

Te Mana Ora

Whaia te pae tawhiti kia mau, ko te pae tata whakamaua kia tina, hui e taiki e
Pursue the distant horizons of your aspirations, hold fast to those you achieve



Hikitia Te Hā – Tai Chi with Mana Fleming

Welcome to the last edition of Te Mana Ora for 2018. It has been a big year for a lot of people and we're all anticipating a beautiful warm summer filled with whānau, fun and laughter. The summer months from December to February are known to Māori as raumati with Tāwhirimātea the atua of wind and storms controlling our weather. It's always a good time to ensure we are thinking about how to stay safe in the sun and that our tamariki have sunhats and sunblock.

As we head towards the festive season we are grateful to everyone within our hāpori that has shared their time and energy with us. Although there is so much work left to be done we love the passion and drive in Ōtautahi to create a healthier city for all Cantabrians and the generations to come. We would also like to take time to farewell our wonderful Pacific Health Promoter, Terisa Tagicakibau and to thank her for all the great work she has done within our Pacific communities. We wish her all the best for the future and she will be sadly missed. The communities team also welcomes Leanne Bayler as our new Health Promoter

specialising in housing and we look forward to seeing all the great work she will be involved in also.

There have been many highlights during the year, including some of the local mana whenua champions within Ngāi Tahu who have generously shared their knowledge. Dr Eruera Tārena spoke to us this year about income equity for Māori and the exciting future opportunities for all New Zealanders to benefit from a strong Māori economy. Takerei Norton also presented on Kā Huru Manu - the Ngāi Tahu Atlas where Kiwis can access over 1,000 original Māori place names throughout Te Waipounamu. This will be a fantastic resource to access while we're all on summer holidays and looking to learn something new about the beautiful rohe we live in. It is fantastic to see the amazing work being led in Ōtautahi by mana whenua, the opening of Tūranga, our new library and the collaborative work by numerous organisations here in our rohe who are passionate about hauora and whānau transformation. While there are too many amazing people to mention we are lucky to be working alongside such a diverse range of talented people. Thank you for all that you do.

Wishing you all an amazing Christmas and New Year. Take care on the roads this summer and we look forward to working alongside you in 2019. Ngā mihi aroha o te wā kirihimete me te tau hou ki a tātou katoa.



Aro Mai

Te Aitanga a Tiki

Drawing on mātauranga Māori to strengthen sexual and reproductive health promotion and sexuality education for young Māori

Māori sexual and reproductive health promotion service Te Whāriki Takapou recently announced the launch of Te Aitanga a Tiki: Māori dimensions of sexuality, a collection of reo Māori and English language resources that draw on Māori knowledge, such as pūrākau (stories) and mōteatea (traditional chants), to relate Māori understandings of sexual and reproductive health to young Māori in schools, kura and communities.

Developed in response to requests from sexual and reproductive health promoters and teachers throughout Aotearoa for Māori approaches to sexuality education for young Māori, the resources address a range of sexual and reproductive health topics that promoters and teachers tell us are important for rangatahi health and wellbeing, e.g. Healthy relationships, Ārai hapūtanga (Contraception), and Kia takaroa i te pā kūwhā me te piringa ai (Delaying sexual activity and sexual relationships until you feel ready).

The resources are also aligned to key health policy directions that emphasise the importance of a secure identity, high self-

esteem, confidence and pride in being Māori to improved health outcomes for Māori (He Korowai Oranga, 2002); and education policy that acknowledges Māori students should have opportunities to achieve educational success 'as Māori' within programmes that reflect and value their identity, language and culture (Ka Hikitia, 2008, Tātaiako, 2011).

The Te Aitanga a Tiki resources are designed to be easily incorporated into sexual health promotion and school-based sexuality education programmes. Each resource has a focus area, e.g. STI prevention, a key health promotion message, suggested ways to use the material, a glossary of Māori language terms and concepts, and references.

Promoters and school teachers can use the Te Aitanga a Tiki resources to strengthen their programmes and support Māori students to build their cultural identities whilst increasing their knowledge about building healthy relationships, staying STI- and HIV-free, and choosing contraceptives that work for them.

Links:

To access the Te Aitanga a Tiki collection, visit the Te Whāriki Takapou website at tewhariki.org.nz/te-aitanga-a-tiki

Article reproduced with thanks from Te Whāriki Takapou

A banner featuring a central photograph of green leaves and clusters of small, dark purple berries. The text 'TE AITANGA A TIKI' is overlaid in a bold, yellow, sans-serif font. The banner is framed by dark red vertical bars on the left and right sides.

TE AITANGA A TIKI

The Light Project

The Light Project aims to equip young people, their whānau and communities to positively navigate the new porn landscape. Young people can now easily access online pornography via mobile devices, often from a very young age, and pornography has been linked with unrealistic attitudes about sex and harmful ideas about relationships.



The Light Project was established in New Zealand in 2017. It undertook a Youth Stakeholder Survey to assess whether stakeholders thought porn was an issue for young people based on their experiences, and to identify stakeholder knowledge gaps and resource/training needs. Stakeholders included: sexual health care providers and youth organisations, whānau and caregivers, schools, faith-based organisations, and therapists.

The findings suggest that the majority (94%) of stakeholders believe that porn is an

issue for young people in Aotearoa. Most stakeholders (71%) are already engaging in conversations about porn with young people in their workplace, but of these, many (59%) feel unequipped, reporting a lack of porn knowledge and resources.

For a copy of the survey report *Porn and Young People – What do we know?* Email hello@thelightproject.co.nz. You can find resources to equip young people, whānau and those who work alongside youth at www.thelightproject.co.nz

Community Development Approach to Street-Based Sex Work

Diane Shannon
27 November 2018

A group is meeting to address issues around street-based sex workers and their clients in the Manchester Street area. Some residents had raised concerns about late night noise, intimidation, vandalism and trespassing in the area. The Collaborative Working Group includes representatives from Christchurch City Council, New Zealand Prostitutes Collective, NZ Police, Community and Public Health, Salvation Army, YCD (Youth and Cultural Development), St Luke's in the City Church, MSD, Housing First, and local residents.

Research indicates that the most effective method with which to minimise the impact of



sex work and enhance the quality of life of sex workers is a non-regulatory approach where solutions are developed with all stakeholders, including residents, representatives of sex workers, the Police and local Councils.¹

The aim of the Working Group is to improve the quality of life of residents, businesses and street based sex workers around Manchester Street. Key goals include encouraging sex workers to relocate south of Bealey Avenue, curbing anti-social behaviour and ensuring sex workers work in a safe environment.

Actions so far:

- Newsletters have been sent to households and businesses in the area including a progress update and information about which organisations and agencies to contact with various concerns.
- Community drop-ins have been held for residents to express their concerns and to suggest solutions. The last drop-in was on 24 July and about fifteen people attended from both north and south of Bealey Avenue. Feedback was that there had been a decrease in the impact of sex work in these areas.
- The Council granted a funding application towards wages and a phone for a Street Outreach Worker to encourage sex workers to relocate from north of Bealey Avenue and to behave in more neighbourly ways south of Bealey Avenue. No sex workers have worked north of Bealey Avenue since July 2018.
- The Police and Community Watch have increased their visibility around Manchester Street.
- Larger signage was installed at the Manchester/Purchas Street corner to alert people that a CCTV camera operates in the area.
- A new CCTV camera has been installed at the Manchester/Aberdeen Street corner.

In September 2018 the Working Group considered recent research on sex work in Christchurch. The study found that street-based sex workers experience higher rates of violence, abuse and disdain compared to indoor sex workers and the general population, which may result in part from stigma against street-based sex work.²

The Working Group agreed that one of its priorities is to reduce stigma against sex workers. In December 2018 the Working Group will host an event for sex workers on Red Umbrella Day, the International Day to end Violence Against Sex Workers.

Residents and businesses in the Manchester Street area are welcome to attend with an aim to enhancing neighbourhood relationships.

Reported offences and incidents of anti-social behaviour displayed by the general public (including sex workers) in this area have decreased each year since January 2015. Indications are that 2018 numbers are unlikely to be significantly greater than 2017 numbers.

