

Push Play *with* active CANTERBURY

Active Canterbury: "What's in it for me?"

BY NOW YOU'VE HEARD ABOUT ACTIVE CANTERBURY BUT MAYBE YOU'RE NOT SURE IF/HOW IT ALL PERTAINS TO YOU, A PHYSICAL ACTIVITY PROVIDER. HERE ARE SOME IDEAS THAT MIGHT WORK FOR YOU. REMEMBER, IT'S ALL FREE!

You are a.....

You could....

How?

Walk group leader

Plan some great walks for your next programme, or simply try some out yourself over the Christmas break.

Go to www.activecanterbury.org and look up "places and spaces" to find all sorts of information and maps on walks in the greater Christchurch area.

Gentle Exercise or Walk group leader

Make a beautiful certificate as a "Christmas gift" for each of your group members for achieving a term or year of "being active".

Go to www.activecanterbury.org and click on "physical activity professionals" then "make a flyer, poster or certificate" and follow the simple steps. Need help or advice? Phone Maria on 941- 8145

Group Exercise instructor

Advertise your class to people in the local area a few weeks before it starts in the New Year - but close enough to the start of the year to catch those "New Year's Resolutions"!

Go to www.activecanterbury.org and follow the steps as above to make a flyer. Print them off (or email to a printer) and do a mailbox drop (avoid boxes with "no circulars" stickers!) These can be really effective.

Group exercise instructor

Plan to find out if participants are improving their levels of physical activity since starting with your group.

Use the Evaluation Resources from the **Active Canterbury Toolkit** to do a simple and short questionnaire at the start of the year. Do it again later in the year and analyse the results with the help of the spreadsheet.

what's inside

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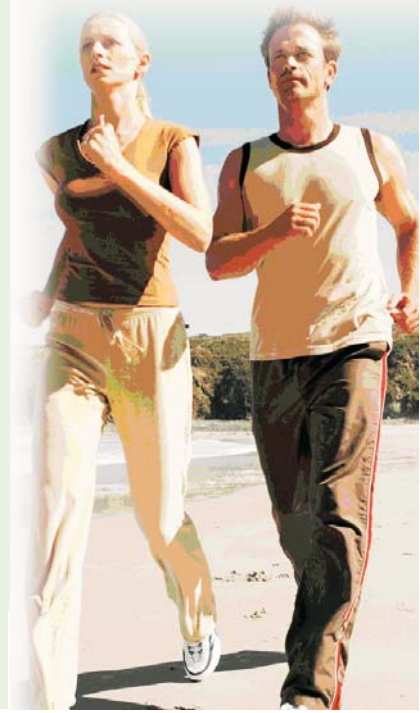
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PUSH PLAY



Action in Canterbury

Sea 2 Sea Challenge: Te Wero o Tai ki Tai



JOHN DEACON, PERRY KINGI AND TRACEY POTIKI FROM HE ORANGA POUNAMU - HELPING TO PUSH THE 30 MINUTES A DAY KAUPAPA



FRANCES "STEVE" OXLEY (92YRS), DAPHNE BORGFELDT (97YRS), PARTICIPANTS FROM WAINONI/AVONSIDE TRUST, PICTURED WITH DAVE HEWITT (EX ALLBLACK)



The Canterbury West Coast Sports Trust is celebrating its 4th successful year of being the largest physical activity challenge across the Canterbury West Coast Region. Over 6 weeks starting on 24 September, participants were asked to do 30 minutes of physical activity each day. By 2 November, Push Play Day, 40 days later, participants had undertaken the equivalent of a 240km walk – the distance between Kumara and New Brighton beaches!

This year, saw a total of 4,743 participants, 172 workplaces and 154 individuals in the Canterbury region making positive changes to their health and wellbeing. The challenge was also carried out in the Sport West Coast, Mid Canterbury and South Canterbury regions, with a total of 8,709 participants.

Sea 2 Sea is an ideal tool to encourage employees to be more physically active and there are many great benefits for workplaces in encouraging staff to be physically active.

Some of the great things that have been happening amongst the staff at Te Wananga O Aotearoa:

- Arama Cooper joined the gym and has been undertaking physical activity twice a day! Arama has also changed his eating habits, has lost a lot of weight and is feeling more alert at work.
- Carla has been walking to work again and has enrolled herself in the Contours Women's Triathlon next month. Another staff member has started to walk to work instead of taking the Orbiter bus.
- Raylee Price has set a goal to swim in the Ocean Series swimming race at Corsair Bay in March next year. Raylee has already noticed an improvement in her sleeping patterns, eating habits and is able to swim for a longer period of time.

Participants in the Sea 2 Sea Challenge have also formed new friendships, walking groups, and sports teams within their workplace and have been encouraged to try new activities such as salsa dancing, yoga and ice-skating.

Although the Sea 2 Sea Challenge is over for another year, it is hoped that an individual's daily physical activity will continue beyond the Sea 2 Sea Challenge. We would like to thank those that participated in the challenge and a special thanks to our sponsors for the wonderful prizes that were kindly donated by them. Be sure to enter your workplace next year in the 2008 "Sea 2 Sea Challenge".

Action in Canterbury

Active Life

International research suggests that mental health service users have greater risk factors for physical ill health, such as low level of activity, smoking, poor diet and possible side effects of their medication, which can lead to obesity and diabetes. Comcare Trust is helping to address two of these risk factors – poor diet and low level of activity – through its Active Life programme.

Active Life is an 18 week programme of health, nutrition and lifestyle education combined with physical activity and peer support. Groups of up to 15 people meet weekly in a safe and friendly environment, to become more active, learn about healthy eating and positive choices, to meet new people and have fun. Activities include circuit classes, walking, reading food labels, swapping and trying recipes and setting weekly goals.

