

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

Older Persons Wellbeing Day – Taking

Active Steps to Reduce Falls

New Plymouth injury Safe teamed up with Positive Ageing Trust and Active in Age to host an Older Person's "Wellbeing Day" at the TSB stadium on 17 June. The event, which attracted over 230 people, was a huge success and many who attended have suggested it should become an annual event.

More than 25 local organisations including TDHB Physiotherapy, ACC, Sport Taranaki and Judd Opticians were involved in the event, which featured activities such as health checks, massage and gentle fitness sessions. Hauora Taranaki PHO's mobile health bus was as popular as ever, with a constant queue of people lining up for free health checks.

The event had a particular focus on falls prevention, highlighting the importance of keeping active and well in older age. The day offered an opportunity to find out how issues such as medication, foot health, eyesight and mobility are linked to falls, and what can be done to reduce falls risk.

The focus on "wellbeing" and taking active steps to look after your own health was highlighted in a talk on "Healthy Ageing" given by Associate Professor Ngaire Kerse, of Auckland University. Ngaire, a well respected researcher and international expert on older people's health, led an afternoon seminar focusing on the evidence base for falls prevention.



Wellbeing Day visitors start the day with gentle aerobics

See Page 2 for our special Wellbeing Day feature...

NPiS Strategic Plan 2008-11

Incredibly, three years have passed since our first Strategic Plan (2005-8) was published, and we are now busy working on our new plan for 2008-11.

As we move into our next 3 year period, we are keen to work with our partners, and the broader community, to develop a shared vision for safety in our district. The next 3 years will be particularly important as they will lead us towards re-accreditation as a WHO Safe Community in 2010.

In the next few months NPiS will begin consultation with community partners to find out your views on our proposed priorities and strategies:

Our proposed priorities include:

- Preventing suicide and deliberate self harm
- Preventing falls (particularly older people)
- Preventing workplace injuries
- Preventing injury to Maori

Our proposed strategies include:

- Deliver at least one annual seminar to highlight and address injury issues
- Develop and finalise a regional Falls Prevention Strategy for older adults
- Further development of the NPiS website to establish an effective 'virtual resource centre' for injury prevention and community safety
- Work with local partners to support implementation of recommendations from the NPiS Suicide Prevention Needs Assessment
- Support the development of effective interventions by Maori to address the injury and safety issues identified in the Taranaki Maori Participatory Action Research project
- Seek funding for 2011 Community Based Injury Prevention Needs Assessment
- Evaluate effectiveness of our strategic partnerships and networks with others working towards safety in the district
- Prepare New Plymouth District for WHO Safe Community re-accreditation

Consultation on the draft Strategy will begin in August. Meanwhile, keep a look out for a copy of our draft strategic plan available on our website from mid July (www.npis.org.nz)

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Older Persons Wellbeing Day – 17th June 2008

Photos from the day...



Grace, Stef & Betty keep the tea flowing



Vicky Lee (TDHB Physiotherapy) keeps visitors moving



Jean-Louis Hermann tries out indoor bowling



Prof. Ngaire Kerse shares her wisdom on "healthy ageing" to a packed audience



The Fronrunner takes visitors on a 'Nordic Pole Walk'



Mirimiri with Karangaora offers visitors a chance to relax...



Cllr. Andrew Judd (Judd Opticians) offers visitors' specs a complimentary clean



Tai Chi proves as popular as ever with a few 'first timers' joining in