

NPiS

New Plymouth
Injury Safe

COMMUNITY PROJECTS UPDATE

#18, March 2007

New Plymouth is a WHO safe community working towards being injury free

NPIS WELCOMES NEW PROGRAMME MANAGER



New Plymouth Injury Safe (NPiS) is delighted to announce the appointment of Channa Perry to the role of Programme Manager for New Plymouth's WHO safe community programme.

Channa joined the NPiS team on 29 January. She brings a wealth of public health experience, from the primary care and voluntary sector in England, at both strategic level and in community development.

Injury prevention and mental health promotion (suicide prevention) are the two areas of public health that have most inspired Channa and she's looking forward to the opportunity to develop new networks and partnerships that will increase community participation in the safe community programme. Channa will be making contact with many of over the coming months, although you are welcome to get in touch in the meantime by calling **753 7799 x 8792** or by emailing npis@tdhb.org.nz

KIDSAFE - CAR SEAT CLINIC

A recent 'Car Seat Clinic', organised by Kidsafe Taranaki, enabled parents and caregivers of children under 8 yrs to have a free child restraint check.

Trained Safe2Go technicians from Plunket were on hand in the Pak N Save car park in New Plymouth, between 12-2pm on 7th March.

34 car seats were checked on the day, with only a couple of parents refusing checks. Common issues identified included age inappropriate seats, loose fitting harnesses and seats not tightly strapped to cars.

Free child restraint checks are always available from **Plunket – Tel: 06 769 9076**



PREVENTING FALLS IN OLDER PEOPLE



"More referrals please!" is the request from physios delivering the Otago Exercise Programme - a home based exercise programme aimed at preventing falls in the elderly. OEP is a well researched programme which documents a falls reduction of 35% in clients participating in the programme. Referral criteria include those aged over 80 yrs, living in their own home and/or those who have had a fall in the past 12 months. However, they are happy to assess any patient for suitability and will accept self referrals. The programme involves daily exercises and walking and is delivered by a physiotherapist who visits the client's home and makes regular phone contact.

For more information or to refer, contact:

Base Hospital:

Tel 06 7536139 x7451 or Email vicky.scott@tdhb.org.nz

Hawera Hospital:

Tel 06 278 9929 x6913 or Email val.elliott@tdhb.org.nz

NEW ALCOHOL REDUCTION STRATEGY FOR NEW PLYMOUTH DISTRICT

New Plymouth district council's policy committee has approved the development of a local Alcohol Strategy, that will focus on alcohol-related policies, licensing and monitoring issues. NPDC and other key stakeholders will be working together on the strategy that aims to pull together community resources for dealing with alcohol related, injury, crime and social issues.

For more information, contact **Rachael Willan (Senior Policy Advisor, NPDC) on 06 759 6060**

Further information about NPiS:

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