

19 MAR 2019

[REDACTED]

Ref: H201900701

Dear [REDACTED]

Response to your request for official information

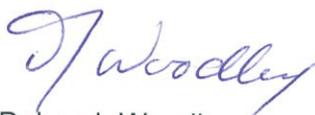
I refer to your email of 19 February 2019 requesting under the Official Information Act 1982 (the Act):

1. *"all reports to the Ministry from Healthy Families Christchurch between May 2018 - 19 Feb 2019.*
2. *the names of the members of the Healthy Families Christchurch Strategic Leadership team"*

Information in response to your request is attached as Appendices one and two. The names of the members of the Healthy Families Christchurch Strategic Leadership team can be found on page 2 of the Healthy Families Christchurch July-December 2018 report.

I trust this fulfils your request. Please note that the Ministry may publish this response (with your personal details removed) and any attachments in the Ministry of Health website.

Yours sincerely



Deborah Woodley
Deputy Director-General
Population Health and Prevention



Healthy Families Christchurch

Provider name: Sport Canterbury
Provider number: 623524
Contract number: 356545/01

Performance Monitoring Report
1 January – 30 June 2018
(due by 20 July 2018)

Report against contract outputs:

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Output One: Leadership and Governance

1.1 The Sport Canterbury will provide overall governance of the implementation of Healthy Families NZ in Christchurch.

You will establish the Christchurch Prevention Partnership Group comprising key community partners.

The CEO or equivalent of Sport Canterbury will lead the initiative by chairing the Prevention Partnership Governance Group. Participation on the Governance Group will include a delegate from the Ministry.

The CEOs (or equivalent) in partner organisations will be encouraged to champion the community prevention efforts in their spheres of influence.

You will, in principle, commit to work towards becoming a health promoting organisation (or note recognising existing health promoting organisational status).

You will ensure that communication between all partners with the Christchurch Prevention Partnership Group, at all levels, will be enabled and encouraged regardless of organisational boundaries.

Please provide a short narrative report that includes:

- **Any changes** in membership to your Leadership Group in this reporting period, including a profile of each **new** member and rationale for being on the Leadership Group, and an outline of their key spheres of influence
- An update on key achievements of your Prevention Partnership Group (not including the Leadership Group) in this reporting period, focusing on **relationships and communications with partners**. Please ensure you include all organisations listed under the 'Linkages' section of your service schedule. Please note that an in-depth update on activities and key strategies, and their status within your Implementation Roadmap should be included in Output Three: Implementation Road Map (below).
- An update on the progress [Lead Provider name] has made towards becoming a health promoting organisation.

Through leadership and influence of the Healthy Families Christchurch Leadership Group the following has been enabled this period:

- Influencing School Sport Canterbury events to take a pro-water approach. The Canterbury athletics events piloted this approach, including the use of an innovative hydration station.
- Enabling contact with the Greater Christchurch Psychosocial Committee Governance Group to open a discussion about its role in relation to workplace wellbeing.
- Considering opportunities to influence culture of new precincts – Justice and Health
- Exploring Police use of Council electric bikes share
- Review to enable improved student access to community dental services on Haeata Campus
- Stronger relationship between Sport Canterbury and the Ministry of Education, resulting in joint communications initiatives
- A Leadership Group member contributed to the Pasifika Church Leaders for Wellbeing Fono in his role of Pasifika Advisor with the Ministry of Education. At this Fono, church leaders agreed to investigate the establishment of a collective church body to bring together the 11 denominations and five ethnicities present to co-create a collective vision for Pasifika wellbeing in Canterbury.
- A workshop was enabled with the Canterbury West Coast Secondary Principals' Association on 6 April 2018; a call to action for Principals to create change in the environments of their schools to align the educational environment of the school with the curriculum. Thirty-six secondary school principals were present, with a reach of over 30,000 students. Principals identified their opportunities for change and influence (priority in bold):
 - Engaging and enabling student leadership; riding the wave of interest by youth in health and wellbeing
 - Being role models themselves
 - Building staff wellbeing capability
 - Utilising the COL to influence younger children

- Advocating collectively for “supporting community environments” (e.g. retailers supporting schools’ student purchases)
 - Reducing fizzy drinks in schools / Making non-sweetened drinks appealing
 - Sports as an influencer on student decision-making
 - Gardens in schools
 - Fruit in Schools
- At the end of April, Minister Megan Woods announced that Ōtākaro has completed the detailed design of the Metro Sports Facility, and can now go to market to confirm the final cost of the project. Through a combination of changes to the procurement approach and to the final design, the estimated cost of the project has been reduced by over \$50 million. In partnership with the Christchurch City Council and Ōtākaro, Sport Canterbury successfully identified savings through the reduction of contingency by now going to market with a build only contract as opposed to a design and build. In addition, by working closely with Council, Sport NZ and Ōtākaro, a further \$14m of savings to the form elements were also achieved. As a result, Functionality has not been compromised and main sporting features will remain, including a 50-metre 10-lane pool plus smaller pools, five hydro slides, a gymnasium and fitness rooms, sports courts including nine netball courts, and fixed and retractable seating. The focus now turns to the Business Case for the Stadium.
- Identification of future opportunities to progress including:
 - Event passes as youth sports award alternatives to fast food vouchers or sweets
 - Input to planning/debrief process for the races/Cup and Show Week
 - Influencing new primary school wellbeing roles
 - The new Ngā Puna Wai sports hub
 - Joined up approaches between council, Corrections and community to enable heritage fruit tree supply to support the council’s Food Resilience Policy

- Leveraging learning from Grow Waitaha; a secondary school wellbeing initiative involving 37 schools across Canterbury
- Influence of food bank/social service food parcel contents
- A briefing with Minister for Sport, Hon Grant Robertson by four Regional Sports Trust (RST) Chief Executives was held 29 March to raise the Minister's awareness to the RST's wider role and impact potential for community wellbeing.
- Through influence on the NEED Trust, Polyfest 2018 was Fizz Free for the first time. We developed a story about this to influence other Pasifika organisations, the national Polyfest movement, schools and to broadly promote the Pro-Water Movement in Christchurch.
- A process through which The Greater Christchurch Partnership Committee recently endorsed a working agreement with One Voice - Te Reo Kotahi (OVTRK) to support implementation of the UDS Vision and OVTRK Kaupapa was supported. The working agreement acknowledges the critical role Third Sector Organisations play in supporting the economic, social, cultural and environmental wellbeing of Greater Christchurch, and recognises the opportunity for meaningful conversations in developing and implementing strategy and policy. We have now resigned the OVTRK Steering Group.

Despite efforts to include Māori leadership within the Group, this remains absent. Engagement with Ngāi Tahu at Senior / Executive levels to enable appropriate partnership and engagement is necessary to remedy this.

Sarah Campagnolo resigned from the Leadership Group in March 2018 and was not replaced.

Prevention Partnership

We continue to consolidate our relationships and grow the stakeholder network to prioritise accessibility of healthy choices, and therefore health and wellbeing promoting environments. Christchurch operates in a very networked manner, and our workforce participates in all major city strategic networks; including:

- Greater Christchurch Partnership
- Canterbury Government Leadership Group
- One Voice Te Reo Kotahi (Third Sector collaboration)
- Greater Christchurch Psychosocial Committee
- Canterbury Clinical Network (includes health, education and sport)
- Child and Youth Friendly Cities Ōtautahi (which includes youth sector networks)
- Canterbury Food Resilience Network
- Regeneration stakeholders (via other networks; Regenerate Christchurch, Ōtākaro, ChristchurchNZ, Christchurch Development Ltd.)
- Safer Christchurch
- Healthy Christchurch
- Active Canterbury
- Te Raranga Inter-faith network
- Smokefree Canterbury
- Workplace Wellbeing Community of Practice (Canterbury)
- Hoon Hay Network
- Regional Sports Organisations Chief Executives forum
- Canterbury West Coast Secondary School Principals Association and Kahui Ako
- Grow Waitaha
- CCC – Sustainability Manager; Sustainability Advisor; Pacific Communities Advisor
- Community and Public Health - All Right? Health Promoting Schools, Public Health Manager
- Canterbury Clinical Network workstreams - Health and Education Steering Group and Diabetes
- Pegasus Health – Pasifika Manager and Community Health Manager

