

4. NORTH HORNBY HEALTHY LIFESTYLES PROJECT

General Manager responsible:	Stephen McArthur
Officer responsible:	Lesley Symington
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PURPOSE OF REPORT

1. The purpose of this report is to request \$20,000 from the 2004/05 Riccarton/Wigram Community Initiatives and Discretionary Funds towards the continuation of the North Hornby Healthy Lifestyles Project to ensure the project can meet its stated objectives. The current balance of the Community Initiatives Fund is \$14,000. An additional \$6,000 is also requested from the Discretionary Fund to meet the shortfall.

EXECUTIVE SUMMARY

2. The Christchurch City Council, Community and Recreation Unit has coordinated the North Hornby Healthy Lifestyles Project since August 2003. Funding of \$55,000 was received from Sport and Recreation New Zealand (SPARC) and \$40,000 from the Riccarton/Wigram Community Board for the period of August 2003 to December 2005. These costs covered all expenses, including staff costs, car and fuel usage, programme development, research and operational costs.
3. During the first year all programmes were independently set up by the North Hornby Community Recreation Co-ordinator. All programmes were evaluated and an evaluation report prepared and sent to all parties. A key outcome was a strong recommendation for the project to continue. This involves the Recreation Co-ordinator providing support and education to the agencies/organisations to continue these programmes without (in future years) a hands-on role from the Recreation Co-ordinator.
4. At present the Recreation Co-ordinator is currently up-skilling and educating key people within these organisations in a number of key development areas, for example, how to successfully apply for funding, how to set and manage a project budget, employment issues and opportunities and how, when and why to advertise. It is essential that the Co-ordinator continues to support these agencies beyond the current project completion date of 2 December 2005 to ensure these objectives are met and for programmes to be sustainable long term without assistance from a recreation professional.
5. The North Hornby community has experienced a number of success stories over the past 2 years, as a result of this project. Project updates are:
 - **Taiaha Wananga**
Accessibility for children in the North Hornby area. Evaluation by Pae Manawa Associates assessed the spiritual, physical, emotional and behavioural benefits that this programme has had for participants. The evaluation highlighted that ongoing support is needed by the Christchurch City Council and a weekly taiaha training be developed.
 - **Healthy Cooking classes**
Healthy Cooking classes were set up in three after school programmes - OSCAR Hornby, OSCAR Gilberthorpes, and Canterbury Fiji Social Services Trust (CFSST). The weekly programme ran for ten weeks, from August to November 2004. Evaluation of these programmes showed that participants attitudes about healthy eating had improved. Both CFSST and OSCAR are currently setting up a healthy cooking programme with support from the North Hornby Community Recreation Co-ordinator (on the provision that funding is available from the Community Board).
 - **Community Wheel Barrow**
Demand has increased and additional volunteers are now on board to help with the growing number of bookings. This has had a positive impact on people taking pride in their garden and low income community members having the means to maintain their gardens.

- **The Inaugural Broomfield Hei Hei Community Gala Day**
Approximately 600 people visited this inaugural Gala Day. There was considerable input from local community groups, creating a sense of community identity, support and shared ownership of the event. Evaluation indicated overwhelming support for another gala day but the working committee identified their time commitment could not be guaranteed for the following year. The committee then identified that an outdoor film evening be held instead of a gala day in October 2005, as less time is needed to run this event. This will be further considered in due course.
 - **Healthy Lifestyles Class**
The Healthy Lifestyles class was attended by 16 men and women. The group lost a total of 31.3 kilograms over the 10 week programme.
 - **Pre-School Disco**
Two pre-school discos were co-ordinated at the Hei Hei Community Centre on Wycola Road in 2004. The discos ran from 4.00pm to 6.00pm and were seen as opportunities for families to have fun, meet other families, share food, and promote physical activity as being fun. They also provided the necessary links for those isolated parents to be connected/involved in their community.
6. The rationale behind extending the project for the increased health and well being of the community includes:
- Continue to break down the existing barriers to “participation” in recreational opportunities.
 - Provide reasonable and necessary time to undertake in-depth research as a means to explore alternative strategies to encourage community involvement and participation (particularly by single parents and isolated individuals/families-whanau).
 - Continue to develop programmes in partnership with and for the community.
 - Continue to explore the possibility of new-innovative projects/programmes with and for the North Hornby community, e.g. workplace programme, development of programmes for single parents, Physical Activity Co-ordinator in two schools.
 - Provide opportunity for projects/programmes to be evaluated.
 - Provide a sense of stability for the community. Solid foundations have been established as well as trusted working relationships – these need to be nurtured and sustained for the good work to continue in a meaningful way.
7. As it stands, the majority of these goals will not be fulfilled in the next seven months as these require ongoing management, research and development to become sustainable.
8. This programme meets with Christchurch City Council Policies, Long Term Council Community Plan (LTCCP) outcomes, Riccarton/Wigram Community Board objectives and also SPARC objectives. Within the overall framework of “healthy lifestyles”, a range of community development, Ottawa Charter, Iwi development and other strategies/methodologies will continue to be utilised as the project further develops.