Particular emphasis is placed on lifestyle changes which will be sustainable after the programme is completed, by ensuring that activities are suited to the needs of the individual.

Rachel Brown, Active Links Team Leader at Comcare Trust says "There is a real need for this type of programme to be offered to people with mental illness. Working with a group and taking part in the physical activities and lifestyle learning together, can really make a difference to the quality of life of our participants".

Although still in its early stages, it is hoped the programme will not only improve the physical health of the participants, but also have a positive impact on their mental health, through increased self esteem and self image.

The Active Life programme is just one of a series of healthy eating and physical activity initiatives being supported by the CDHB as part of their Ministry of Health's Healthy Eating Healthy Action (HEHA) funding. HEHA is the Ministry of Health's strategic approach to improving nutrition, increasing physical activity and achieving healthy weight for all New Zealanders.

For more information contact:
Rachel Brown
Comcare Active Links Team Leader
rachel.b@comcare.org.nz
ph 03 377 2903

PUSH PLAY Nation

National Push Play Day was celebrated across Canterbury with a range of activities and events on Friday 2nd November.



PARTICIPANTS IN THE LUNCHTIME WALK AT HAGLEY PARK

Active Canterbury Present

YOUR ACTIVE CANTERBURY PHYSICAL ACTIVITY TOOLKIT!

Not got your free Active Canterbury toolkit yet? It's available to anyone who provides opportunities for people to be physically active. It includes information about Active Canterbury, evaluation resources, the Active Maori Directory, brochures stickers, cards and more - all in an attractive green box. Just call the Distribution Officer on 941-7633 and ask for one to be couriered to you (free) in time for Christmas!

Carols by Candlelight
60th Celebration

Join us for this extra special candlelight event as we celebrate Christmas with our family – you.
A performance by the Impact Dance and Stage School will start at 8pm.
The Carols by Candlelight event starts at 9pm and includes the Salvation Army Band, guest performers, a combined choir and a few twists to help celebrate the 60th event.

Christmas Eve, Monday 24th December
8pm onwards, Victoria Square

impact
Dance & Stage School

CHRISTCHURCH
CITY CENTRE

(Wet weather backup: Cathedral Square). Event close 10.15pm.
Carol books and tapers on sale at the event.

YMCA
CHRISTCHURCH

Hot Off the Press

Get Set Go and Spread the Word

COMING IN 2008 TWO NEW GREAT ESSENTIAL COURSES FOR ORGANISERS OF COMMUNITY PROGRAMMES AND EVENTS.... GET SET GO! AND SPREAD THE WORD!

Get Set Go! is a New Zealand Recreation Association award winning course and resource, which was developed by Wellington City Council. During the interactive workshop you'll find out everything you need to know about organising your programme or event including:

- Budgets and funding
- Promotion and Publicity
- Designing programmes to suit your community
- Trouble shooting tips for events Effective Evaluations

A follow-up resource and course to **Get Set Go!** has been developed by CCC and WCC called **Spread the Word!** This includes information regarding effective marketing and promotion on a shoestring and is delivered in a similar format to Get Set Go!

Christchurch City Council are kicking off 2008 with **Get Set Go!** workshops facilitated throughout Christchurch and Canterbury, with the aim to run courses every month throughout the year. The course and resource is \$30 for not for profit group and \$50 for Government agencies and business organisations. Contact us to discuss group rates and options to tailor courses to suit your group/organisational needs.

For more information contact:

Jacqui Miller, ph 941 5333 or email jacqui.miller@ccc.govt.nz

Diana Saxton, ph 941 6628 or email diana.saxton@ccc.govt.nz

Calling all Providers of Physical Activity Opportunities

Active Canterbury aims to support you to get "More people more active more often". If every exercise class tutor and walk group leader manages to get just a few more people along to their group then we will be well on the way to collectively increasing levels of physical activity in Canterbury... and more people will enjoy the associated health and wellbeing benefits.

Throughout 2008 exercise providers like yourself will be contacted and asked "How can we help you more in your efforts to get people active?"

You may be invited to be part of a focus group or brainstorm session to share ideas and help come up with some plans.

Got some ideas already?

Contact Maria on 941 8415 or
maria.moran@activecanterbury.org.nz

Get your programme listed on CINCH!

Then it will be easy for anyone using the Active Canterbury website to find out what you offer and how to get involved with your programme. Don't forget that the 0800ACTIVE line uses this information base when answering queries too. In order to continue receiving information from Push Play with Active Canterbury you need to ensure that your programme details are listed in CINCH. We've included a CINCH form with this mail-out; otherwise you can do it online on www.activecanterbury.org.nz/activecanterburysearch (look under "tips").

Please check!

EVALUATION RESOURCE AMENDMENT...

If you have received the Evaluation Resource: Is My Programme Making a Difference, please note that there is an error in the Physical Activity Level Two questionnaire. Please check your edition! If you find that Question 3a. is followed by 2b. please contact Maria Moran, on 941-8145 or maria.moran@activecanterbury.org.nz and she will arrange for an amended copy to be sent to you. The new version is also available on the website.

Keeping in touch...

We welcome your comments and feedback. Please contact:

Penny Wilson - Health Promoter, Nutrition & Physical Activity, Community & Public Health, ph 03 379 9480, email Penny.Wilson@cdhb.govt.nz

Dr Shirley Wilson - Physical Activity Manager, Sport Canterbury, ph 03 373 5049, email Shirley@sportcanterbury.org.nz



If you would like to receive this newsletter by email, please contact Penny.

PUSH PLAY WITH ACTIVE CANTERBURY PARTNERS...