- Etu Pasifika
- Pasifika Futures

Activities this period have focussed on strengthening relationships and identifying system gaps and opportunities for collaboration. New connections made in this period include:

- Grow Waitaha
- Social Enterprise Network
- Construction Industry employer and health and safety networks
- Non-Pasifika church leaders
- Mainland Netball
- Canterbury Rugby

Sport Canterbury as a Health Promoting Organisation

Sport Canterbury has strong health promoting policies and practices and continually seeks to identify ways to enhance this. Since January 2018, the Healthy Families Christchurch workforce has influenced and contributed to the success of internal innovations and initiatives to further develop Sport Canterbury's health promoting capacity; specifically:

- Continued representation by Healthy Families Christchurch within staff engagement and leadership groups: Health, Safety and Wellbeing, (HSW), Cultural Development, Social Committee, and staff-led cross-organisation work integration group eg "Culture Club".
- Advancing changes reflecting staff feedback via the Good4Work platform; including discussion with the Senior Leadership Team on the skills needed by management to lead wellbeing.
- Continuing with cultural awareness and competency development initiatives.
- Contributing to Sport Canterbury's cultural development programme. The 2018 goals for the Te Reo Māori me ngā tikanga component of this have been co-designed by staff and are:
 - Identifying practical aspects of our learning to apply to our mahi

- Bi-weekly taonga tākaro
 - Participating staff have confidence and competence in mihimihi
 - Knowing and being able to contribute to common waiata
 - Staff contributing to karakia before kai
 - Investigating a Sport Canterbury karakia and waiata
 - Establishing protocols for relationships with and hosting of Māori (e.g. visits, new staff etc.)
 - Considering how the office environment is reflective of our goals (without tokenism)
- Implementing a new policy, which makes the Mental Health Lockout (one day each month where the office closes 12 – 1pm to get staff outside to connect with nature) a regular part of the wellbeing programme.

Output Two: Workforce and Learning

2.1 You will maintain the agreed workforce as outlined in the service schedule. Unless specifically agreed otherwise, positions are whole positions and are not split across organisations, functional areas, or people.

2.2 The agreed Healthy Families NZ workforce will:

- Participate in Healthy Families NZ national networking, events and professional development activities
- Be employed at or above the agreed minimum indicated benchmark levels of funding
- Work exclusively on Healthy Families NZ deliverables, towards Healthy Families NZ outputs and outcomes, unless otherwise agreed by the Ministry.

Please provide a short narrative report that includes:

- *An overview of the recruitment process for any new Healthy Families [location name] staff appointed in this reporting period, including start date and salary*
- *An overview of professional development activities each member of the workforce has engaged in during this reporting period, including those initiated by [Lead provider name]*

- The Healthy Families Christchurch Monitoring and Evaluation Coordinator (0.5) is still pending appointment.
- The Communications and Engagement Advisor resigned and finished in mid-March, and a consultant with prior experience of Healthy Families NZ communications has been engaged. Communication activities have additionally been supported and coordinated by Sport Canterbury's Communication Consultant. Peer review support is being provided by Healthy Families Invercargill and Lower Hutt.
- A new Manager – Healthy Families Christchurch has been appointed and brings a wealth of experience to the team from his role as Sport Canterbury Physical Activity Manager.
- The Settings Coordinator – Workplace resigned and finished in her role on 20 June 2018.
- The employment contracts of the remaining two Settings Coordinators expired on 30 June 2018.
- The workforce identified the critical need to increase their ability to tell the story of change led by the community, and the story of their work and impact. Behavioural Economics research shows that stories of change influence behaviour as people adapt to move into line with other's around them. Training and coaching of staff has been undertaken and will continue to enable better understanding of the aspects of complexity, social change, and telling the story of system change achieved through their work.

Additional to storytelling, it was identified the workforce lacked capability/capacity to enable greater engagement of leadership and in innovation/design thinking. These are priorities for future development of the Healthy Families Christchurch workforce to include required skillsets going forward.

The Healthy Families Christchurch workforce worked with Rebecca Davis to learn and develop Theories of Change and Walk Through tools to better enable telling the story of their role and systems change impact. This strengthened the workforce's confidence, and local evaluation communications approaches.