The most recent progress report is available at: <http://christchurch.infocouncil.biz/>

References:

¹ Pitcher, J., R. Campbell, P. Hubbard, M. O'Neill and J. Scoular (2006).

Living and Working in Areas of Street Sex Work: From conflict to coexistence. Bristol, Joseph Rowntree Foundation; Ministry of Justice, New Zealand Government (2008). "Report of the Prostitution Law Review Committee on the Operation of the Prostitution Reform Act 2003."

² Abel, G. and Sweetman, B (2018). "Street-based Sex Work in Christchurch." University of Otago, Christchurch.

What is Presenteeism?

Lee Tuki is the President of the Public Health Association of New Zealand and Team Leader for Community and Public Health, Canterbury District Health Board. In this think piece, Lee talks about the concept of presenteeism.



Lee Tuki, President Public Health Association of New Zealand
Team Leader, Community and Public Health, Canterbury District Health Board

What is Presenteeism? Definitions vary, however for this thought piece, I want you to explore the idea of being present but not actually being present. Think about all areas of your life not just work. Ask yourself the following pātai:

“Have you ever felt you are there but not there?”

If you answer YES, then I would say you have experienced some degree of presenteeism.

What are the impacts of presenteeism?
Does it matter?

Think about the following examples - they may help you answer those 2 pātai. Also question yourself more deeply- what does it look like when you are truly present? Or you are there but not there?

- An adult sitting in a café with a child
- At work
- Dinner with the whānau
- On a date with your partner or mate
- Work or team meetings
- Watching a loved one playing sport
- One on one kōrero

No right or wrong answers, just an opportunity to explore being in present in the moment or not. I will leave you with another pātai:

“How are we role modelling to others what is important to us as a Leader within our whānau and or mahi?”



Te Hāpori

Lyttelton Health Hub

In June 2018, Rāpaki were host to the Lyttelton and surrounding area in having a Health Hui on their marae. The Health Hui comprised of up to 20 Health Providers around Canterbury who are contracted to deliver Health services to Māori.

As a fall out from the Health Hui it was noted there was a small contingent of health providers who were keen to stay together as a small Health collective. Rāpaki were going to have a Health Hub but were constrained as they were undergoing reconstruction of their Admin area which was to house a Health Centre.

Lyttelton have a Health & Wellness vision group also comprising of an eclectic group of local community services ranging from Lyttelton Project, Lyttelton Port Company, Schools, Health, Council, and Seafarers etc. This group of like-minded people included the local doctor, Dr Rose Chambers, who happens to own the local Lyttelton Health centre.

Dr Chambers (owner of the Health centre) had heard of our group wanting to set up a Free Health Hub for all the community to access free support information and general Health checks. She sent an invitation to have a meeting to discuss how she can help.



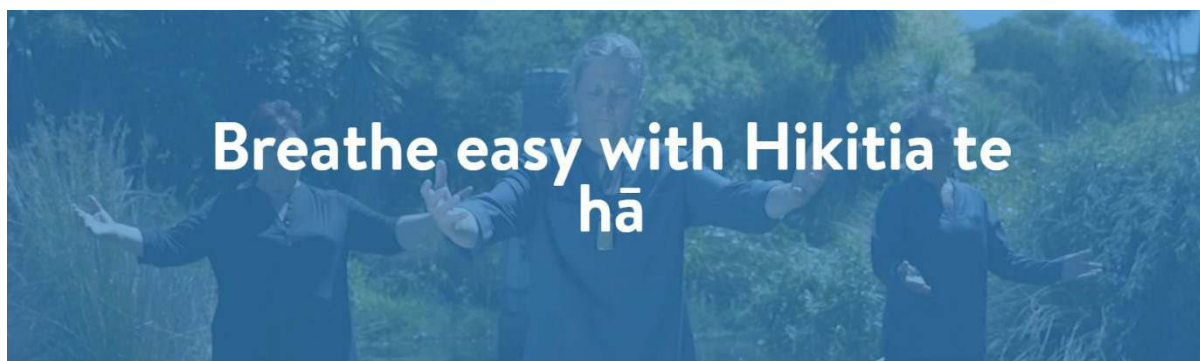
Rāpaki Marae

From that meeting came the introduction of a monthly, free 2 hour Health Hub, located at Lyttelton Health Centre. This was a very generous offer that was appreciated by all and showed community response, social gains, collaboration and community strength at its best.

