



June 2009 Issue 43

It may be the middle of winter, but that hasn't stopped our local injury prevention networks from getting out and about! June was another packed month with the Young At Heart wellbeing day, a visit from the Super Maori Fullus, a productive planning meeting with the Falls Prevention Strategy Group and a hugely successful Kidsafe Week organised by Kidsafe Taranaki. So, grab a cup of tea, and catch up with the latest news below...



### Fitness & Fun at Young At Heart event

Around 200 people turned up to enjoy the "Young At Heart" older persons wellbeing day organised by NPiS in partnership with New Plymouth Positive Ageing Trust and Active in Age. Visitors to the event were treated to a choice of exercise sessions including Tai Chi, indoor bowls, line dancing and stretching, as well as massage and free health checks.

Other activities included a stove fire demonstration (by the Fire Service) and a secondary schools team debate. The debate, between New Plymouth Girls High School and Francis Douglas Memorial College, explored the issue of whether children should be expected to look after their parents when they get old. The students weaved themes of elder abuse and neglect into the debate, which was held to mark World Elder Abuse & Neglect Day (15th June).

The Wellbeing Day provided another opportunity to highlight to older people the importance of keeping fit and active as a means of preventing falls. The event allowed local falls prevention services to promote their service and encourage visitors to join their programmes.

Highlight of the day was our guest speaker, Rose Jacob, who travelled from Hamilton to attend the event. Rose, who is 94, is an inspiration - holding 3 New Zealand records at the Masters Games, and 11 gold medals gained over the last 2 years! Rose goes to the gym four times a week, continues to enjoy Scottish dancing and can still do the splits! Rose certainly reflects the spirit of the Young At Heart wellbeing day!

### Super Maori Fullus visit Taranaki



The Taranaki Safe Families Trust gave a warm welcome to "Super Maori Fullus" Roger, Jack, Mathew and Mervyn (pictured above at Huatoki Plaza) when they visited Taranaki as part of a 2 week national road trip to raise awareness of the issue of family violence.

The Fullus spent 3 days visiting local schools, youth groups, marae and other community groups spreading their message of "love and respect". The group also spent time riding their Harley's around and enjoying the local hospitality. The brothers are inviting New Zealanders to join the Super Maori Fullus way of life and to intervene whenever they see or hear about violence in any form.

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## Cookery session has serious message



During the Young At Heart Wellbeing Day the New Plymouth Fire Service took the opportunity to speak to older people and highlight the dangers of unattended cooking fires and the importance of having working smoke alarms.

Just before a Healthy Cookery demonstration got underway, the fire crew created a pan fire and demonstrated safe ways of putting the fire out, while highlighting the importance of getting out and seeking help if a fire has become unmanageable.

Fire officers spent the rest of the afternoon checking smoke alarms and providing information on fire safety to those at the event.



## Students argue against abuse

Francis Douglas Memorial College and New Plymouth Girls High School debating teams went head to head in a debate over whether children should be expected to look after their parents when they get old. The debate was organised by Te Hauora Pou Heretanga as part of this years' *World Elder Abuse Day 2009* activities.

While the lads argued against rest home care (where residents apparently "spend all day smelling boiled cabbage"! ) the girls pointed out that, for some, the family home is simply not a loving place to be.

Kathy Glass and Lila Hunter who organised the debate were highly impressed by the students eloquent grasp of the topic, as were the audience of around 60 older people who enjoyed the debate.



## Fire Safety & Water Safety are themes for Kidsafe Week

This years' Kidsafe Week (7-13 June) saw a range of activities take place across the region including story telling sessions, colouring competitions, free swimming sessions at the Todd Energy Aquatic Centre and guest appearances by survivor Rob Hewitt and fire safety characters "Amber & Flint".

Storytelling sessions in New Plymouth and Hawera libraries attracted large audiences and provided fire crews with an opportunity to spread fire safety messages to children and parents alike. A story-telling session at Marfell Community Centre was also popular...followed of course by a tour of the big red truck, as pictured above!



## DATE FOR YOUR DIARY!!!

### **Taranaki Secondary Schools Agricultural Safety Challenge**

**Friday 31st July 2009, 9am-2pm**

### **Francis Douglas Memorial College, New Plymouth**

This years Agricultural Challenge is set to be one of our biggest with 8 schools submitting teams in the challenge. Challenge events include livestock handling, ATV driving (pictured), firearms handling, chemical safety, first aid, fire safety and tractor skills, working at heights and using a chainsaw.

If you would like to find out more about this event, or would like to join us on the day, please call Channa on 06 753 7777 x8792.

**Further information about NPIS:** Channa Perry (Programme Manager) (06) 753 7777 x8792 [npis@tdhb.org.nz](mailto:npis@tdhb.org.nz) \* Kath Forde (ACC) 759 0730 [kath.forde@acc.co.nz](mailto:kath.forde@acc.co.nz) \* Dr Alan Parsons (Kidsafe Taranaki) 753 6139 [alan.parsons@tdhb.org.nz](mailto:alan.parsons@tdhb.org.nz) \* Matiu Julian (Tui Ora Ltd.) 759 4064 [matiu.julian@tuiora.co.nz](mailto:matiu.julian@tuiora.co.nz) \* Craig Campbell-Smart (New Plymouth District Council) 759 6060 [campbell-smartcraig@npdc.govt.nz](mailto:campbell-smartcraig@npdc.govt.nz) \* Cllr Andrew Judd (New Plymouth District Council) 759 6060 [andrew.judd@npdc.govt.nz](mailto:andrew.judd@npdc.govt.nz) \* Brenda Archer (Taranaki District Health Board) 753 7799 [brenda.archer@tdhb.org.nz](mailto:brenda.archer@tdhb.org.nz) \* Brett Murray (Department of Labour) 759 9401 [brett.murray@dol.govt.nz](mailto:brett.murray@dol.govt.nz) \* Inspector Fiona Prestidge (New Plymouth Police) 759 5500 [fiona.prestidge@police.govt.nz](mailto:fiona.prestidge@police.govt.nz)