



Hello all

Welcome to the second Green Prescription newsletter for 2007.

Also a special mention must go to our biggest prescriber so far in 2007, Jock Hughes from W.Y Rambukwelle & Associates on Don Street in Invercargill. Jock and the team have embraced GRx, and continue to prescribe 'Green'!

In this edition of the GRx newsletter is the fantastic healthy communities initiative of *Hokonui Horizons*, the local PHO programme *HYPE* which we are currently seeking more referrals for and *Push Play Parents Campaign*.

At Sport Southland we pride ourselves on our experience and friendly helpful staff. So if you want to know more about the Green Prescription Programme or how it impacts on your patients or your referrals, please contact us and we will be more than happy to phone or visit you with further information and ideas.

For any further information please contact us with the details provided below.

Vanessa Hughey
Green Prescription Area Manager
Sport Southland
Phone: (03) 211 2150
Fax: (03) 211 2250
www.sportsouthland.co.nz

HOKONU HORIZONS

Hokonui Horizons, the Eastern Southland and wider community healthy communities' initiative, held their Charter Launch and signing on Thursday 20 April. Over 70 guests attended the Launch party with 26 community, business and government organisations signing the Charter.



Gore Mayor Tracy Hicks and Sport Southlands CEO, Helen Young, with the signed Charter.

This initiative is a collaborative community approach to health and well-being and is a recognised worldwide initiative. Eastern Southland are the first smaller community in this part of the world to put together such an approach using the successful Healthy Christchurch initiative as a guideline. Having been in fruition for almost two years, funders and signatories have come together to put 'words into action' and foster a way forward for a healthier Eastern Southland community through the Hokonui Horizons branding.

Rachel Eyre, the coordinator for Hokonui Horizons, was appointed in the middle of 2006 and will promote and further the initiative through presentations, a web-site and community forums.



H.Y.P.E

Healthy Youth Programme

Do you know of any youth that display any of the following risk factors?

- Inactive (less than 2.5 hrs per week)
- Lethargic / No energy, Weight concerns
- Nutritional issues

Then H.Y.P.E is just the programme to benefit that child!

The Invercargill – Te Ara a Kewa PHO, Takatimu PHO and Wakatipu PHO along with Sport Southland brings you a programme which aims to provide fun group physical activity, nutrition and mental health support to youth (aged 5-11) and their families. Over the 6-9 month programme the youth and their families will experience different exercise options, cooking and food sampling and motivational support. It targets youth at risk of developing or currently presenting with health complications associated with inactivity and/or obesity and/or nutritional deficiencies. The aim of the programme is to give youth and their families the confidence, knowledge and a community support to sustain an active and healthy lifestyle.

Please note this programme is being run in South Invercargill, Riverton and Wakatipu if you work with clients in these areas and if you have any clients that would be suitable for this programme you are able to refer them under a Green Prescription and under the recommendation part put HYPE and the youth will be referred into this programme.



INVERCARGILL - TE ARA A KEWA
Primary Health Organisation



TAKITIMU HEALTH PHO LTD



Wakatipu
Primary Health Organisation

KIDS ARE BORN TO MOVE. TO MOVE, THEY NEED YOU.

Being active doesn't just help kids to be healthy, its vital if they're to reach their potential – intellectually, mentally and socially.

Movement reaches children about their bodies – It helps them explore and discover new things. Movement helps a child's brain to make connections – it helps them develop language, memory and self-esteem.

Through movement children learn how to be with others. It teaches concentration and focus: kids who move do well at school – an in life too.



Push Play Parents is a campaign that encourages parents to get active with their kids. The campaign details why physical activity is so important and provides ideas on how parents can support their children's physical activity. You will even find suggestions about places to access more information and assistance.

Push Play Parents campaign was launched in mid February by SPARC and it will run until the end of June 2007. The campaign targets parents and caregivers of 0-12 year olds. Over the next four months you will see TV ads supporting the campaign with messages like "Kids are born to move! To move they need you!"

Sport Southland plays an important role in supporting Push Play Parents. We are currently delivering the message and the resources to schools, early learning centres and community groups.