

SAFE COMMUNITIES ASHBURTON DISTRICT

ANNUAL REPORT:

1 JULY, 2022 – 30TH JUNE, 2023



Our Vision: Ashburton District, our place, a safe place to live, work and play, free from preventable injury and harm

Keeping ourselves, our families and our communities safe

The Ashburton District Safe Community Programme

The Safe Community programme for Ashburton District works to increase action on **injury prevention** and **safety promotion** through **local collaborations**. Working together provides the opportunity to take a district-wide, strategic overview of community safety issues in the District and enables greater reach and a collective “weight” to respond to them.

Background

Ashburton District is “safe” but it can be safer. Analysis of district data, research and community consultation tells us that falls in older people, leading to both fatal and non-fatal injury; road crashes; theft and burglary and family harm are key safety concerns for Ashburton District. Key priority areas identified for Ashburton District are:

- Rural Safety/Social Isolation
- Falls in Older People
- Road Safety
- Alcohol, Drugs and Community Safety (early intervention/prevention)
- Harm Reduction/Prevention (e.g. theft/burglary)
- Social/Community Wellbeing

The Safe Communities Steering Group of 27 agencies is chaired by Deputy Mayor, Liz McMillan, and works to a Strategic Plan (2019-2024) and an annual Business Plan, to address the key priority areas identified for Ashburton District.

A Co-ordinator is employed 20 hours a week by Safer Mid Canterbury to work with the Steering Group and roll out projects in the Business Plan.

Working Groups are developed for projects, which agencies “self-select” to join if they have an interest. This also enables a large number of agencies/interested parties which are not members of the Steering Group to join the Working Groups.

The Steering Group meets bi-monthly and receives reports from the Working Groups.

The Steering Group recognises the work of other networks focussing on community safety (for example, the Road Safety Co-ordinating Committee; the Safe Families Network) and works collaboratively with them.

Key Achievements: 1 July, 2022 – 30th June, 2023

Introductory remarks

This twelve-month period saw the rollout of year 4 of the Safe Communities Ashburton District Strategic Plan (2019-2024).

The programme of activities continued to be impacted by Covid early in this period, with reduced numbers of older people participating in falls prevention/strength and balance classes and people not wanting to travel, impacting on use of the Mid Canterbury Connector community transport service. Staff from other agencies were at times not available to collaborate on projects due to illness or covering other roles, meaning that some planned initiatives could not go ahead.

From October, 2022 onwards, numbers using the Connector community transport service began to increase, and planned collaborations such as the Safety Village at the A and P Show and the Mid Canterbury Falls Prevention Network were able to happen.

Interesting research presented to the Mid Canterbury Community Vehicle Trust at its November, 2022 AGM by Environment Canterbury, detailed the value of community transport services in reducing the costs associated with social isolation and loneliness. Although no research on this topic has been done in New Zealand, one UK study in 2016 estimated that local community transport services helped generate cost savings of between 400 million and 1.1 billion pounds a year, by providing easier and earlier access to health and social services and opportunities to socialise. This is particularly important in areas like Mid Canterbury, with a rurally-based population.

As well as existing initiatives such as the Safety Village at the A and P Show and the Connector community transport scheme, new programmes/initiatives developed this year included the Family Safety Programme; a partnership with Digital Waitaha to promote digital safety for children and young people; the new Mid Canterbury Parenting Network; and a community awareness programme in local newspapers about scams/fraud.

Safety messages continued to be regularly promoted via the monthly Safe Communities column in the Ashburton Courier newspaper and on Facebook.

Project updates/information for individual projects:

- **Scams/Fraud Community Awareness Campaign (see Appendix 1)** - A collaboration between Mid Canterbury Neighbourhood Support, Mid Canterbury CAB, Ashburton Public Library, Police, Digital Waitaha and Safe Communities, which arose from concern over the number of scams/fraud in the community, especially targeting older adults. A 6 -week awareness campaign was run in the Ashburton Courier newspaper over July and August, 2022. The campaign covered phone scams, buying online scams, romance scams, phishing scams and information on local courses/sessions on digital safety provided by Digital Waitaha and the Ashburton Public Library. During that time there were also displays, community talks by Mid Canterbury Neighbourhood Support and information made available for pick up at the Library and from the CAB at Community House. CAB reported that 400 copies of "The Little Black Book of Scams" were distributed to the community during the campaign.

