

“I just want to feel safe when the lights go out.”

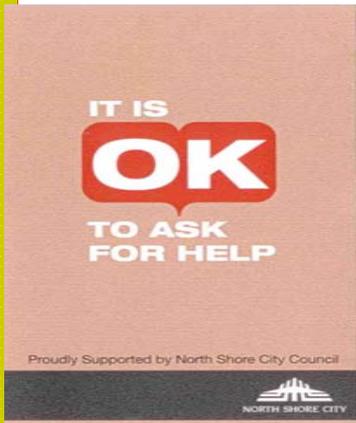
11 year old girl

Protecting our children is everyone’s business

Safety on the Shore —

ShoreSafe Newsletter #19

May 2009



Road Safety Campaign This North Shore initiative will occur April through to the end of May. These are the ‘in your face’ billboards at Browns Bay, Torbay and Paremoremo. Slow down is the message. Safer roads, the outcome.



More of this & Less of this

Cycle, Walking and Jogging Track



Safety Innovations

Massey University—Here is a very good initiative introduced at Massey recently: the designation and training of ‘Scene Leaders’. These are senior staff members who will take charge at the scene of an emergency. They will control the flow of communication between those at the scene and Massey’s emergency HQ and will organize the immediate response to reduce the effect of the emergency. This proved very useful when there was a fire in a computer laboratory last November.

Well done Cathy van der Vyver, Regional H & S Advisor, Massey University.



Safety Concerns— The introduction and increase in the use of roller garage doors to shop fronts and other commercial/retail shops is of concern in some retail zones on the Shore. It is a deterioration of the aesthetics of the area. It tends to attract graffiti and is synonymous with lower socio-economic areas. Criminal activity inevitably also occurs. It compromises safety in the community due to the presence of the people it attracts. It is very off-putting to potential new businesses and not what good communities want. If there are real security concerns by the shop keepers, then they can surely address them through the Community Boards, their business association, Police or local Council representative. Some discussion with the shop keepers might also be a good start. Perhaps they need some advice on what assistance is available. If you are concerned, then I would welcome some comment or feedback from those affected. (Contact Details below)



ShoreSafe - Wayne Williams 09 489 4975 ext 113, Fax 09 486 2928
shoresafe@acns.co.nz, 177B Shakespeare Rd, Milford, North Shore

Events:

- **Wed 6 May—National Health & Safety Conference—Sky City**
- **Friday 8 May—Kids Trauma Conference at Auckland Hospital**
- **Wed 3 June— Safekids Information & Planning Day Workshop at Takapuna Golf Club Lounge**

ShoreSafe Coordinator’s Eye on Safety

The submissions to the NSCC’s Draft Annual Plan have been lodged and ShoreSafe was able to comment on many areas relevant to safe communities and injury prevention. A copy of the ShoreSafe Submission is available via email on request. Soon we will be able to see the new draft legislation on the National Alcohol and Drug Policy. This will give everyone an opportunity to read and make submissions in support or otherwise. Question: What will increasing the Excise Tax on alcohol actually achieve. I fear it may only reduce the number of people in licensed premises and increase the number of people drinking at home. At a fraction of the Licenced.Premises prices, home consumption will surely increase and the propensity to consume more is ever present. The probable outcomes are certainly not what the Police, Government or Communities want. We surely have to contain the ability of 10-20 year olds to easily access alcohol. Better leadership and innovative motivation of the young might be a good start. We must apply more focus on the young alcohol-related offenders and determine what could have provoked them to do what they did and what would motivate them to take a different path. Study the table below and you be the judge. Is it the responsible majority paying for the sins of the irresponsible minority and what are 10-17yr olds doing getting tanked up anyway?

Percentage of Alleged Offenders—NZ

Is where they drink and the ages of those consuming a concern? Here are the stats for 2007/2008. Source: Alco-Link

Place of Last Drink	Age Group				Total
	10-17	18 - 19	20 - 24	25 +	
Home / Private Residence	46%	44%	41%	46%	45%
Licensed Premises	3%	18%	23%	22%	19%
Public Place	29%	26%	21%	13%	19%
Special Licence Venue	0%	1%	1%	1%	2%

Prevent Falls this Winter with Otago Exercise Programme

Harbour Health runs a free, individually **pre-scribed muscle** strengthening and balance retraining programme designed specifically for older adults in their own homes. It’s coming up to that time of year again when older adults need improved balance to reduce the risk of falling. Activity carried out to improve balance is now seen as sociably acceptable and relevant by a wide range of older people. With wet weather, people may be more reluctant to leave the warmth of their home and so become housebound and socially isolated. Slippery paths and steps increase the risk of falling. Now is the time to prepare people to be able to keep active and healthy over the winter months. The programme is free for over 80 year olds. If you know someone in this bracket and is living independently or has had a previous fall or trip, then this programme could be really good for improving their balance, strength, mobility, health, confidence and enjoyment. For further information please contact Naseema Dutt (09 448 0478 or Adrienne Allen (09) 414 6766

If the young offend due to boredom then here’s some positive findings:

Children who climb trees and engage in other physical activities are more likely to grow into active teenagers, an Otago University study suggests. It found that adults whose childhood family environment involved more social and recreation activities and opportunities to play at home were more likely to have maintained that active lifestyle during adolescence. At ages 7 and 9, home-based opportunities to climb trees and fences, play on swings and in paddling pools, ride bikes and play ball games were recorded as well as involvement in social and recreational activities. Later, at ages 15 and 18, physical activity participation was also measured. Keeping kids and teens physically active is important for their health and development. Unfortunately, physical activity usually declines during adolescence. So it is exciting to find childhood factors that we can encourage to help protect against this. Author: Dr Rose Richards and published in Journal of Adolescent Health. – NZPA. Outcome: More activity in early life and less offending during adolescent years. It’s about crime prevention and safe communities.

Partnered by:

