantly physically active. That's what burns up calories. But he says modern life encourages us to sit for long periods, in cars, at desks and in front of TV or electronic gadgets. He says there is increasing consensus that this is bad for our health.

“Studies have shown that people who begin working as bus drivers or in call centres, where they're sitting all day, gain an average of six kilograms in their first six months of employment.”

In response to these sorts of findings, some American offices have now installed treadmill desks that allow employees to walk as they work on their computers.

Professor Schofield concedes New Zealand probably isn't ready for that but says much could be done to address our desk-bound work culture and the time we spend watching TV. A recent survey found that on average New Zealanders spent about two hours a day watching television.

“In NZ we need to think about not just getting out and exercising. It's about what you do all day. It's about breaking up that sitting time with activity.”

The report's recommendations about what people can do to be more active in the workplace include:

- using vertical or height-adjustable work stations so employees can stand for part of the day while working on computers
- encouraging staff to 'walk and talk' by moving about the workplace while communicating and talking face to face rather than using phones and emails
- encouraging desk-bound employees to take breaks and move around.

Recommendations for expending more energy at home include:

- watching less TV or getting up and active in the ad breaks
- viewing household chores as an excuse to expend energy
- reassessing whether you need all those labour saving devices. For instance, why not ditch the remote and open the garage door manually

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- when socialising with friends, consider options that include movement like grabbing a coffee-to-go and walking while you talk.

The report says there is now sufficient scientific evidence to understand that sedentary behaviour is a health risk factor and suggests the role of sedentary behaviour be considered during the development of policies, programmes and research.

## Items of Interest

### Pegasus Exchange project or PegX

You may remember the Working Together for Sector Wellbeing meeting hosted by COSS back in August 2009. The Pegasus Exchange project has come out of this meeting.

The Pegasus Exchange project is creating a local complementary currency which will enable individuals, not-for-profit organisations and businesses to be more involved and have greater participation in the economy. The currency is set up as a membership organisation with a focus on small business activity and to support the not-for-profit community organisations in Canterbury's urban and rural areas. It will enable enhanced economic activity through increased trade, by providing an interest-free means of exchange.

#### Our Mission

To establish, operate and maintain a local complementary currency exchange, and to provide economic literacy education.

#### Our Goals

- To set up the Pegasus Exchange and attract business, not-for-profit and individual/household users.
- To achieve 100 members by June 2010 and expand the scheme to a target of 50'000 registered member accounts in throughout Canterbury.

#### The Concept

A local currency needs to be sustainable, accessible and affordable for its users. We aim to establish a currency that is able to mediate trading in both small and large amounts. The currency will respond to the needs of all sectors of society - business, households, voluntary and not-for-profit sector, tāngata whenua as well as government. The concept is built on the lessons learnt from previous and operating LETS, especially the experience of PLEBS/Community Dollars in Christchurch (20 years of experience), as well as on the experiences of many other complementary currency systems in New Zealand and worldwide.

#### How does it work?

The currency is designed as a 'mutual credit system', where a community of members extends 'credit' to each other.

The currency is created in the form of account balances, recorded by an Internet-based accounting system (Community Exchange System, CES, <http://www.community-exchange.org>). Member account balances constitute the sum of all trades and exchanges registered on the account until now.

To facilitate trade and exchange, and to enable non-members without accounts to use the currency, exchange vouchers are issued into circulation.

#### Unit of Credit

The unit standard of value of the currency shall be **One Hour**, divided into **10 Pegx (Px)**.

To start off with, one Hour is initially defined as NZD 20 (1 Px = NZD 2.00). From then on, the NZD value of the hour will be indexed with the CPI, with the CPI at the end of 2009 = 100. The exchange rate is then adjusted quarterly, according to the CPI, or more often if necessary in times of high inflation.

Prices are quoted in either Hours or Px. There is no obligation or expectation that one hour of work/labour is priced/valued as 1 Hour/10 Px. (This is not a Time Bank!)

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There are two membership categories: a) Basic Membership, open to all, and b) a Trading Membership, which will be awarded to entrepreneurs, businesses and organisations.

To qualify for the Trading membership, an account holder will have to complete all three modules of the introductory education programme and submit a trading plan to the exchange (exceptions may apply).

The Pegasus Exchange will be run by Pegasus Exchange Ltd, a not-for-profit company.

For more information, and if you are interested to join, please contact the Pegasus Exchange on 366 9978 and ask to speak to Dominic Collins, or send him an email; [dominic@csbec.org.nz](mailto:dominic@csbec.org.nz)

### **Otautahi Foraging Project**

You may already know about this but if not I thought many would be interested in the Otautahi Foraging project.