The emphasis of the campaign was on encouraging people who think they have been scammed to seek help and report it, as often there is a degree of embarrassment about being the victim of a scam. Local sources of advice and assistance (Neighbourhood Support, CAB, Library, Digital Waitaha) were promoted, to make it easier for people to discuss what had happened and find out where to report it.

Evaluation of the campaign found that more regular (monthly) community awareness/education in future to keep messages in front of people will have more impact than an annual promotion, so this approach will be taken moving forward, with promotion stretching over six months.

- **Theft/Burglary Community Awareness Campaign (see Appendix 2)**– similar to the scams community awareness campaign, this ran for a period of three months from April to June, 2023 and was a partnership between Safe Communities and Mid Canterbury Neighbourhood Support. Newspaper adverts and editorial were published in the Ashburton Courier and in the Rakaia Community News, Nor’Wester and Snowfed local papers. The campaign targeted prevention of theft from vehicles, homes, commercial properties and theft of tools. A display was organised at Ashburton Library and the Neighbourhood Support Co-ordinator offered talks to community groups. Flyers were distributed around Ashburton, Rakaia and Methven. Adverts in the local community newspapers were popular and the Neighbourhood Support Co-ordinator received a lot of comments about them.
- **Schools Ski Safety “Roadshow”** – ACC data on child injury shows skiing and snowboarding to be the number one source of sports injury for Ashburton District children aged 0-14 years).

During Winter, 2022 a replica of the Rodin statue “The Thinker” was located on Mt Hutt ski field by ACC, as part of its national “have a hmmm” campaign. Before it was removed for storage in Wellington in September, the statue was toured around three local schools, promoting ski safety messages. A total of 392 children attended the safety sessions, which were run by the ACC Injury Prevention Co-ordinator, with great engagement with the safety messages. The Deputy Mayor, Liz McMillan, was also present. A colouring competition was given to the children, with Mt Hutt ski field providing a free ski lesson to the winner.

Planning was undertaken in June, 2023 for a 17th July Roadshow around four different schools, with Mt Hutt providing Dr Kate and Boots the mountain rescue dog and the General Manager of the ski field, James Urquhart, to talk to the children about ski safety, ahead of their school trip to the mountain.

- **Unintentional Injury to Children (see Appendix 3)**– this new programme commenced in March, 2023 and aims to make parents more aware of dangers for children in the home, such as swallowing poisons and medicines, etc. The Safer Mid Canterbury Family Wellbeing Co-ordinator was trained in the use of the Safekids Aotearoa Toolkit and other safety resources and offers awareness sessions to groups such as Plunket, preschools, etc. Parents are also given a Home Safety Checklist (see Appendix 3.1) to take home, which helps them to identify and remove hazards in the home. The programme has been enthusiastically received and a number of groups have already undertaken the sessions.
- **Digital Safety for Children and Youth** – a collaboration was developed with Digital Waitaha, to look at promoting digital safety for parents, children and young people. Digital Waitaha launched their new “Whanau Guide to Digital Wellbeing and Safety – practical, age-appropriate advice, easy-to-implement strategies, and conversation starters for parents and caregivers of children of all ages who use digital devices” at the first Mid Canterbury Parenting Network meeting on the 28th June, 2023.
- **Safety Village, Ashburton A and P Show, 28th and 29th October 2022**– Significant time was spent planning and co-ordinating the 2022 Safety Village. It was great to be back at the A and P Show, the last time (pre-Covid) being 2019. Eleven agencies took part, promoting a wide variety of safety messages. Feedback from the community and uptake of safety messages was very positive, and all agencies are keen to return for the 2023 A and P Show.
- **Rural Safety/Isolation: “Mid Canterbury Connector” Community Transport Service (see Appendix 4)**

This project aims to reduce rural and social isolation by looking at the need for a



low cost community transport service, driven by volunteers, to bring people living in the more rural/remote areas of the District into Ashburton Township for medical appointments, doing business with Council, seeing friends and family, etc.

