



# SOUTHLAND HEHA Programme



5 June 2009 - Issue 12 - Final newsletter

## Kia ora tātou

This is the twelfth newsletter from the Southland HEHA Team, this will be the final newsletter you receive from us as the Southland HEHA Programme comes to the end of our programme at 30th June 2009. Thank you for your support over the last few years. By working together we have helped many families in Southland to lead healthy and active lifestyles. This issue of the newsletter features:

- 'Healthy Me & You' - Reunion Sessions and Highlights Package
- Sharing Our Experiences
- Healthy eating and physical activity resources - Where to go in future?
- Farewell from the Southland HEHA Programme



### HEALTHY me AND you Reunion Sessions

The first of our reunions was held in Invercargill in March. The aim of this session was 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.

### HEALTHY me AND you Highlights Workshops

Families who missed out on 'Healthy Me & You' in 2008 have the opportunity to attend one of our 'Highlights Workshops', which combines the best parts of Healthy Me & You into a one-off, fun, practical, three-hour session for caregivers and children. We held successful workshops in Ohai and Bluff in March, and will also hold workshops in Invercargill and Gore in June for which the registrations are full already.

#### PLEASE NOTE:

Enclosed with this final newsletter is a two page overview summarising the work of the Southland HEHA Programme from 2006 - 2009.

This overview is for 'STAFF eyes only', not for your clients or the general public.

We hope you find the overview useful and interesting.

[www.southlandheha.co.nz](http://www.southlandheha.co.nz)



Our website will still be available in future. The website contains lots of useful information, links, and an online version of our Workforce Development programme.



Sharing what you learn within the health promotion sector is really important. If we can help each other, it means we can work more effectively, efficiently, and achieve better outcomes for people in Southland. Throughout the course of applying for funding, designing, delivering, and evaluating the two phases of this health promotion programme in Southland, the members of the Southland HEHA Programme have gained valuable lessons which we are always keen to share and have done so both nationally and locally:

**Agencies for Nutrition Action (ANA) Conference May 2009, Wellington** - Recently the Southland HEHA Programme team presented at this national conference, our presentation focussed on our collaboration with health and social service agencies as referrers for 'Healthy Me & You'.

**Aotearoa New Zealand Evaluation Association (ANZEA) Conference July 2008, Rotorua** - Our strong focus on evaluation of the phase two programme meant that we could share what we had learnt with this national conference. Ourselves being 'novices' in the area, it was great to be able to ask these evaluation experts for advice.

**Locally** we have endeavoured to participate in several Southland groups including the HEHA Networking Group and the Well Child group. Thank you to the organisations and individuals within Southland who have taken the opportunity for us to present to their staff.

## Health Promotion Resources & Support: Where to from here?

As of 30th June 2009, you will no longer be able to contact the Southland HEHA Programme for support with promotions, programmes or initiatives or accessing resources. Below is a list of places you will be able to access reliable advice, ideas, support and resources for healthy eating and physical activity promotion within your work:

**Sport Southland:** For all your enquiries regarding physical activity, sports, and physical recreation including requests for resources or support, contact Sport Southland at SBS Sports House at Stadium Southland. The postal address is PO Box 224, Invercargill 9840 or phone (03) 211 2150. See the website [www.sportsouthland.co.nz](http://www.sportsouthland.co.nz) for staff contact details.

**Public Health South:** Promoting public health to the Southland and Otago population, including nutrition and physical activity specifically. Health Promotion advisors can be contacted at the Invercargill PHS office at (03) 211 0900.

**Ministry of Health:** The New Zealand Ministry of Health Manatu Hauora makes health education resources available to the public, including health professionals at [www.healthed.govt.nz](http://www.healthed.govt.nz). At this website you can use the 'Nutrition and Physical Activity' link to see all the available resources, which are free, and order them if you require.

**Feeding Our Futures:** Feeding our Futures is a programme developed by the Health Sponsorship Council (HSC) with support from Agencies for Nutrition Action. The programme supports parents to establish healthy eating practices for the whole family. See [www.feedingourfutures.org.nz](http://www.feedingourfutures.org.nz) for quick, low cost food ideas, recipes, tips, and information.

**Healthy Eating Healthy Action - Oranga Kai Oranga Pumau:** The national HEHA website [www.heha.org.nz](http://www.heha.org.nz) is your source for news and information about promoting healthy eating and healthy action (HEHA) in your community. The website features case studies, the knowledge library, useful evaluation tools, and the latest research.

**Nutrition and Physical Activity Database:** Accessed via [www.ana.org.nz](http://www.ana.org.nz) the Nutrition and Physical Activity Database provides a directory of public health nutrition and/or physical activity programmes on offer throughout New Zealand.

**Hei konei rā and thank you from the Southland HEHA Programme Team**