- Storytelling for systems change capability strengthening was enabled for Sport Canterbury and Great Scott staff.
- Manager activities this period have focussed on:
 - Coaching Settings Coordinators in Theory of Change, telling the story of their role and its change impacts.
 - Supporting communications workforce/contractors to develop stories acceptable to Healthy Families NZ.
 - Communications coordination, management, process improvement, resourcing, story facilitation and distribution.
 - Database development to enable story tracking, distribution and reporting.
 - Reporting – Leadership Group, Ministry of Health (preparation for six monthly report due 20 July 2018).
 - Internal change management and sustainability planning.
 - National discussions focused on collective impact opportunities to leverage the work of the Kāhui Māori, including maramataka.
- The workforce has participated in or otherwise communicated regularly with Healthy Families NZ Networks of Practice and networks in which Healthy Families NZ staff are included; such as national managers, communications, workplace wellbeing, food resilience network, Healthy Families NZ RST Managers and Chairs; to share opportunities for leverage and learning to generate greater collective impact and scale.
- Support to national managers to enable submissions and conference presentations was provided.
- Shared information with national managers about upcoming submissions and conferences which may present opportunities for national Healthy Families NZ input. This included nominations to two Minister of Education-hosted Education Summits in May including teachers, administrators, students, parents, Iwi, Pasifika, employers, other education agencies, and other social sector ministries. The Minister's broad purpose for the Summits is to initiate a broad system strategic

conversation, in a way that is more collaborative, with all participants within the education system. This is viewed as the key touchstone of a national strategic conversation and is the starting point for this Government's 2018 work education programme. Healthy Families Christchurch and Invercargill have nominated attendees to the South Island Summit. This opportunity came to our awareness at the Health and Education Steering Group to day prior to close of nominations.

- All staff participated in in-house training opportunities in:
 - Te Reo and Tikanga Māori
 - Theory of Change
 - Walk Throughs

- With the confirmation of Healthy Families Christchurch Phase 2 now confirmed, recruitment of the following positions commenced in July including:
 - Healthy Families Christchurch Manager
 - Strategic Communications Manager
 - Systems Innovators (2)
 - Insights Monitoring and Evaluation Lead (0.5fte)
 - Administrator (0.5fte)

Output Three: Implementation Road Map

Please provide

- *An update on achievements in this reporting period, focusing on key strategies, and their status within your Implementation Roadmap. Please note that an update on relationships and communications with partners should be included in Output One: Leadership and Governance (above)*
- *An update on progress for the reporting period, and next steps as per the table below.*

	Key Strategies identified	Update on progress for 1 January to 30 June 2018
	<p><i>Ongoing allocation of Action Budget supports the Implementation Roadmap and co-production of innovative solutions - in line with Healthy Families NZ Principles</i></p>	<p>An amount of \$6,033.92 has been allocated this period comprising small sums to support costs related to facilitation of reflection, experimentation and collaboration spaces:</p> <ul style="list-style-type: none"> • Pastors Fono and follow up (refer to Appendix A) • Workforce Theories of Change Professional Development • Food system spaces for collaboration and capability building (refer to Appendix B) • Healthier events co-design and exploration (phase I) <p>The healthier events initiative has two phases; one of partnership and co-design (phase I) and a second of prototyping, capability building and scale (phase II) The June Leadership Group has approved in principle \$25,000 for phase II. Below is a brief summary of the initiative to date:</p> <p>In March 2018, Healthy Families Christchurch Leadership Group approved a three-month preliminary phase to explore what are the opportunities for event procurement when we put the wellbeing of people and the environment at the centre of decision making.</p> <p>The purpose of Phase I was to:</p> <ul style="list-style-type: none"> • Formalise partnerships and commitment with key stakeholders. • Identify/co-design a first-step accreditation framework, as well scope the appropriate data management system, through engagement and consultation of food vendors and conference/event organisers.