During this period:

- Up until October, 2022, the service continued to be impacted by Covid, with older passengers in particular reluctant to go out and about in the community
- From October numbers have continued to grow and young people are beginning to access the service, for example to go to educational courses in Ashburton
- Statistics for the 12-month period 1 July, 2022 to 30 June, 2023 were:
 - Passenger trips – 188 (*compared with 39 for the period 1 July, 2021 to 30 June, 2022*)
 - Km travelled – 23,493 (*7031*)
 - Volunteer driver hours – 463.88 (*136*)
 - Other volunteer hours (trustees) - 40 (*57*)
- The Mid Canterbury Community Vehicle Trust focussed on promoting the service more widely and recruiting more volunteer drivers. The service now has nine volunteer drivers.
- The service had a stand at the Age Concern Ashburton Positive Ageing Expo on 9th March, 2023 and attracted a lot of interest.

- **Falls Prevention for Older People (see Appendix 5)**

- After a hiatus in activity due to Covid, the Mid Canterbury Falls Prevention Network met on 6th September and again on the 29th November, 2022, to look at collaborative projects. As numbers in some strength and balance classes around the District had fallen due to Covid, a **newspaper feature** was published in the Ashburton Courier newspaper on 2nd March, 2023, to coincide with the Age Concern Ashburton Positive Ageing Expo on 9th March, where the Network had a stand.
- The newspaper feature profiled a local 65-year-old man who has gained benefit from participating in strength and balance classes. It also listed all classes around the District in an easy pull-out style. The focus on a 65-year-old was to encourage younger older adults to see the benefits of attending strength and balance classes.
- **Age Concern Ashburton Positive Ageing Expo, 9 March, 2023** - Sport Canterbury and ACC had a stand at the Expo, promoting Live Stronger for Longer and home safety. They reported a very successful day, with over 90 balance tests offered to the public.
- The new **ACC Nymbi app** was widely promoted to the public through Safe Communities networks and Facebook page.

- **New Mid Canterbury Parenting Agency Network**

- A survey of parents/caregivers and parenting agencies was carried out over November/December, 2021 as part of a collaboration between ACADS, Plunket, SEEDS (Safer Mid Canterbury), Community and Public Health and Safe Communities. The survey aimed to identify the positives of parenting in Ashburton District, as well as any gaps in services/support which might need to be addressed. 115 parents and 20 professionals responded to the survey.

- Many parents found Ashburton to be a great place to bring up children. Key findings around improving parenting support were the need for better navigation resources for parents seeking information and support; active promotion of services; more availability of services and shorter wait times; and more support for new parents. Education sessions run around the District were supported by parents, in particular on the topics of parenting skills; health relationships; health and work/life balance; managing finances and digital safety.
- A February 2023 workshop was run with parenting agencies, to recap the research and present the Action Plan developed from the findings. There was support for the establishment of a Mid Canterbury Parenting Agency Network, which would collectively implement the Action Plan and meet to share information and discuss and advocate for service gaps/needs.
- The first meeting of the new Network was on the 28th June, with a focus on information for agencies and the parents they work with on digital safety for children and teens and also scams and how families can avoid them. The Network will meet bi-monthly, with a focus on health at its September, 2023 meeting
- **Cycle/Scooter Safety: Bike Skills Park** – the Ashburton District Council hosted two meetings in June, 2023, to look at putting together a Working Group to develop a bike skills park for Ashburton District, modelled on the facility at Caroline Bay in Timaru and facilities in Christchurch. The first actions of the Group were to decide on the best location for a facility, based on a number of criteria such as CPTED (Crime Prevention Through Environmental Design) principles. A recommendation for the preferred location (Ashburton Domain) was presented to the 25 July Council meeting and adopted.
- **Caring for Communities Action Plan Review** – this initiative was set up under Safe Communities as the Council's welfare response to Covid. It had wide representation and develop an Action Plan identifying a number of gaps/initiatives related to welfare of the community, such as lack of social/emergency housing, lack of low/no cost counselling services. The Group ceased to meet when the Council ended its role.