The Health Hub will begin in February 2019 and run right through to December 2019.

For more information on the Lyttelton Health Hub you can contact Christina Henderson christina.henderson@cdhb.health.nz.

Te Waioratanga and Hikitia Te Hā



Building on the success of the original Hikitia Te Hā breathing exercise developed by Rāwiri Hindle with support from All Right? three new videos were put together this year to include different activities for whānau to experience both the peace and power of the breath.

Focusing on our breathing is a very helpful and basic practice for becoming more mindful. Combining it with some simple actions makes it even better. Hikitia te Hā is a simple breathing exercise that anyone can learn. Practicing Hikitia te Hā on a daily basis with simple, open-hearted attention can help make you more aware of te hā (the breath) and be more present in each moment.

Fitness and wellness expert Mana Fleming from the Art of Wellness wants to help people get back to basics. “I’m mostly interested in teaching people how to use their body correctly and strongly. We don’t get taught that as children.” Fleming has been teaching tai chi for the last 17 years and has also spent more than 12 years as a pilates instructor for the Christchurch City Council, where she also teaches stretch, spin and beginner yoga classes.

Letitia Hallett from Yoga Warriors is helping to make yoga become more accessible to communities, by breaking down the barriers preventing people from getting healthy and well. “We’re in a lot of different places at the moment - schools, with families and in rehabilitation centres too. Obviously, there are always different types of people when you’re

walking into those types of places. I enjoy that part of the job, where I am constantly getting to meet different people. We are grounded from a cultural place. The classes don’t look different, we come from the same foundations but a New Zealand manner. It just ties in together.”

Mana and Letitia are two of the three wellness experts behind the creation of the new Hikitia Te Hā videos for All Right. Be aware of Te hā (the breath), and acknowledge ngā atua Māori through body form and movements. You may have your own movement or sound you want to create as a body form for the different atua. Be creative!

To access these videos and a number of other fantastic resources log on to the All Right? website allright.org.nz/articles/breathe

Parihaka Day at Okains Bay School

The history of Parihaka goes back to 1881, and at Okains Bay School we commemorate this by inviting our community and other local schools to our kura to connect over kai, performances and lots of fun! This year, following a formal welcome, the valley was filled with song as each of the four local schools performed waiata, haka and poi. After sharing a generous morning tea, we then enjoyed rotations in a range of activities. Ākonga learned about the history of Parihaka, harakeke weaving, taiaha and more! It was a wonderful day to build friendships, learn something new and enjoy the sun. While it is a big undertaking for a school of only 10 students to host such an event, we worked hard together with support from our whole community, and the result was surely something to be proud of. *Ma whero ma pango ka oti ai te mahi.*



Okains Bay School

Engaging students in Hauora – Haeata Community Campus



HPS facilitator, Aaron Hapuku, leads a group of ākonga in mau rakau

Haeata Hauora Day for years 7 to 13 was an interactive series of workshops punctuated by keynote speakers promoting a message of ‘knowing yourself’. The kaupapa of the day was to engage ākonga in wellbeing through the games and activities they enjoy.

Year 10 ākonga, Q’Che Reweti had this to say about the day, “My friends and I went to the Maui Studio workshop and we saw what they did by watching a video. They told us

about how they use their culture to inspire their artwork; we thought their artwork was very beautiful. It was good to see people connecting to their culture and deepening their spiritual wellbeing as it is hard to think about sometimes. The day was fun; I liked looking into something different for once.”

A big thanks to Te Pūtahitanga also for their vision and support of this kaupapa, and all the providers who took part to support the wellbeing of our rangatahi.