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	<p>More than 20 key local stakeholders (event managers, vendors and suppliers) were engaged during Phase I, and from that engagement, the following stakeholders are committed to be part of Phase II 'safe-to-fail' trials:</p> <ul style="list-style-type: none"> • Christchurch City Council (CCC) • ChristchurchNZ • Sport Canterbury • FESTA • TEDx/ BOMA • Arts Centre Markets • Star Media • Conference Innovators • ARA • Tap Water Wells • ProTranz • MG Marketing • Food Together • New Zealand Events Association <p>Phase I also tapped into Healthy Families National Network of Practice for food systems and gained valuable input from Healthy Families MMP, Waitakere, Lower Hutt and Invercargill sites. Besides extensive 1-1 conversations with stakeholders, Phase I also facilitated two formal co-design workshops with local stakeholders.</p> <p>Phase II has been co-designed to incubate changes to the Christchurch event food procurement system, fostering innovation and the testing of new models that serve people and the planet. After a year of prototyping and evaluation, the expectation is to identify scalable solutions that prove it possible to procure healthier and more sustainable events in Christchurch and New Zealand.</p> <p>This entails a collaboration with at least 9 committed major event organisers to trial several initiatives themselves that contribute to environmental sustainability, health, and local economic development. The intent is for event managers to undertake multiple trials themselves at multiple events, and then share experiences, data, and lessons between and across events through face-to-face reflections every 3-4 months.</p>
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		<p>The role of Healthy Families Christchurch will be to backbone the process by:</p> <ul style="list-style-type: none"> • Initial coordination and strengthening of a local event network of practice. This involves connecting different partners and building capability of event managers, vendors and suppliers to lead the trials themselves. This will also involve the initial facilitation of the online marketplace platform until it gathers momentum if proven effective. • Establishing a common monitoring and evaluation framework and coordinate the data collection during trials through the token or electronic currency system. • Facilitate the four reflection spaces, including facilitating the consolidation and dissemination of insights and learnings through the network of practice and media stories as deemed appropriate.
<p>Partnerships and Engagement</p>	<p><i>Engage with local prevention workforce including local communications prevention workforce to identify opportunities for collaborative action and provide communication support where relevant to local stakeholders</i></p>	<ul style="list-style-type: none"> • The communications plan was reviewed and finalised. A stakeholder database was refined to enable distribution of change stories direct to relevant stakeholders. • A connection with Ministry of Education Communications was established and leveraged to enable distribution of education setting related stories. • An EDM (electronic newsletter) has been developed to inform key city leaders and prevention partners of the impacts of our work and leadership for change by the communities we are working with. Anticipated distribution is July / August. • Continue to build an “image bank” to support communications and engagement activities. Share stories around the enabling and backboning work of Healthy Families Christchurch through Sport Canterbury communication platforms as well as with wider media channels. These stories represent the reporting period: <ul style="list-style-type: none"> – Christchurch hosted a “Plenty to Share” dinner at the Social Enterprise World Forum in Christchurch, where 80 delegates with a passion for food resilience came together in the only space

