

NPiS Community Update

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

NPiS

New Plymouth
Injury Safe



March 2009 Issue 40

Welcome to our 'updated' NPiS Community Update newsletter!

Our newsletter may look a bit different but it is still packed with news from community projects around the region that contribute towards making our community a safer place to live, work and visit. This month's issue includes the recent Hawera Older Persons Expo, Poututangata's Wananga Wahakura and an Construction Managers' Safety Forum organised by NPiS and the Taranaki Construction Safety Focus Group.



Building a Safety Culture in the Contract Management Process

Over 100 employers and contractors from the local construction industry attended a recent Breakfast Forum organised by NPiS and the Taranaki Construction Safety Focus Group. The Forum was held in response to queries raised by the industry relating to safety issues and compliance in the contracting process.

Speakers included local employers with experience of the impact of workplace injury on themselves, their employees and their business. The main message from the day was that health & safety costs money, but ignoring it can cost even more. A highlight of the morning was the Department of Labour's "Wall of Shame" (pictured above) featuring photos of poor health and safety work practice taken at construction sites around Taranaki.

Falls Prevention in Focus at Hawera Expo

Val Elliot (Taranaki DHB Physio) was among those flying the flag for falls prevention at the Hawera Older Persons Expo held at the end of February. The event, organised by MSD in partnership with South Taranaki District Council, involved a range of organisations promoting the services they offer to older people locally.

Val had a steady stream of people visit her stand which included a simple 'falls risk screen' questionnaire. A number of those who completed the questionnaire met the criteria for further assessment for the Otago Exercise Programme (OEP), a home-based activity programme proven to reduce falls in the elderly.

Val was not the only one promoting falls prevention on the day. Sport Taranaki's stand was full of information about their modified Tai Chi programme, and Age Concern gave out vouchers that encouraged older people to take up the offer of a free home safety check.



Meanwhile, free medication advice was offered by a pharmacist from Taranaki DHB, along with a 'medication dump' allowing people to safely dispose of their unwanted medication.

Left: Val Elliot with her "Physiotherapy Keeps You Moving" display

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

Poututangata: Wahakura Wananga



Taranaki held its first wahakura wananga at Te Niho o Te Atiawa Meeting House, Parihaka at the end of February,

Maata Wharehoka and Edith Tito arranged for Dawn Kereru, weaving expert from Napier, to share her skills and kaupapa with those who attended. Those who took part quickly identified how making wahakura for newborn pepe could work really well for those wishing to bed share.

Angeline Tangiora who works for Maori SIDS, also explained how Maori for many years, and in

former times, used the wahakura as a unit in which the baby was placed, while unwell, and kept separate from others whilst it healed.

Maata shares her story of this special weekend...

"Amid the rain and wind those whanau in attendance committed their time to making their wahakura and sticking to the kaupapa. It did not daunt them, whilst tired and blurry eyed, they continued into the early hours of the morning hoping to close in on the weaving. With the light of dawn on Sunday and a much welcomed relaxed sleep in for some, the rustling of harakeke continued. The wananga invited a stress free atmosphere, with rolling cups of teas and lots of carbohydrates – wananga delights".



Wild West Fest

A whole month of fun activities designed to encourage people to rediscover the fun of cycling made this year's Bikewise Month activities go with a bang!

Activities included a launch at Marfell BMX Park (pictured above), cycle-based orienteering and rogaine, the Mayoral Bike Challenge and a Urban Street Party in the CBD.

Nathaniel Benefield, Sustainable Transport Co-ordinator for New Plymouth District, co-ordinated the activities which were based on a Wild West theme and targeted novice cyclists through to seasoned professionals. For more information please contact Nathaniel Benefield on 06 759 6060.



KIDDS Update

Those passing Woodleigh School in recent weeks will have noticed the fantastic new road safety sign designed by Woodleigh students as part of the Kids Involved in Driving Down Speed (KIDDS) project, an initiative funded by Roadsafetaranaki and NPIS.

The development of the sign was one of a number of road safety ideas suggested by children involved in the project.

The KIDDS project will kick off again this year with a new set of local schools. This time the project will focus on safety around school bus routes. If you are interested in finding out more please contact Channa by emailing npis@tdhb.org.nz



Owae Marae - Kaumatua Wellbeing Day

Mahia Mai A Whaitara and NPIS have organised a special day for Kaumatua in Waitara and beyond on 2nd April. The event, which will be held on Owae Marae, will bring together around 15 organisations who will share information and advice on keeping well and preventing falls.

Kaumatua will also be invited to take part in Tai Chi, Line Dancing and Keep Fit to Music along with free health checks, mirimiri (massage) and waiata (singing). The event will run 10am - 2pm and is open to all.

Meanwhile another Wellbeing Day is planned for 7th May at Vogeltown Bowling Club. Watch this space for more details...

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