



# Safe Community Network News

May 2014

New Zealand, Issue 5

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## Upcoming designations

Please join SCFNZ in celebrating with these communities by showing your support through sending a letter or attending if close by.

- Tauranga Moana Safe City - 11<sup>th</sup> June 2014
- Wairoa - 27<sup>th</sup> June 2014

## Upcoming conferences

**4th European Safe Communities Conference**  
3-5 June 2014,  
Harstad, Norway

**Crime Prevention and Communities Conference**  
Building better solutions  
10<sup>th</sup>-11<sup>th</sup> June 2014  
Melbourne, Australia  
Abstract deadline: 28 February 2014

**East African Regional Conference Injury/violence Prevention and Safety Promotion**  
5-7 November 2014,  
Arusha, Tanzania  
**22nd International Safe Communities Conference**  
From Grassroots Stepping Stone Through Global Vision  
23-25 November, 2015  
Nan, Thailand

Wow, Queens Birthday weekend, nearly half way through the year! Thank-you to all of your continued dedication and innovation in making your communities a safest place to live, work and play. Reminders:

- 2013 Combined Annual Report was emailed on 30<sup>th</sup> May to all coordinators, expect individual feedback within the next few weeks, if not received, let us know.
- 2014 Annual National Forum will be on 20<sup>th</sup> and 21<sup>st</sup> October 2014. Please save the date, it is important for all designated communities to have representation. email [earl@scfnz.org](mailto:earl@scfnz.org) to register your interest for email updates.

## Porirua, Re-designation 7/5/14 Population 51,717

Porirua City is a medium sized city with big aspirations. The community is diverse, with a mix of cultures and ethnicities, as well as a relatively young population and a range of socioeconomic situations; with areas of low income alongside affluent areas, with few middle income households. The Safe Community application and supporting documents for Porirua, was of an excellent standard.



Safer Porirua is to be congratulated on the excellent picture of Porirua to demonstrate the extensive collaboration and cooperation occurring within the Porirua community to retain SC status. As stated in the application by Mayor Nick Leggett: *"Porirua City Council and its residents are very proud of our city and we all want it to be a safe city for our children, families and whanau, and visitors." Porirua has a culture of working collaboratively that includes Council, a wide range of community organisations, government services and the wider community. Like the original application, this application embodies that spirit of collaboration and again demonstrates the spirit and passion of this community. It includes how programmes that were identified in the first application have developed and new, innovative projects that have been established in the last 5 years, all of which enhance safety in the city".*

A major strength of the Porirua approach –“The Porirua Way” - to improving safety outcomes for residents and visitors is the use of RBA as a planning and evaluation tool. The establishment of benchmarks, identification and monitoring of overall community safety indicators as well as for all priority areas using the Results Based Accountability (RBA) framework is to be applauded. This provided the strategic alignment of local action to statutory responsibilities and government priorities. This is most clearly demonstrated in the results based accountability cards presented. This work on RBA provides an outstanding model for other communities, in New Zealand and internationally, to follow.

Congratulations to all involved. *Read further about [Porirua Safe Community Initiatives](#).*

## PPSCN Webinar Series 2014

These are designed to be of particular value to SC coalitions and coordinators. So please email through any suggestions.

- Falls Prevention and your Safe Community -29 May 2014 -1.30pm
- Workplace and Safe Communities-31 July 2014 - 1.30pm
- Crime Prevention and Safe Communities – 13 November 2014- 1.30pm

### 2013 Archived webinars can be viewed on the SCFNZ

- Child Safety – evidence based strategies
- Injury Data & your Safe Community
- Alcohol Related Harm in the Community
- Sun Safety – what councils and coalitions can do

## Contact Us

If you want to learn more about Safe Communities in New Zealand or want to become a Safe Community visit:

[www.safecommunities.org.nz](http://www.safecommunities.org.nz)  
[contact@scfnz.org](mailto:contact@scfnz.org)

SCFNZ is an International Safe Community Support Centre to the World Health Organization Collaborating Centre on Community Safety Promotion & Accrediting Centre for the Pan Pacific Safe Community Network.



## Understanding depression with Sir John Kirwan

Approximately 1,600 people visit the [depression.org.nz](http://depression.org.nz) website each day for information and help about depression. The website includes a free, online, self-help tool called The Journal.

The Journal helps people learn the skills to reduce depression. Sir John Kirwan (JK) and three mental health experts take users through six lessons that cover:

- how to stay positive
- lifestyle changes that improve mental health
- solving the problems that can cause depression

The Journal has been used by more than 40,000 Kiwis and has helped people who have mild to moderate depression.

### How does it work?

Each skill is learnt in an online lesson and JK shows how to build the practical changes into a weekly routine. The Journal sends reminders for each lesson by email or txt. It is linked to the Depression Helpline (0800 111 757), which is available 24/7 for help.

You can find The Journal at [depression.org.nz](http://depression.org.nz)



## Introducing the HPA's regional managers

The Health Promotion Agency (HPA) has three regional managers who are available to support safe community coordinators and coalitions, particularly on alcohol-related issues. They are there to enable people, like us, to undertake action on alcohol at a local and regional level. All three have extensive knowledge and experience in reducing alcohol-related harm particularly at the community level. They also have a small amount of funding available to support community initiatives. If you don't already know your local regional manager we suggest you get in touch.

### HPA northern region

Regional manager: Andrew Galloway  
Based in: Auckland, Area covered: Taupo north  
DDI: 09 916 0337  
[a.galloway@hpa.org.nz](mailto:a.galloway@hpa.org.nz)



### HPA central region

Name: Giselle Bareta  
Based in: Wellington, Area covered: southern half of North Island from Taranaki and Tairāwhiti south  
DDI: 04 801 0965  
[g.bareta@hpa.org.nz](mailto:g.bareta@hpa.org.nz)



### HPA southern region

Name: Gilbert Taurua  
Based in: Christchurch, Area covered: whole of South Island  
DDI: 03 963 0219  
[g.taurua@hpa.org.nz](mailto:g.taurua@hpa.org.nz)