		<p>dedicated to both social enterprise and food during the forum. http://www.sportcanterbury.org.nz/newsarticle/56592</p> <ul style="list-style-type: none">– Hillmorton High School has launched their water only policy with a day of activities promoted by the students themselves. http://www.sportcanterbury.org.nz/newsarticle/56588– The re-established Canterbury Fijian Society has got their community moving through a range of physical activities and improved connections as a result. http://www.sportcanterbury.org.nz/newsarticle/58920– The Tongan SDA Garden City Fellowship congregation are right behind an initiative to create their own backyard vegetable gardens with the results set to benefit the entire community. http://www.sportcanterbury.org.nz/newsarticle/56598– The inaugural Tutupu Awards celebrated twenty champions of Pacific health. http://www.sportcanterbury.org.nz/newsarticle/60062– The Pacific community is saying no to fizzy, in a deliberate move to improve health and wellbeing. http://www.sportcanterbury.org.nz/newsarticle/60263– Conversations around workplace wellbeing are gathering steam in Christchurch, thanks to the work being done and connections being made by Healthy Families Christchurch. http://www.sportcanterbury.org.nz/newsarticle/62783– Edible gardening champions with connections to more than 70 Canterbury early childhood centres and schools have teamed up to help address food security issues through a new initiative co-facilitated by Healthy Families Christchurch. http://www.sportcanterbury.org.nz/newsarticle/61913– Schools across Christchurch understand that supporting students' wellbeing will produce better learners – and more motivated teachers. http://www.sportcanterbury.org.nz/newsarticle/62760
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		<p>Canterbury churches have joined schools and sports clubs as another environment where messages around wellbeing can change the future for their followers.</p> <p>http://www.sportcanterbury.org.nz/newsarticle/63357</p> <ul style="list-style-type: none">• Promoted the following through our Healthy Families Christchurch Facebook page:<ul style="list-style-type: none">○ Polyfest goes Fizz Free○ Sport NZ's Value of Sport research launch.○ Chamber of Commerce, All Right? and Bek Parry Nutrition collaborative workshop on Workplace Vitality. This connection was influenced by our coordination work in workplace wellbeing.○ Hillmorton High School / Horomaka's māra kai (school and community garden) story○ Canterbury Secondary Schools' Athletic Championships promoting water and Tap Water Wells for providing the hydration unit to make it happen.○ Tutupu Project and the Pasifika Church Leaders and Health Champions for change enabling healthier Pacific futures.○ Hastings City council-run events and facilities serving only water, 100 per cent fruit juice, unsweetened milk and zero-sugar drinks. Connecting this to the local pro-water movement including the leadership of City2Surf and Polyfest.○ Our part in the Healthy (Greater) Christchurch Hui and facilitation of a space to discuss the importance of collaboration with "unusual suspects" and identification of the unusual suspects that could enhance the Healthy (Greater) Christchurch network.○ He Waka Tapu getting their people active through City2Surf.○ Sport Canterbury's Run to Remember, which again in 2018 went with healthy food vendors, pro-water and enabled free fruit for participants.
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		<ul style="list-style-type: none"> ○ School Gardening Plenty to Share Hui, 22 May 2018 ○ World Smokefree Day ○ National Root to Tip ○ Pasifika Church Leaders for Wellbeing Fono ○ Education Conversation 2018 consultation ○ Make Collective incentivising their employees with a cash bonus if they bike to work <ul style="list-style-type: none"> • Enabled a story, at the request of the South Island and New Zealand Assembly of Seventh Day Adventist (SDA) Churches, on Pastor Jesel Royokada's leadership within the Fijian SDA church and wider Pasifika community in Christchurch, so they can profile his leadership for change to inspire and provide thought leadership to other church leaders across the SDA Assembly of New Zealand. <p><u>Contributions to Partner Work Programmes:</u></p> <p><u>Regenerate Christchurch</u></p> <p>We contributed to the integrated assessment criteria for regeneration of the Avon Ōtākaro River Corridor (formerly called the residential red zone). Design options are currently being publicly exhibited. The two primary objectives are directly related to our work:</p> <p>OBJECTIVE 1: Support safe, strong and healthy communities that are well-connected with each other and the wider city.</p> <p><i>Criteria:</i></p> <ul style="list-style-type: none"> - Opportunities for people to enhance their health and wellbeing. - Degree to which there is support and enhancement of a sense of ownership and pride in local communities. - Opportunities for safe, well connected routes which enable active transport that meet multiple purposes and different ages and abilities.
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		<p>OBJECTIVE 2: Provide opportunities for enhanced community participation, recreation and leisure.</p> <p><i>Criteria:</i></p> <ul style="list-style-type: none"> - Diverse opportunities for leisure, recreation and sport - Spaces for community food production are incorporated (i.e. community gardens, fruit forest). <p><u>Submissions:</u></p> <ul style="list-style-type: none"> • Submissions to the Long-Term Plans of CCC and the other nine district councils of Canterbury and the West Coast were made, recommending access to drinking water in all sports grounds and parks, enabling of community gardens and edible spaces in parks, increased access by low participation communities to recreation and play areas, increased focus on play equipment that enables play for all ages, prioritisation of water availability and healthy food options at community events, and a hub approach to community sport and recreation spaces and places to strengthen community cohesion. <p><u>Presentations:</u></p> <ul style="list-style-type: none"> • Canterbury Government Leaders Group – Collaboration to support Pasifika Church Leaders achieve their vision for wellbeing • Canterbury West Coast Secondary Principals’ Association – Aligning the school environment with wellbeing curriculum messages • Construction industry networks (3) – Good4work and Workwell promotion
<p>Health Promoting Environments</p>	<p><i>Public Health Planning: Engage with CCC, CDHB, CPH and other key organisations to understand opportunities to collectively advocate for and embed health promoting practices and policies, and to drive collective action</i></p>	<p>We continue to meet regularly and positively with the following health partners to inform planning and policy and identify opportunities for innovation and collective action:</p> <ul style="list-style-type: none"> • CDHB

