

NPiS Community Update

New Plymouth iS an International Safe Community working towards being injury free

NPiS

New Plymouth
Injury Safe



April 2009 Issue 41

This month's picture banner (above) features photos from our recent Kaumatua Wellbeing Day, held at Owae Marae. The event took a holistic wellbeing approach to falls prevention, offering visitors an opportunity to try out Tai Chi, Keep Fit to Music, Line Dancing and other fun exercise activities that are available in Waitara each week. Organisations who hosted information stalls on the day included Piki Te Ora, Sport Taranaki, Arthritis NZ, Age Concern, WINZ, Peter Budden Pharmacy, Parkinsons, Problem Gambling, Te Hauora Pou Heretanga, Maori Womens Welfare League, Access Ability, Chubb Alarms, Move it or Lose It & TDHB Physiotherapy



Fun & Fitness at Owae Marae

"When will the next one be held?" was a common question raised by those who took part in our first ever Kaumatua Wellbeing Day held at Owae Marae on 2nd April. Organised by NPiS in partnership with Mahia Mai A Waitara, the event encouraged participants to try out a range of enjoyable physical activities that are linked to falls prevention. Taranaki DHB's physiotherapy department ran a simple screening check to identify those at risk of falls and provided information about how people could reduce their risk.

The event was a huge success, attended by over 100 older people and their whanau. The skies were blue and the sun shone all day! The atmosphere in the wharenui was amazing with so many people joining in the music and exercises. Waitara's 'Move it or Lose it' class (pictured above) gained a few extra members, and the Physiotherapy team identified a few people who would benefit from their falls prevention programme. A big thank you to the many organisations who took part.

Young Drivers Get into Gear with Roadsafe



Roadsafe Taranaki and the Holden Advanced Driver Training team (pictured below) led a weekend of activities aimed at young and newly qualified drivers on 4-5 April in New Plymouth. As well as having an



opportunity to gain practical road experience with Holden, young drivers took part in the Fatal Vision goggle challenge, seat belt simulator and a knowledge quiz. Sgt. Stephen Richardson of the Traffic Alcohol Group (above) tested young people's knowledge on alcohol and driving laws. NPiS have created a DVD of the event - if you would like a copy please contact Channa (753 7777 x8792)

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

NPiS ... What's coming up next ?



Taranaki Construction Safety Focus Group APPRENTICE TEAM CHALLENGE

Taranaki Construction Safety Focus Group and NPiS are building on the success of last year's Gateway HSE Centre Challenge to host a similar event aimed at trades apprentices. The "Apprentice Team Challenge" will take place at the Taranaki HSE Centre on 13th May and will see the trades take each other on in a number of practical safety challenges including first aid, working from heights, fire safety and chemical handling along with challenges linked to home and road safety.

The winning team will take away the 2009 top apprentice safety trophy sponsored by Master Builders, along with a number of industry sponsored spot prizes.

The event is open to all trades apprentices in Taranaki. You can register as an individual or as a team by contacting Bruce Duggan, BCITO on 027 4869014 or email Bruce.Duggan@bcito.org.nz

Vogeltown Bowling Club - Mini Wellbeing Day

NPiS are organising another Older Persons Wellbeing Day, this time with a bowling theme! Vogeltown Bowling Club are hosting the event with an open day that will offer visitors a chance to try out lawn bowls and golf croquet. The event is free, and includes afternoon tea. Other activities on offer will include a chance to try out Tai Chi as well as Keep Fit to Music. A small number of our local service providers will be on hand to provide information and advice on what you can do to prevent falls, including Taranaki DHB's Physiotherapy team, Sport Taranaki, Age Concern and Arthritis NZ.



The event is free and is open to all. To find out more, please call Channa on 06 753 7777 ext 8792 or just turn up on the day!

VOGELTOWN BOWLING CLUB WELLBEING DAY
Thursday 7th May 2009, 1-4pm
Vogeltown Bowling Club, Norman Street, NP

NPiS & POSITIVE AGEING 'TSB STADIUM OLDER PERSONS WELLBEING DAY'

NPiS are teaming up with Positive Ageing and Active in Age once again for the "Big One"! The TSB stadium will again host this year's Older Persons Wellbeing Day on Tuesday 16th June 2009. This is an expo style event with many of our local service providers on hand to tell visitors about what they offer. Entry is free!

Active in Age will lead the events of the day with a morning of fun exercise sessions including Tai Chi, Line Dancing, Indoor Bowls, Aerobics to Music and Stretching. After lunch (provided by Womens' Institute North Taranaki) visitors will have the chance to visit the information stands or take part in other planned activities (including talks, mirimiri (massage) and health checks). Information and advice about preventing falls will also be available.

If your organisation would like to be part of this year's Older Persons Wellbeing Day please call Channa on 06 753 7777 ext 8792 or email npis@tdhb.org.nz. Planning is still at the early stage, so if you have any ideas on how we can make this year's Wellbeing Day event better, please get in touch!

Suicide Prevention Coordination in Taranaki - An open invitation...

Would you like to contribute to improving the co-ordination of suicide prevention activities in Taranaki? If so, you are welcome to join our Taranaki suicide prevention coordination group. We meet monthly, and the group is open to all. Next meeting will be held Monday 4th May, 10-11.30am at the Child & Adolescent Centre, Taranaki Base Hospital, Tukapa St.

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