A small group is now reviewing the Action Plan, to identify any outstanding gaps/initiatives of value and where they could best fit (for example, lack of sufficient support for male perpetrators of violence, which is best placed with the Safe Families Network) and whether the Safe Communities Group will pick up anything outstanding to action.

- **Safety Promotion (see Appendix 6)** - The Ashburton Courier newspaper's free, monthly Safe Communities column continued over the year, with spaces offered to Safe Communities member agencies. This has been a great way for community agencies to promote their safety messages and services and for the Safe Communities programme to be profiled in the local media. Social media (Facebook) has also been used to promote various activities over the year
- **Cessation of the Safe Communities Foundation of New Zealand** – the Foundation wound up in December, 2021 after 17 years of activity. A Transition Working Group of Safe Communities representatives has been working through a process of identifying what Foundation roles and activities are valuable and need to be continued, and what other activities could add value to the Safe Communities network and to key stakeholders. A new model for a national organisation has been developed from feedback from local Safe Communities and a couple of local authorities are being approached to see if they would be interested in offering a "home" to a new national Safe Communities organisation. Leftover funding from the Foundation, plus a fee for Safe Communities (determined on a sliding scale) will be utilised to fund a part-time National Co-ordinator.

Concluding Remarks

Ashburton District has developed a robust coalition of government and community stakeholders, working across a range of sectors, under the Safe Community “umbrella”.

Working collaboratively and the sharing of skills, knowledge, resources, information, ideas and experience between local community safety agencies will increase community safety in Ashburton District over time. It also enables the group to be responsive to local and national safety issues and concerns as they emerge (for example scams/fraud).

Thanks to the Ashburton District Council and ACC for their support of this project. Thanks especially to the Council for covering the shortfall for the programme from January to June, 2024, following the cessation of ACC’s 5-year funding for the programme.

The 2024-2025 financial year will be the roll out of last year of the current Safe Communities Strategic Plan (2019-2024), so a new Plan will need to be developed. And if there is a national Safe Communities organisation in place by that time, Ashburton District could look to seek national reaccreditation as a Safe Community.

APPENDICES:

Appendix 1: Scams/fraud flyer

KEEPING OURSELVES *safe* from *scams* and *fraud*

PROTECT YOURSELF FROM SCAMS/FRAUD

- Fraudsters will target you online, by phone, mail or in person
- **ANYONE** can be targeted, from young people to older people to business executives
- **DON'T BE EMBARRASSED** to talk to someone if you think you have been scammed and to report it

THINK YOU'VE BEEN SCAMMED?

- If you have sent money or your account has been compromised, **CONTACT YOUR BANK IMMEDIATELY.**
- **Talk to someone local for advice:**
 - Citizens Advice Bureau – 03 9288 761; email midcanterbury@cab.org.nz; or call in to 44 Cass St, Ashburton
 - Neighbourhood Support – 03 308 3558; email sue.abel@safer.org.nz
 - Ashburton Public Library – 03 3087 192
 - Digital Waitaha – email help@digitalwaitaha.org.nz

THE LITTLE **BLACK BOOK** of SCAMS

Pick up a copy of The Little Black Book of Scams from CAB or Ashburton Public Library or we can email you a copy.

Contact Netsafe
(www.netsafe.org.nz)
phone **0508 638 723**
to report a scam.

Appendix 2: Theft/burglary flyer and advert/editorial example

Let's Keep Safe

Protect Your

HOME


VEHICLE


TOOLS


from
THEFT/BURGLARY

Pick up a Flyer from:

- Community House
- Ashburton Library
- Ashburton District Neighbourhood Support

Ask for a Speaker to talk to your community group

Contact:
Neighbourhood Support
03 308 3558 or 027 296 1006



Neighbourhood Support - Protecting Your Home

Protect Your

HOME



VEHICLE



TOOLS



from

THEFT/BURGLARY

Pick up a Flyer from:

- Community House
- Ashburton Library
- Ashburton District Neighbourhood Support

Ask for a Speaker to talk to your community group

Contact:

Neighbourhood Support
03 308 3558 or 027 296 1006

Everyone deserves to feel safe in their home. Being burgled can leave people feeling vulnerable and it can have devastating financial and emotional impacts.