		<ul style="list-style-type: none"> • Community and Public Health (including Health Promoting Schools, WorkWell and All Right?) • Canterbury Clinical Network workstreams • Pegasus Health • Rural Canterbury PHO • Pegasus Health • Etu Pasifika • WellConnectedNZ <p><u>Equity in Health / Pasifika</u></p> <ul style="list-style-type: none"> • Influenced the Canterbury Clinical Network to include Pasifika perspectives in the 2018 Action Plan so the community voice informs improved services tailored to their needs. • Connected an Etu Pasifika practice nurse to a vacancy on the Canterbury Clinical Network primary health care as an advocate for Pasifika. She has been successful in her application to fill this vacancy.
	<p><i>Systems:</i> <i>Participate in relevant existing local and regional networks of practice and initiate new networks of practice where gaps have been identified (e.g. Smokefree Canterbury, workplace advisory and practitioner special interest groups, Alcohol Harm Minimisation Action Group)</i></p> <p><i>Develop and use local evidence and data to mobilise action and influence local decision makers</i></p>	<p>We continue to contribute to the following local networks to influence change and stimulate collective action:</p> <ul style="list-style-type: none"> • Smokefree Canterbury • Food Resilience Network • Alcohol Harm Minimisation Action Group (AHMAG) <p><u>Smokefree</u></p> <ul style="list-style-type: none"> • Influenced Etu Pasifika's Manager for Whanau Ora to apply for a position on the Smokefree Canterbury Executive to enable the Pasifika community voice to be elevated. She has been successful in her application.

