

New Plymouth is a WHO Safe Community working towards being injury free

On the road...waking up to driver fatigue

Drivers passing through Mokau on 6 April were encouraged to take a break as part of an ACC led initiative to raise awareness of the impact of driver fatigue. ACC, New Plymouth police, St. John Volunteer Ambulance and parents from the Tainui playgroup stopped drivers to offer them information, bottled water and a free discount voucher for the two cafes in Mokau.

A total of 706 drivers were stopped, of which 84% were on a trip of 2 hours or more. Three quarters of the drivers questioned said that they would not feel safe driving for more than 2 hours without a rest.



Mokau driver reviver team

9 out of 10 of those travelling for over 2 hours had stopped, or planned to stop, for a break suggesting that messages from the ACC national campaign on driver fatigue are getting through.

The Great Family Sand Challenge

Taranaki's *Family Violence Focus Group* helped local families to spread the violence free message with their Great Family Sand Challenge held 13th April at Ngamotu Beach. The free event, that included a sand sculpture competition, sausage sizzle and big dig, aimed to encourage families to have fun together and nurture family relationships. Children received free gifts including bags containing the message 'Lets Make Taranaki Families Violence Free'. Family Court Judge Robert Murfitt and Lisa Tamati had the difficult task of choosing winners from over 100 sand sculpture entries. Organisers felt that the event was a huge success with many families turning up to enjoy the day



A dad gets creative in the sand...



Blue light BBQ gets fired up

Older Persons Wellbeing Day

17th June, 10am – 3pm, TSB Stadium

Following the success of last years' Falls Prevention Seminar, NPiS have once again teamed up with New Plymouth Positive Ageing Trust to host a falls awareness event. However, this years' event takes a more holistic 'wellbeing' approach giving visitors a chance to try out a range of activities including Tai Chi, aerobics, yoga, massage and weaving.

A number of health professionals will be on hand during the morning, including a nurse, physiotherapist, pharmacist, foot nurse and optician to offer advice and information on keeping well and preventing falls. Hauora Taranaki PHO's health bus will also offer free health checks.

Guest speaker for the day, Professor Ngaere Kerse of Auckland University will present a lunchtime seminar titled "Healthy Ageing" as well as leading an afternoon seminar, aimed at those working with older people, that focuses on the evidence base for falls prevention.



Hauora Taranaki PHO's health bus will offer health checks on the day

For more information about the Wellbeing Day please contact Channa on 06 753 7777 x8792

Taranaki Suicide Prevention Needs Assessment...UPDATE

NPiS are currently undertaking a needs assessment that seeks to identify current suicide prevention and mental health promotion work taking place across the region, mapping this against the newly published NZ Suicide Prevention Action Plan. Data collection is continuing during May and the report is due to be completed by end of June. For a copy please email npis@tdhb.org.nz or log onto our website www.npis.org.nz from July onwards

Further information about NPiS: * Channa Perry, NPiS Programme Manager, 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, 759 4064, matiu.julian@tuiora.co.nz * Craig Campbell-Smart, New Plymouth District Council Community Development, 759 6060, campbell-smartcraig@npdc.govt.nz * Cllr Andrew Judd, New Plymouth District Council, 759 6060 andrew.judd@npdc.govt.nz; * Brenda Archer, Health Promotion, 753 7799, brenda.archer@tdhb.org.nz * Brett Murray, Dept. of Labour, 759 9401, Brett.Murray@dol.govt.nz * Fiona Prestidge, New Plymouth Police, 759 5500, fiona.prestidge@police.govt.nz