Basically it tells you where there are places to get free food with a bit of a walk and a willingness to forage around. It's a great activity for the kids and adults alike.

Many people have been the beneficiaries in recent days of fresh rhubarb, plums and rosemary, all growing wild in Otautahi.

The first link is the Urban Foraging site that gives a bit more info on the project and the next link is the Google Maps site that gives you directions and specific locations on the map to find what you're looking for.

There are heaps of free food locations, all of it fresh and growing wild on our own doorstep. If you're of a mind to go exploring, it's worth it and it's a bit of an adventure. Also if you discover something that isn't on the site, you can add to it and help others as well.

<http://urbanforaging.manukadesign.co.nz/>

<http://maps.google.com/maps/ms?ie=UTF&msa=0&msid=106549722530845255618.00046e8abe731301e2517>

## **Training and Workshops**

### **First Aspire Seminar 2010**

The Aspire programme is designed specifically to assist in building the capability of the Not-for-Profit sector. All seminars and follow-up mentoring is free due to funding support received from the Canterbury Community Trust.

#### Governance & Management

If your agency is struggling with the difference in roles between management and governance you are not alone. This workshop will focus on not-for-profit agencies with boards or committees that have only a few staff or volunteers (<10), recognising the specific challenges such agencies face. We will take you through the different roles of a management committee and a board and identify a) how to work within each framework and b) identify key trigger points for moving from a committee to a board. The specific responsibilities of governance will be defined using a best-practice model; once this is understood board's can govern with authority; connect with their community and identify suitable trustees.

Recognising that many not-for-profit agencies struggle to find and to retain committed board members this workshop will help address this challenge. We will take you through some practical strategies for identifying ideal matches for your board and where to find them.

This is an interactive workshop allowing participants to share and resolve practical governance issues. You will leave the workshop with methods and templates to assist in implementing your learning. Your agency will gain most benefit if two or more attend the workshop (either board/committee members or managers).

#### Project Management

This workshop focuses on planning and managing projects in a not-for-profit setting. It will cover essential principles and terminology in project management for small to medium sized

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agencies. We will explore ways to ensure your project is attractive for funding purposes. The workshop concludes with an intense and interactive exercise based on a sample of real not-for-profit projects (from the group).

Learning outcomes include: achieving a greater assurance that you can deliver projects in full, on time and as specified; a proven method for project collaboration; and how to address the significant "soft" issues.

You will be provided with a number of best-practice templates and associated project management resources.

Presenters: Sandy and Cam Brinson

Wednesday 10 February 2010

9.00 am-4.00 pm

To register please complete the registration form at [www.csbec.org.nz](http://www.csbec.org.nz)

For further enquiries contact Wendy Nicholson, Aspire Programme Co-ordinator, Telephone 03 366 9978, email [wendy@csbec.org.nz](mailto:wendy@csbec.org.nz)

### **CYF training; Brainwave Trust - The Brainwave Trust**

We would love you to join us. "The first three years are the foundation. They last forever"

Please note: Two workshops will be delivered on the same day. The 2pm session is tailored for CYF Staff and the 6pm session is tailored for CYF Caregivers.

**When:** 11 March 2010

**Time:** 6 – 8pm Caregivers and non government organisations

**Where:** Training Room, Level II, CYF, Torrens House, 195 Hereford Street ChCh

#### **Topics Covered in Presentations**

- How the brain develops
- The effects of drugs, alcohol and stress on the unborn baby's brain
- How brain connections are formed
- Critical periods for learning skills
- How experience's shape the infant's brain
- How abuse, trauma and neglect change the brain's architecture
- The importance of secure attachment
- How to promote healthy brain development and secure attachment
- The importance of early intervention

For further information contact Maree Brown Ph 03 961 6292 at Child Youth & Family.

### **Healthy Christchurch Steering Group**

At its 9<sup>th</sup> December 2009 meeting the Steering Group –

- Supported the plan for their Champions to have a breakfast with Rob Moodie.
- Agreed to investigate the relationship between the City Health & Wellbeing Plan and the Urban Development Strategy.
- Agreed to finalise an Alcohol Action Framework for presentation/approval by Champions
- This was the last meeting for Steering Group members Josie McNee – ECAN and Clare Palmer - Pegasus Health. Evon conveyed the Steering Groups' thanks to them both for their contributions. Josie has given valuable input over the past two years and although Clare's time with the Steering Group has been short her work to ensure the Alcohol Action Framework reflected a collaborative effort was vital. Josie has accepted a new position with Tait Electronics and Clare is taking Maternity Leave.

The next meeting of the Steering Group is scheduled for 17<sup>th</sup> February 2010, 10am-12pm at Community and Public Health, Poplar Room, 76 Chester Street East.

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