Links:

Health Promoting School (HPS) Magazine: If you are interested in the mahi taking place in some of our Canterbury schools you can catch up on all the kōrero through the Health Promoting Schools magazine. The magazine is published each term and is designed to highlight initiatives and activities at local schools, and discuss topics of interest to students, parents and teachers. We also welcome all of your contributions and feedback to help support our school communities www.cph.co.nz/your-health/health-promoting-schools-magazine

Tāne Ora

Sometimes our happiness takes teamwork – Te Whare Tū Taua o Waitaha – Waitaha Suicide Symposium 2018

Sometimes it takes team work, relationships and knowing where to connect within our communities to find the support we need. The Suicide Prevention Symposium 2018 was a breath of fresh air in an otherwise difficult space. Mate whakamomori is never an easy subject, however, based on some of the feedback from previous years, our communities are full of resources and information that can help us in our daily lives, and offer opportunities to be part of a team and part of a whānau, where we can celebrate culture, language and common interests.

There were some incredible performances and speakers this year, bringing their experiences and expertise to the symposium. They made us think, laugh and sometimes cry. A point of difference this year was the introduction of break-out sessions, connecting participants to a range of different activities for people to enjoy. The more we learn and understand some of the complexities of suicide, the more important it is in a busy world, and our busy lives, that people can feel connected to one another and know where they can form new relationships.

The contribution made by ‘Te Waioratanga’ a kaupapa Māori initiative from All Right? Involved three different activities, Tai Chi, Yoga and Mau Taiaha that have also been featured under the article on Hikitia te Hā. One of the activities this year, mau taiaha, utilises the values of traditional Māori weaponry to explore what it means to be warriors for the kaupapa of suicide prevention. In response to the loss of language, identity and knowledge around



Māori within our Māori communities, Te Whare Tū Taua o Aotearoa was established in the 1980s by Tā Pita Sharples as a programme of physical fitness, Te Reo Māori, self-confidence and cultural connection. Our local branch of Te Whare Tū Taua was re-established here in Waitaha in 2011 with the support of He Waka Tapu, He Oranga Pounamu and Ngāi Tahu. Feedback after the breakout sessions was overwhelmingly positive and Te Whare Tū Taua appreciate everyone that came to take part in the kaupapa.

We all know that our statistics for mate whakamomori in Aotearoa and Te Waipounamu are too high, particularly for our Māori men. While there are many complex factors that lead a person toward taking their own life, there is a strong belief that connections to Te Ao Māori and being able to participate in the culture is one aspect of a person's life that is protective.

We would like to acknowledge the whānau from WSPA (Waitaha Suicide Prevention Action Group) and He Waka Tapu for all their great mahi this year, and also our other fantastic break-out providers, Mana Fleming from the

Art of Wellness and Letitia Hallett from Yoga Warriors for all the amazing mahi they do within our communities, inspiring hope and supporting people's aspirations to live healthy, happy lives. For more information on this year's symposium and to watch some of the videos online, check out the link:

www.o2waitaha.org.nz/events/2018-suicide-prevention-symposium

Te Waioatanga providers:

Mana Fleming – Art of Wellness
62 Tuam Street
Christchurch, New Zealand

info@artofwellness.co.nz
artofwellness.co.nz

Letitia Hallett – Yoga Warriors

166 St Asaph Street
Christchurch
admin@

yogainschools.co.nz
yogainschools.co.nz

Aaron Hapuku – Te Whare Tū
Taua o Waitaha

PO Box 184 Tai Tapu
hapuku@yahoo.com

www.facebook.com/TeWhareTuTauaoWaitaha/



For more information on how to get involved with local champions such as WSPA, working in suicide prevention here in Ōtautahi, contact He Waka Tapu at: 0800 HE WAKA (43 9252) or visit www.hewakatapu.org.nz

Links:

Do you or a whānau member need someone to talk to?

Helplines:

[Helplines and local mental health service booklet](#)

Need to talk? Free call or text [1737](#) any time for support from a trained counsellor

[Lifeline](#) 0800 543 354 or 09 522 2999 or free text 4357 (HELP)

[Suicide Prevention Helpline](#) 0508 828 865 (0508 TAUTOKO)

[Youthline](#) 0800 376 633 or free text 234

[Samaritans](#) 0800 726 666

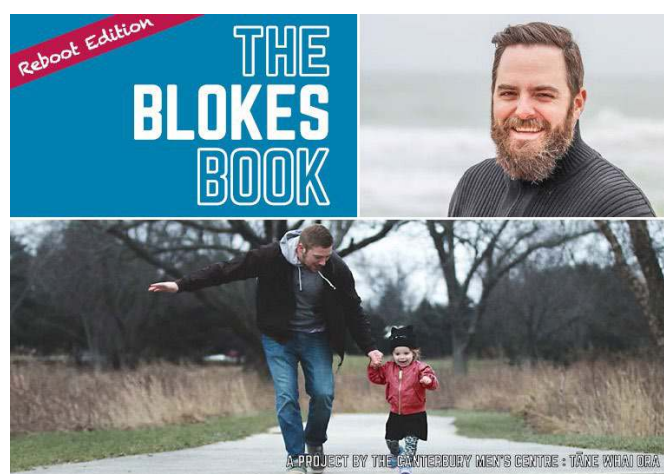
Resources:

Mental Health Foundation: Resources and information: www.mentalhealth.org.nz/home/our-work/category/34/suicide-prevention

The Blokes Book – Reboot Edition

The Canterbury Men's Centre has recently done an update and reprint of The Blokes Book. Thank you to those that funded this (and previous) editions. A special thank you to The Ministry of Social Development for the core funding of the print cost of this edition and two previous editions. It is with your continued support and the support of the Canterbury community that the centre is able to work towards their goal of Happy Healthy Canterbury Men. Visit: [http://canmen.org.nz/wp-content/uploads/2018/08/](http://canmen.org.nz/wp-content/uploads/2018/08/TheBlokesBook2018_WEB.pdf?mc_cid=df31b2009b&mc_eid=6fb4d9f0b5)

[TheBlokesBook2018_WEB.pdf?mc_cid=df31b2009b&mc_eid=6fb4d9f0b5](http://canmen.org.nz/wp-content/uploads/2018/08/TheBlokesBook2018_WEB.pdf?mc_cid=df31b2009b&mc_eid=6fb4d9f0b5)



Keeping Whānau Safe 0800 HeyBro (439 276)

This number is setup for men who feel they're going to harm a loved one or whānau member. They are here to support you 24/7 to listen and to help. So give them a call next time you're on the edge.

For more information on this and a range of services available to our Māori men and their families check visit the website www.hewakatapu.org.nz/services/0800-hey-bro



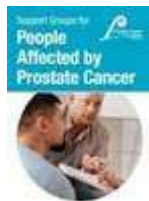
Community Health Information Centre (CHIC) Resource update – Men's Health

If you or any of your mates have taken part in the awesomeness of Movember this year, please also check out the updated resource list through Community & Public Health – CHIC resources. You will find a range of free men's health resources that are updated regularly. For more information and to order resources check out the Community & Public Health website link below.

Movember: www.cph.co.nz/movember

Men's health resources: www.cph.co.nz/resource_list.php?mc=116

MEH0028
Support Groups
for people
affected by
Prostate Cancer



MEH0027
Caring with
Someone with
Prostate Cancer



MEH0026
What you need
to know about
Prostate Cancer



Wero Your Tero

If you are seeking further information on local champions within Ōtautahi or you would like to know how to get involved in raising awareness around prostate cancer in Māori men, check out the Wero Your Tero Facebook page. There is some great kōrero on the page, including the video from the recent Wero Your Tero campaign launch that took place recently at Rehua Marae, Ōtautahi with the support of Te Pūtahitanga and local whānau who are passionate about the health and wellbeing of our tāne Māori. Patua te whakamā! Wero Your Tero!

Wero your Tero – Facebook page: www.facebook.com/WERO-YOUR-TERO-265126380742577/

Wero your Tero – Campaign launch: www.facebook.com/265126380742577/videos/633723393691728/



Te Oranga

Tapu to Noa – Critical constructs for management of biowastes in NZ

‘Tapu’ and ‘noa’ are important concepts in Māori thinking and practice that inform many environmental decision-making processes. The Centre for Integrated Biowaste Research (CIBR) has explored how tapu and noa can support contemporary biowaste management – particularly the management of treated sewage sludge (biosolids) and wastewater.

Tapu describes a status of forbidden or restricted that is prescribed to something or someone, whilst noa refers to being ordinary or free from restriction. Management of human wastes was highly prescriptive where concepts of tapu and noa strictly regulated individual and community behaviour and practice. Today biosolids management evokes similar cultural considerations, but also frustrations with the poor incorporation of Māori cultural values and the wealth of Māori knowledge and experiences in local infrastructure decision-making. NZ’s colonial history and uneven local power structures are among many institutional barriers to full and effective Māori participation in biosolids decision-making. Additionally there is a lack of appreciation and awareness in the waste management sector of how Māori cultural values and experiences could usefully contribute to biosolids management.

CIBR’s research has consistently shown that Māori individuals and organisations do not support a ‘flush and forget’ approach. Iwi, land trustees, hapū and Māori business owners tend to be very willing to engage with local government on waste management issues, with significant insights and benefits for all involved.



A sludge pit at the Kaikōura Sewage Treatment Facility that receives septic tank waste from homes. Concepts like tapu and noa are at the centre of Māori debate around appropriate management of this form of waste

A greater awareness and deeper understanding of cultural values and frameworks will help support more respectful processes and meaningful conversations about how to best design and manage local biowaste systems. For example:

- Tapu and noa constructs manifest in relation to other Māori values and therefore should never be considered in isolation.
- Tapu and noa are not fixed; they can be temporary, or more permanent actions, and can manifest along the tapu or noa spectrum in response to changing events and environments.
- The expression of tapu and noa in particular contexts (e.g., biosolids management) can be influenced by different forces or trajectories (Figure 1).

Understanding how these trajectories influence a particular local setting will inform the most appropriate engagement approaches. Moreover, cultural values (like tapu and noa), ethics (tikanga/ritenga), and the practices they governed, were shaped by local context and circumstance; this means that traditional management practices will differ according to local conditions, interpretation and history. Therefore, engaging with mana whenua is fundamental to any local decision-making processes. At the basis of engagement should be an intent to build an equitable relationship to support meaningful ongoing conversations.

In summary, Māori concepts like tapu and noa convey sophisticated knowledge and management frameworks that uphold mana whenua values and relationships with the environment. These cultural frameworks

could play a more significant role in environmental management and decision-making. A recent CIBR report aims to improve cultural awareness and readiness in the local government and biowaste sectors to progress meaningful partnerships with mana whenua and thus strengthen local infrastructure and environmental decision making.

Ataria, J., Baker, V., Goven, J., Langer, E.R., Leckie, A., Ross, M., & Horswell, J. 2016. From Tapu to Noa - Māori cultural views on biowastes management: a focus on biosolids. Centre for Integrated Biowaste Research. 25p.

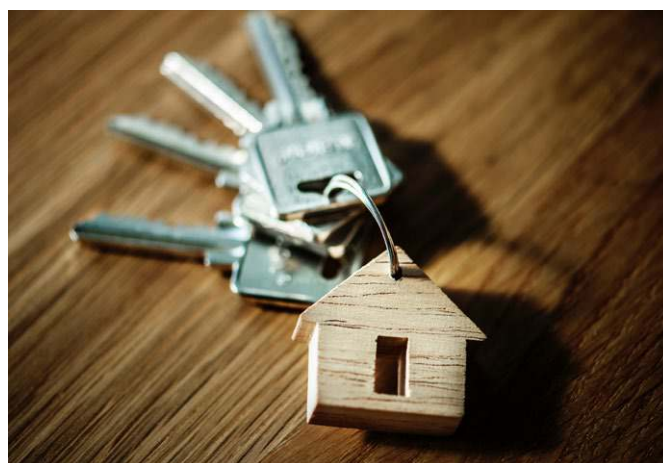
Links:

If you are interested in how the CDHB and Community & Public Health support the health of our environment and our people, take a look at the 'your health' section of the Community & Public Health website www.cph.co.nz.

Healthy Homes

Housing can make a big difference to a person's health and wellbeing. Recently, there were two major opportunities to have a say about private rental housing in New Zealand. The Ministry for Business, Innovation, and Employment (MBIE) held a consultation for 'Health Homes Standards,' which sought feedback about minimum requirements for heating, insulation, ventilation, moisture and drainage, and draught stopping in residential rental properties. Another consultation led by MBIE looked at reforming the Residential Tenancies Act. The reforms are meant to improve tenants' security and stability (while protecting landlords' interests) and ensure the law balances the rights and responsibilities of tenants and landlords and helps renters feel at home.

To help people have a say in these important opportunities, several Waka Toa Ora (Healthy Greater Christchurch) signatories organised a submissions workshop as part of the Healthy Greater Christchurch lunchtime seminar series



(Waka Toa Ora is the updated name of Healthy Christchurch since it has expanded to Healthy Greater Christchurch). For the workshop, Community & Public Health provided a brief overview, Anglican Advocacy and Tenants Protection Association explained some of the potential reforms to the Residential Tenancies Act, and Christchurch City Council explained the options laid out in the Healthy Homes Standards consultation. About twenty people participated.

Workshop participants told the organisers that they felt more comfortable about putting in a submission, and that the workshop cemented their commitment to having a say. One of the strengths of Healthy Greater Christchurch is that signatories can use their expertise to identify important issues, collaborate, and

make things happen. In this case, the network brought together knowledge around a timely topic and helped facilitate civic participation around a significant determinant of health. Keep an eye out for what's next – or kick something off yourself!

Do you know any whānau looking for transport options this summer?

What?

BuyCycles supports people on low incomes to buy good quality, second hand bikes. The project provides the initial finance to purchase a bike which suits the client's choice, physical needs and price range (up to \$200). It can also purchase a good quality lock and helmet. BuyCycles provides advice on bike quality and pricing. The client pays off their debt, interest free, at a rate that will not cause financial hardship. The project accepts payment holidays if the client experiences occasional unexpected financial difficulty.

Who?

BuyCycles assists clients from the Mental Health Services and Corrections who have case managers or support workers involved in their care. BuyCycles' steering group is made up from staff from Community Focus Trust, Community and Public Health and Mental Health Services, 3 volunteer buyers and 2 volunteer mechanics.

For enquiries: contact Mark Hudson, Community Focus Trust, 355 4928 mark@empowerchurch.co.nz

For referrals: contact Meg Christie, 378 6817, meg.christie@cdhb.health.nz

Why?

Having a good quality, well maintained bike provides many health benefits. Cycling is great for physical health and fitness, contributes to mental wellbeing, enables accessibility to



recreational places difficult to get to on foot or bus, offers a fast and efficient transport option for utility trips, and generates a sense of freedom and independence.

Budgeting skills are developed through paying off a debt. Dignity is enhanced by having the opportunity to pay for a bike rather than going through Work and Income.

The project is interested in what other “big ticket” item(s) are missing in a client's life due to lack of initial financial support that could make a positive impact on their health and wellbeing

How?

The project seeks referrals from Case Managers and Support Workers from Mental health Services and Corrections for clients who referrers feel will not intentionally defraud the project. The terms and conditions are outlined in the BuyCycles Agreement form. On receipt of the signed Agreement, the project arranges for clients to meet with volunteer buyers

who will advise on where, what and how to purchase a bike. Once the bike is purchased it is given a thorough mechanical warrant of fitness by the project's volunteer mechanics.

Unfortunately BuyCycles does not include insurance for loss, theft or damage and if the bike is misplaced, payments are expected to continue until the value of the bike is paid in full.

Paetukutuku – Useful websites and links

Cancer Society – Te Kāhui Matepukupuku o Aotearoa

Local SunSmart information and resources
canterbury-west-coast.cancernz.org.nz

Tāwhirimātea – the weather
teara.govt.nz/en/tawhirimatea-the-weather

Te Rau Matatini – pukapuka and publications (Māori manifesto)
teraumatatini.com/publications-and-resources

Kā Huru Manu – Ngāi Tahu Atlas
www.kahurumanu.co.nz/atlas

Tokona Te Raki – Māori Futures Collective.
Change Agenda: Income Equity for Māori
www.maorifutures.co.nz