Most burglaries happen between 10am – 3pm, when people tend to be out. There are three important things that you can focus on to protect your home and property:

LOCKS:

- Secure locks and fastenings on windows/doors.
- All windows and doors shut and secured when you are out.
- Sheds and garages have secure locks.
- Spare keys kept in a safe place inside.

LIGHTS:

- Entrance ways well lit.
- Sensor lights installed and turned on.

LINES OF SIGHT:

- Entrance ways not obscured, so that it is easy to see who is coming and going.
- Trees and hedges trimmed.
- Fences and gates secure.
- Valuables out of sight from windows and doors.
- Security camera's are an added protection and record movement around the property

Going Away?

Mail and deliveries put on hold, or a neighbour arranged to collect them.

Someone arranged to mow your lawns.

In the event of a Burglary please call Police on 105 or 111.



**SAFE
COMMUNITIES
ASHBURTON DISTRICT**
Keeping ourselves, our families
and our communities safe



**NEW ZEALAND
POLICE**
High Professional & Polite



Appendix 3 and 3.1: Family Safety Programme – flyer and Home Safety Checklist

FAMILY SAFETY PROGRAMME



IMPORTANT TOPICS

- ✓ Traumatic Brain Injury
- ✓ Choking
- ✓ Button Batteries
- ✓ Poisons

Approximately 66 children (0–14 years) die from unintentional injuries each year, and unintentional injury is the leading cause of death in 1- to 14-year-olds.

An additional 7,700 hospitalizations occur as a result of these injuries.

Presentations available for any and all groups





Family Wellbeing Service
Ratonga Hauora Whānau
Safer Mid Canterbury • Hauora Haurangi
brenda.kingsford@safer.org.nz
027 311 1227



SAFE COMMUNITIES
AGANTIRI DISTRICT



LIVING AREAS

Tick boxes to make sure all areas are safe ☒

- ☐ Are blind and curtain cords secured up high and out of reach?
- ☐ Are glass doors made of safety glass, and do they have stickers on them so they can be seen?
- ☐ Are bookcases, TV and cabinets secured to the wall to prevent them from tipping onto children?
- ☐ Are your smoke alarms working?
- ☐ Are matches and lighters out of sight and reach?
- ☐ Are there safety guards around fire places and heaters?

- ☐ Are heaters placed a metre away from curtains, furniture or other flammable materials?
- ☐ Are button battery-controlled devices out of sight and reach, and loose batteries locked away?
- ☐ Do internal doors have door stops and guards to stop them slamming shut on fingers?
- ☐ Are there safety gates on steps and stairs to prevent toddlers falling?



BEDROOM

- ☐ Does the baby sleep in their own baby bed?
- ☐ Are blind cords away from the cot and out of reach of children?
- ☐ Do you have window stays on windows children can reach?
- ☐ Are your smoke alarms working?
- ☐ Is baby's bed safe – with a firm, flat mattress in good condition and no pillows, toys, duvet or bumper pads?

KITCHEN & LAUNDRY

- ☐ Are hot drinks and soups in the middle of the table?
- ☐ Are kettles and microwaves (including cords) out of reach?
- ☐ When cooking, do you use the back hot plates and turn pot handles so they are out of reach?
- ☐ Are lighters, matches and knives stored in a lockable drawer?
- ☐ Do you use non-slip placemats instead of a table cloth which baby can pull and spill hot drinks?
- ☐ Are bleaches, detergents and cleaning products stored out of reach, in a lockable cupboard?



BATHROOM

- ☐ Is the hot water temperature set at a maximum of 50°C from the tap?
- ☐ Do you run the cold water in the bath first?
- ☐ Do you stay in the bathroom while baby is in the bath?
- ☐ Are medicines and cleaning chemicals stored in a locked cupboard?

OUTDOORS

- ☐ Is the trampoline in good condition? (Regular maintenance checks required).
- ☐ Are buckets and paddling pools emptied after use?
- ☐ If you have a swimming pool, is it surrounded by a 1.2m high fence on four sides, with a self-latching gate?
- ☐ Is there a fenced play area, separated from the driveway?