FINANCIAL AND LEGAL CONSIDERATIONS

9. The North Hornby Healthy Lifestyle Project is in operation until December 2005 and as 31 March 2005 has a balance of \$26,604. Income of \$11,000 from SPARC will be received in July 2005. The monthly operational costs to December 2005 for this project are approximately \$36,000 (exclusive GST), which does not include expenses such as setting up new programmes or support for existing programmes, fuel, stationary, and any additional resources which may be needed to carry out the running of this project. At present, SPARC is currently considering a proposal which requests financial support of \$80,000 for the North Hornby Project extension, but no confirmation has been received to date. Funds are also being sought from Community Trust for \$15,000. The Community and Recreation Unit has \$5,000 available for the project.
10. All funds received from the 2004/05 budget will be spent before July 2005 on programme costs.

BACKGROUND ON NORTH HORNBY HEALTH LIFESTYLES PROJECT

11. The North Hornby Project commenced in August 2003 with a full time employee whose main goal is to improve the quality of life of people living in the North Hornby community using recreation as the key tool. The overarching framework that underpins the work is that of "healthy lifestyles", including the intention to increase physical activity levels. A range of community development, Ottawa Charter, Iwi development and other strategies/methodologies have and will continue to be utilised as the project further develops.
12. The aim of this project is to improve the quality of life of people living in North Hornby by:
 - Increasing participation of local residents in leisure and recreation programmes/activities.
 - Increasing collaboration between groups and agencies, focusing on community health and well-being outcomes in this area.
 - Promoting existing programmes to the community.
 - Establishing new programmes/activities based in local venues.
13. The period of August 2003 to January 2004 focussed on building up networks and key relationships with community groups, agencies, trusts, and resources currently available or operating in the North Hornby community. Through this networking and building of trust, community priorities were identified.
14. From October to December 2004, the North Hornby Community Recreation Co-ordinator position was vacant with the incumbent (Helen Miles) moving into a permanent Community Recreation Advisor position with Council. Gina Stewart was subsequently appointed to the role and commenced work on 6th December 2004. As well as undertaking standard orientation and induction tasks, Gina has spent the last 4 months in the community meeting key people and organisations, building up her networks and local knowledge base. Additionally, Gina has spent some time evaluating the programmes that were set up by her predecessor, whilst also considering new opportunities with and for the community.

OPTIONS

15. Provide \$20,000 from the 2004/05 Riccarton/Wigram Community Initiative and Discretionary Funds for the continuation of the North Hornby Healthy Lifestyles Project. The current balance of the Community Initiatives Fund is \$14,000, the balance sought of \$6,000 to be funded from the Discretionary Fund.
16. If no funding is received the project will be finalised without fully achieving the stated objectives.

PREFERRED OPTION

17. Provide \$20,000 from the 2004/05 Riccarton/Wigram Community Initiatives and Discretionary Funds for the continuation of North Hornby Healthy Lifestyles Project.

STAFF RECOMMENDATIONS

It is recommended that the Community Board allocate \$20,000 from the 2004/05 Community Initiatives and Discretionary Funds towards the continuation of North Hornby Healthy Lifestyles Project. The current balance of the Community Initiatives Fund is \$14,000. An additional \$6,000 is also requested from the Discretionary Fund to meet the shortfall.

(The current balance of Discretionary Fund is \$24,000).

CHAIRPERSON'S RECOMMENDATIONS

That the Officer's recommendation be adopted.