



Massey University Auckland Registrar Andrea Davies signing the Pan Pacific Safe Community Re-designation document 23 September 2013

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Celebrating the Re-designation of Safe Community status are Auckland Mayor Len Brown with Safer North Board trustees and the Coordinator Wayne Williams. Auckland North is now an Accredited Member of the Pan Pacific Safe Community Network. Participant countries are Canada, USA, Australia and New Zealand. Mayor Brown presented the plaque and certificate signed by key signatories to the Safe community Agreement. Including NZ Police, ACC, Safe Communities Foundation NZ, Massey University, Waitemata District Health Board and the Safer North Trust.

The event is a demonstration of the Safer North and partner organisations to remain safe and promote the well-being of each of our citizens. The Pan Pacific Network now includes 122 Safe Communities throughout the four countries. It represents an opportunity to connect with these other communities for advice, inspiration, insight and also for us to provide assistance to them. Atlanta is the latest community with a population of 8.5 million working to become a member. Safe Communities are about laying a platform with which to build upon to create a safer environment.

Hibiscus Youth Centre and Marist North Harbour Rugby Club

are two new organisations that actively display their focus to promote their respective organisations as supporting safer and healthier environments. They are represented by Michael Irwin (4th from left) and Andrew Burrell (5th from left) respectively.

Dr Carolyn Coggan's address highlighted the downward trend of crime, injury, road crashes and sound water safety practices. Special guest speaker William Pike gave an excellent presentation of his experience being trapped on Ruapehu during its last big eruption. He lost a leg and almost his life in the incident but is now working to inspire youth to challenge their own abilities through the William Pike Challenge Award for Year 7 and 8.



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Wayne Williams



Auckland Mayor Len Brown with Safer North Trust Board, Trust Coordinator (far right) and Dr Carolyn Coggan (seated) at the Re-designation ceremony.



Safer Auckland North

Getting the most from our research analysis

Children and Young people

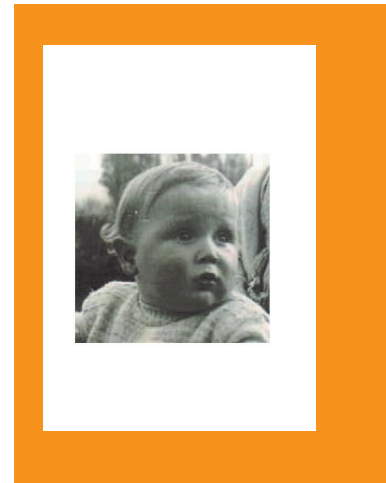
Safety in Sport and recreation

The importance of physical activity

Physical activity is important for growth and development. Being physically active can help children obtain physical, social, emotional and intellectual health. In the first two decades of life, sport is among the most developmentally appropriate ways of being physically active. All popular sports played here offer developmental pathways into sport that are designed to match the physical and mental health of young participants. The safety guidelines for children and young people in sports emphasise that the health benefits from sport far outweigh the risks of inactivity. Being aware of safe sport practices helps ensure positive sporting experiences for children of all abilities. Just trying out different sports is so important. Sports Medicine Australia has outlined 10 points to remember about Safety Guidelines for Children and Young People in Sport.

<http://www.sma.org.au/pdfdocuments/>

50% OF ALL SPORTS INJURIES ARE PREVENTABLE



Risk management - more than life jackets.

<http://www.sma.org.au/pdfdocuments/ChildrenSafetyGuidelines-fulldoc.pdf>



New Zealand's Injury Forecast

An ACC Initiative

Get Your Personal Forecast— Know it and change it
MYINJURYFORECAST.CO.NZ

Don't let injuries affect your day, week or month. Your body and life-style can be affected by cuts, falls, sprains, burns, ruptures, tears, fractures, concussion, dental woes, internal injuries, back and spinal damage and dislocations to name some but not all. Try imagining one of the above happening to you and piece together what the effects would be to you, your family, your job, your transport needs, your financial commitments and your aspirations. Injuries are an unnecessary pest but they are mostly avoidable so take a few moments to consider removing some of the risk that exists but does not spoil all the fun. The online activity 'Forecast' above should get you thinking as it did for me.

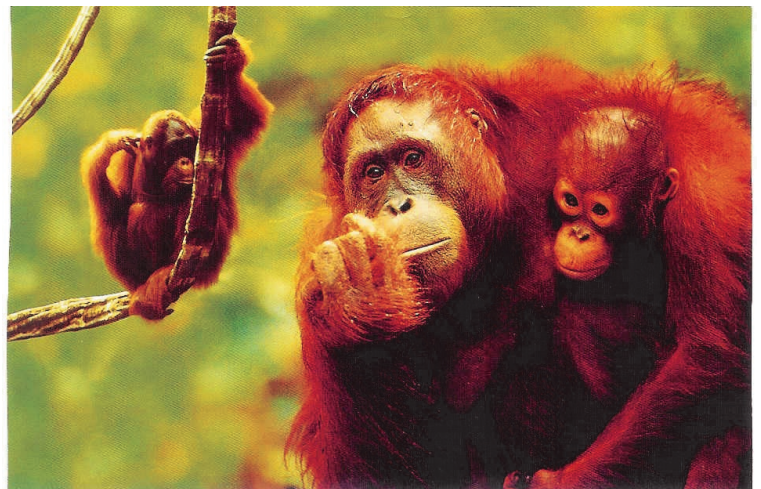
Do it and talk about it.

Key risk areas but manageable:

1. Sport & Recreation
2. Steps & Stairs
3. Alcohol

This is Safety NZ Week
14th-20th October.

Become a great teacher. Teach your children. Teaching your children to identify and manage risk is invaluable.



Congratulations to the new elected officials now tasked with doing the best they can in the second term for Auckland with the resources available to them. Building wonderful communities will be their litmus test for the future. Not the bricks and mortar but building the support and contribution of the people and their community environments. Special congratulations must go to our very own Safer North Trustee, Mike Cohen who was successfully re-elected to the Devonport-Takapuna Local Board. Auckland North is a great place to live....That's the bottom line.



Now you can contact our Board of Trustees. View our site for details:

www.safernorth.co.nz/what-is-safer-north. Look for the email spreadsheet after the biographies.



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