Get more home safety tips at safekids.nz

safekids
Aotearoa

In partnership with



Plunket

Starship
Foundation

Appendix 4: Mid Canterbury Connector Community Transport Service Flyer



Mid Canterbury
Connector

COMMUNITY TRANSPORT SERVICE

Need a return ride into Ashburton?

If you live in one of the smaller towns or rural areas around Ashburton District, and you need a return trip into Ashburton township, then hop on the **Mid Canterbury Connector!**



Drop-off Points in Town:
Ashburton Hospital, Ashburton District Council Offices/Ashburton Library, EA Networks Centre and WINZ/Community House.

On-Demand Service
Monday to Friday only. 9.00am - 4.30pm.

Please Note:

- Please pay the driver in cash.
- Please try to have the correct amount.
- Children 0-6 years are free (own car seat required).
- Children must be 14 years or older to travel unaccompanied.

FARES - Return Trip ↔

ROUTE	ADULT 18 years+	CHILD 6-17 years
Rakaia to Ashburton	\$15	\$5
Wakanui to Ashburton	\$10	\$5
Chertsey to Ashburton	\$10	\$5
Fairton/Hakatere Marae to Ashburton	\$10	\$5
Hinds to Ashburton	\$10	\$5
Rakaia to Hinds	\$20	\$10
Mt Somers to Ashburton	\$20	\$10
Mayfield to Ashburton	\$15	\$5
Methven to Ashburton	\$15	\$5

Other routes within the district available - Please enquire.

How do I book?



 Find us on facebook
Mid Canterbury Connector

 Safer Mid Canterbury
Together we're safer

 Lottery Grants Board
Te Pūtea Tāhūa

 COGS
Community Organisation
Grants Scheme

 SAFE COMMUNITIES
ASHBURTON DISTRICT
Keeping ourselves, our families and
our communities safe

 Environment
Canterbury
Regional Council
Kaitiaki Take Kōwhiri

PHONE
03 928 8164

To book, please let us know by 2.00pm
TWO DAYS before your intended trip.

Appendix 5: Ashburton Courier feature page on local strength and balance classes

Finding a Positive Balance

Strength and Balance class attendee Lindsay Watson, a former secondary school teacher, has been retired now for just over 10 years. With 3 wonderful children and 7 grandchildren, he still has a fair few things filling up his time and loves to get stuck into the garden.

After attending Strength and Balance classes for the past year and a half, we had a quick chat with Lindsay to see how he has found the classes since starting.

What made you start going to strength and balance classes?

Someone mentioned the classes to me, but I filed the information away in my back pocket. It was after experiencing some medication that affected my sense of balance did I look into going to a class. After getting my sense of balance back, I thought I should try a class, as the only physical activity I was doing was gardening at home. I found out more about the classes and have now been going for the past year and a half.



What do you enjoy about the classes?

I know I wouldn't do the exercises if I was on my own but being in a group has really helped. The classes make you get out and about and provides a regular routine to the week. The classes and other people around you, give you a really positive outlook on everything. It's great to have a community.

How have the classes affected your life?

I'm now more aware of being balanced and not putting myself in a position where I could fall. I know how to position my body to prevent a fall situation, for example, getting lower and bending my legs. It really helps to be aware of your surrounds and the situations that lead to falls. I feel more confident when I am in the garden and going about day to day.

Do you have any advice for someone that isn't quite sure about going to a class?

I think that many people may think the classes might be too energetic or hard, however I haven't found them too difficult at all. Everyone in the classes start at different levels and the exercises are designed for everyone to complete in different variations. Everyone just comes to class and does what they can. When someone new starts, other longer attending class members will always offer a kind word and remind them to just do what they can or are comfortable with. Don't worry if you can't quite do something.

All in all, I have had a really positive experience in Strength and Balance classes and would encourage people to definitely give a class a try.

**Age Concern Ashburton: Come see us at the Age Concern Ashburton Positive Ageing Expo
Hotel Ashburton, 9th March 10am-2.30pm**

Available Strength and Balance Classes:

Age Concern STEADY AS YOU GO® classes

STEADY AS YOU GO® is a gentle exercise class developed through Age Concern and based off the Otago Exercise Programme.

