



13 February 2009, Issue 11

Kia ora tātou

This is the eleventh newsletter from the Southland HEHA Team. We wish to bring you helpful hints, current events and generally just keep in touch. You will receive this every 6-8 weeks.

This issue features:

- Welcome to Rose French
- 'Healthy Me & You' - Reunion Sessions and Highlights Package
- Southland HEHA Programme in 2009
- Upcoming events: Surf to City, Children's Day

2009: January to June



February saw us welcome Rose French onto the Southland HEHA team. Rose works as a Health and Physical Activity Advisor at Sport Southland where she helps people in the community with healthy lifestyle change. She has had a lot of experience with young people and their families in helping maintain healthy physical activity and nutrition routines through the Active Families programme.

From January to June the Southland HEHA Programme will continue to support health and social service agencies in Southland. We can provide advice, resources and expertise relating to healthy eating and physical activity health promotion. Please contact us if you would like our support with any initiative. Our activities for 2009 also include:

Reunion Sessions

The aim of these sessions is for families to come together again, and to share the changes and benefits they have seen and implemented since being part of the Healthy Me and You programme last year. Times and places are yet to be confirmed.



Highlights Packages

Families who missed out on 'Healthy Me & You' in 2008 have the opportunity to attend our new 'Highlights Package'. The 'Highlights Package' combines the best parts of Healthy Me & You into a one-off, fun, practical, three-hour session for caregivers and children.



We are taking referrals for these 'Highlights' sessions, so if you are working with a family who would benefit from nutrition and physical activity advice feel free to refer them onto us at (03) 211 2150 and ask for Yvette, Nikki, or Rose.

Updates & Sharing Our Experience

We would like to arrange times with agencies and stakeholders to present an update of our activities to date, especially Healthy Me & You, our findings, experiences, and lessons learnt.

If your organisation is interested please contact Nikki, Rose, or Yvette at (03) 211 2150 to arrange an appointment for us to present.



Programme Evaluation

In addition, we will be continuing the robust evaluation of Healthy Me and You, which includes interviews and data collection from participants 6 months after they have completed the programme.





The Highlights Package

Healthy Me & You Highlights Packages will be running throughout Southland over the next four months. These sessions will see the best components of the six original sessions compacted together into a one-off three hour block. Features include dealing with fussy eating, creating some tasty healthy snacks, discussions with families about the benefits of physical activity and how to include more in their day, and fun physical activity for families.

We are offering this special session to people in the areas of Ohai, Invercargill, Bluff, and Gore. Any family with a young child who would benefit and enjoy attending the three-hour session can be referred to the programme. Please contact Yvette, Nikki, or Rose at (03) 211 2150 or heha@sportsouthland.co.nz to refer a family. Times and dates are to be confirmed.

Places are limited so be in quick



Upcoming Events:

Still haven't decided whether you'll do the Surf to City? Last minute entries for the Community Trust of Southland Surf to City will be accepted at Sport Southland (based at Stadium Southland) on Saturday 14th February 10am - 2pm, and at Feldwick Gates on the morning of the event - Sunday 15th February - from 7.30am to 8.30am. Bus transport 7.45am - 8.35am from Feldwick Gates costs \$2 each. Cost of entry: \$5 adults, \$10 family, \$2 child under 16yrs. Give it a go!

Southland Boys High
Sunday 1st March 2009

11:00 - 2:30pm

- ★ Bouncy Castle, Fire Truck
- ★ Art & Crafts, Sing Star
- ★ Giant Bubbles
- ★ Rock Climbing



Community Trust of Southland
Surf to City 2009
Sunday 15 FEBRUARY
11.5km Fun Run/Walk/Cycle



NEW FOR 2009!
kids in the city
FREE ENTRY



- A 2km fun run around Queens Park for under 12 year olds
- Starting 12.30pm at Surf to city finish area (second circle Queens park)

Age (s) of entrants: