



Newsletter # 6 October 2007

Introducing Helen Steenbergen

Helen Steenbergen has been appointed to the newly created position of Programme Director, NPA. She started in early October and will be based in Nelson. Helen has a background in Health Promotion, and has been the Executive Officer of the South-West Primary Care Partnership in Victoria. The NPA programme complements her belief that a high quality of health and life expectancy should be accessible to all, and that communities are important in the promotion of well being.



Helen enjoys outdoor pursuits especially skiing, swimming and cycling and is looking forward to exploring the top of the south region with her husband and two daughters.

Flagship school

Grovetown School's youth-led Health Promoting Schools team has seen the school become one of eighteen flagship schools nationwide under the Government's Mission On scheme. Labour MP Lesley Soper represented the ministries involved at a recent presentation at the school. She said the school had been innovative and enthusiastic about healthy eating and getting active, and most importantly the children had really taken the initiative upon themselves, with staff support. On the day, children learnt how to make tuna salad rolls and smoothies, played inclusive games, danced with a hip hop dance crew, and were led in a game by Indira Moala, from NZ Idol. Mayor Alistair Sowman and Ms Soper also opened the new purpose built bike track.

Biking about

Why wouldn't you when your employer supplies bright new bikes? Staff at Wairau Hospital now have four new bikes as part of Bike Now - a year-long national pilot programme being held in selected regions of the country by Land Transport New Zealand and local Councils.

Chris Downs, Occupational Safety and Health Quality Improvement Advisor at Wairau Hospital, can take a lot of credit for getting the bike fleet rolling. She says staff will be able to book out two of the bikes just like a staff car and the other two bikes will be loaned to staff. In Nelson two secure bike cages to accommodate a further 20 bikes for staff are being built, with pool bikes for staff loan arriving soon.

NMIT and the Marlborough District Council also intend getting on the Bike Now bandwagon.

New funding to fight the obesity epidemic

NPA has new funding for community projects focused on improving nutrition or increasing physical activity. Programme sponsor, Peter Burton said the new \$200,000 funding round was open to community groups.

"In this funding round we have a pool for \$1000 grants for initiatives such as helping schools to achieve at least 30 minutes of physical activity for all students every day and helping Maori to develop their own responses to improving whanau nutrition."

Peter says applications are also sought for larger grants of \$5,000 - these are more like 'mini-contracts'.

"Our strategic plan has identified priorities for groups where we can help to make the most positive changes in lifestyle," he said. "With these contracts we are hoping to attract applications for nutrition initiatives that will really make a difference to Maori communities and to vulnerable people and families."

Full information about the projects is available on the Nutrition and Physical Activity programme website. Applications close on November 2, 2007.

Contact us:

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The Mission On team with MP Leslie Soper, with the mural painted through the day by the Mission On tagger.

Fountains - not fizzy!

Why would you spend money on sugary drinks when we have some of the best water in the world right on tap and free for all? To help make the choice of water even easier, NPA has just installed two new water fountains, one near the Nelson Hospital Kawai Street boundary, making it handy for school kids as they are passing on their way to school or sports grounds. This 'City Springs' project is part of the Action for Healthy Children initiative - one of our Action Areas, targeting obesity in our children. We hope to see councils and other government agencies putting in more water fountains right across the Top of the South and we're showing the way! It might look plain right now, but we intend putting a mosaic by local artists around the base.



NPA Action Groups Update

The action groups have formed and begun to meet. The Education Subcommittee has now approved over twenty applications to the nutrition fund. The Nelson Vulnerable People Action Group and both the Nelson and Marlborough Healthy Food action groups have had their initial meetings. If you want to find out more about the action groups please contact the project managers.



Naomi Johnson



Marion Van Oeveren

Dietitians making a difference

Marion Van Oeveren and Naomi Johnson are new Community Dietitians with the Nelson Bays PHO. They are busy getting the community-based nutrition service for Nelson and Tasman up and running, thanks to funding from the NPA programme. Working closely with other health professionals and the community, the service will provide chronic disease and healthy lifestyle services and programmes, based around good nutrition. Right now Marion and Naomi are out and about meeting and greeting, in a process that will help in the planning and prioritisation of this new service to best meet the needs of the region.

In Marlborough Juliet Wiseman has been appointed by Kimi Hauora Wairau to run the community nutrition service along the same lines - more on Juliet in our next issue.

Richmond Library steps to health

The Richmond Library and WAY2GO have combined forces to help Richmond residents step their way to health. Thanks to a grant from NPA, people can borrow pedometers from the library, just like borrowing a book. You also get an information pack and the offer of a free 'learn how to do it' programme. If the scheme proves popular it will be picked up throughout the district. Glenis Bell, WAY2GO Regional Coordinator, says it's up to Richmond residents to step out and show that pedometers are good motivators in losing weight.

More info at www.way2go.org.nz

News from Victory

The latest Victory on the Move programme is out and about and offers salsa, yoga, pilates, improvisation theatre, volleyball in the square, table tennis, world music for families and Peek a Boo for under 3s and their grownups. Enrol at the Victory Community Centre.

Robina McCurdy, the new Victory Community Gardens Co-ordinator, wants to hear from the community about their thoughts and wishes for the garden, with a working model to help with ideas.

NPA at Ecofest

Beating the obesity epidemic and saving the planet? That's what we did at Nelson's big expo on all things 'green' from waste water systems to recycled fashions. NPA was part of a combined active transport stall that featured Way2Go and Bicycle Nelson Bays; with other input on displays and staffing from the DHB, Nelson Bays Primary Health both councils and the Tasman Regional Sports Trust.