Contact: Age Concern Ashburton
Phone: (03) 3086 817

Cost: \$2

Locations:

- Methven, All Saints Church
1 Chapman Street - Tuesdays at 10.30am
- Rakata, Presbyterian Church
Main South Road - Tuesdays at 1pm
- Staveley, Staveley Hall
13 Boyds Road - Wednesday at 2pm
- Ashburton, Hakaree Church Rooms, 65
Oxford Street, Ashburton - Tuesday at 1.30pm
- Saint David's Church, 48 Allens Road,
Aberdeen - Wednesday at 9.30am
- Buffalo Lodge, 30 Cox Street
Wed 9.30am & 1.30pm, Thurs 1pm
- Holy Spirit Church, 52 Thomson Street,
Timwald - Thursdays at 1.1am
- Saint Stephens Church, 60 Park Street,
Aberdeen - Thursdays at 1pm

Dru Yoga

A graceful and potent form of yoga, based on flowing movements, directed breathing and visualisation. Class includes 30 minutes of relaxation.

Contact: Janet Cross
Phone: 027 434 7958
Email: janetcrossyoga@gmail.com

Where: Tinwald Catholic Church Hall
52 Thomson Street, Ashburton
When: Tuesdays 5.45pm - 7.45pm
Wednesdays 10.15am - 12pm
Thursdays 6.30pm - 8.15pm
Cost: \$18

Tai Chi & Qigong by Philomena

A class that encourages you to give it a go and work to your ability. Increasing your mobility, balance and leg strength.

Contact: Philomena McIlroy
Email: philomena.mcilroy@icloud.com
Mobile: 027 408 7372

Where: Ashburton Club & HSA
When: Tuesday 9am
Wednesday 10.45am - note: this class is mainly seated, walking aides welcome in this class.
Thursday 10.45am
Cost: \$2

Tai chi and Qigong by Helen

Enjoy learning gentle exercises and forms to improve strength, flexibility and balance.

Contact: Helen Pattinson
Phone: 027 498 7225

Email: helenpattinson@xtra.co.nz
Address: Upstairs at St John Rooms,
Tasman Street, Ashburton
When: Mon 9.15am & 10.30am, Tues 9am & 10.30am
Cost: \$60 per term

Evolve

A functional exercise class using equipment.

Contact: Jenny Scott
Phone: (03) 307 7670
Address: EA Network Centre, 30 River Terrace,
Ashburton
When: 11am Tuesdays and Fridays
Cost: \$11
Multi class offers and memberships available
(includes EA gym and Aquas classes)

Alcohol questions



**SAFE
COMMUNITIES
ASHBURTON DISTRICT**

*Keeping ourselves, our families
and our communities safe*

We are coming up to school ball and ski season and there can be considerable pressure on parents and caregivers to supply alcohol to young people. Tricky conditions on our rural winter roads and the last thing we need is people under the influence adding to the risks.

Life ending, life changing, preventable.

People can sometimes feel powerless, how could we have intervened, what else can we do?

There is no safe level of alcohol consumption and alcohol not only causes damage to the developing brain of young people under 25, but also increases the risk of accidents, injuries and likelihood of alcohol-related problems later in life.

Drinking can lead to feelings of unhappiness, increased aggression and more impulsive behaviour.

Teach your young person how to think it through.

Them knowing how to argue their point of view in a calm way is a helpful thing when confronted with peer pressure



about alcohol and drugs.

It is an offence to supply alcohol to a minor unless you have the express consent of the parent or guardian. That may have been a direct conversation, an email or text message that there is good reason to believe is genuine. The alcohol must also be supplied in responsible manner, such as supervising the consumption.

Knowing where they are going and who they will be with, the adults involved, the time alcohol is going to be supplied, the strength and amount, provision of food and non-alcohol options, talking through what they can do if things do go wrong, planning for a safe ride home or permission to stay over.

Let them roll their eyes, get a bit grumpy but stick to your values and expectations - better they crash on your couch than on our country roads.

~ Supplied by ACADS