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	<ul style="list-style-type: none"> - <i>Create and identify opportunities to influence systems change (e.g. participation and facilitation of networks, influencing national and local policy)</i> - <i>Engage with local community to mobilise action and influence systems change</i> - <i>Initiate and support action that improves the local food, alcohol, physical activity and tobacco system and maximise national opportunities</i> 	<ul style="list-style-type: none"> • Connected CanBreathe with Pasifika communities by advocating the services to church leaders and Health Champions. <p><u>Food Resilience</u></p> <ul style="list-style-type: none"> • Influenced Sport Canterbury to experiment with a new social enterprise providing healthy catering options. Can Do Catering is a division of the Laura Fergusson Trust and enables real employment for younger adults with significant physical impairments. This experiment was successful and has added to knowledge of quality healthy catering options available, which also have a sustainability approach and support the local ecosystem and economy. • Coordinated a Plenty to Share hui; bringing together food resilience leaders in schools. This was attended by 20 key stakeholders with reach across 50 ECEs and 70 primary and secondary settings (impacting over 12,000 students) to address fragmentation and strengthen food resilience collaboration in the education space. The hui sought to strengthen a united vision and identify clear lines of action and leadership for collaboration. The group identified resourcing of coordinators, a lack of educators to enable sufficient reach, and people 'churn' as the key challenges to coordination and sustainability. We have connected the group and are providing guidance to enable them to develop collaborative proposals to the new CCC Sustainability and Innovation Fund and Working Together More Fund to enable continuation of this work. • Connected Michael Reynolds, new coordinator of the local Food Resilience Network, with key stakeholders of kai resilience in schools to strengthen a collaborative funding proposal. • Strengthened food resilience in Pasifika churches by supporting the Tongan Methodist Mission to commence a Pasifika Community Fair;
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		<p>building momentum toward a Pasifika Market. We connected them with the local Halswell Community Market organiser for advice to commence the process. Healthy Families Christchurch is influencing the Council system to make it easier for Food Markets to be set up – particularly the ones strengthening food resilience (aligning it with the CCC Food Resilience Policy).</p> <ul style="list-style-type: none">• Connected Project Grow to facilitate weekly propagation, preservatives and cooking classes; a new initiative commenced by the Tongan Methodist Mission.• Connected The Veggie Garden Project to the Leadership Lab LinC Leadership programme to grow the capability of key champions in the school food resilience movement.• Exploration has commenced to expand food resilience approaches within the Pasifika communities by leveraging our work to date in the Pasifika church environment.• Connected New Brighton Community Gardens, Kids' Edible Gardens and the Veggie Garden Project to support the implementation of The School Gardening Hui on 22 May 2018. This aims to strengthen the ability of teachers and whanau to lead change (edible gardens) in their school communities, engaging local champions from 22 secondary schools, primary schools and ECEs. Christchurch City Council, Garden to Table and Bee Awesome also attended the hui.• Backboned a scoping exercise to enable an innovative, co-created system to support event stakeholders to enable a range of healthy, local food options at events. Phase I outcomes were presented back to the Leadership Group in June and Phase II was approved in principle with an action budget of \$25,000.
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		<p><u>Pro-Water Movement</u></p> <ul style="list-style-type: none">• Influenced Polyfest 2018 to be a pro-water / fizz-free event. The event was attended by over 8,000 people; including the families of the approximately 2,000 Pasifika secondary students participating and the wider community.• Briefed Polyfest vendors about the pro-water policy as an opportunity to influence and build vendor capacity.• Connected The Star Media City2Surf to a prototype hydration unit from Tap Water Wells to trial this at the 2018 event. The Star Media City2Surf attracts over 5,000 participants.• Influenced School Sport Canterbury to experiment with the Canterbury Secondary Schools Athletics becoming pro-water by trailing the hydration unit. This will reach all participating Canterbury secondary school students, their families attending, staff and volunteers.• Connected School Sport Canterbury and Tap Water Wells to enable a pro-water 'experiment' to inform potential extension of the pro-water approach across all School Sport Canterbury events.• Influenced the Mitre 10 MEGA – A Run to Remember, Sport Canterbury Tough Kid and all other Sport Canterbury events to become pro-water by having tap water readily available. This will enable reach of approximately 11,000 participants each year. We connected Sport Canterbury to Craig Dunik at ProTranz and Ian McCormick at Tap Water Wells to enable tap water at events.
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		<p><u>Alcohol Harm Minimisation</u></p> <ul style="list-style-type: none"> • Contributed to a public forum on alcohol-related submission opportunities facilitated by Alcohol Healthwatch, to assist stakeholders in preparing their submissions and covering: • Louisa Wall's Private Members' Bill: Sale and Supply of Alcohol (Renewal of Licences) Amendment Bill • The Tax Working Group call for submissions • The Mental Health and Addictions Inquiry <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Advocated for Sport Canterbury's Physical Health Advisor for East Christchurch to experiment with incorporation of physical activities into an "Appetite for Life" programme (Pegasus Health) by taking a 'train the trainer' approach to the development of programme coordinators. If successful, there is opportunity to expand this approach across the programme, which is growing; stimulated in part by the influence of Tutupu Project and our work in the Pasifika community. • Connected the Fijian Community Trust to Sport Canterbury for a subsequent connection to Mainland Netball to enable a new sports event during Fijian Language week. The plan is to invite other Pacific communities to take part on the day. Connection with Mainland Netball is helping to break down participation barriers to getting the Pacific communities involved and enabling scaling of church-led change initiatives. • Supporting connections for advancement of Sport Canterbury's SportStart Tākaro approach, which has been trialled with Ngāi Tahu leaders and has support from Ara Institute of Canterbury to facilitate a series of wānanga aimed at iwi workforce, teachers, coaches and whanau, to revive
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		<p>knowledge of and participation in traditional Māori games, and to carry the pro-wai and healthy kai movement forward in connection with traditional physical activity. Indigenous systems return includes a return to traditional modes of physical activity.</p>
	<p><i>Settings:</i></p> <ul style="list-style-type: none"> - <i>Initiate and support action that increases the number of health promoting environments where people live, learn, work and play including in workplaces, schools, marae, places of worship and sports clubs.</i> - <i>Engage with local community to mobilise action and influence healthy change within settings based environments</i> 	<p>Our priority settings have continued to be:</p> <ul style="list-style-type: none"> • Workplace • Education • Faith-based with a priority focus on Pasifika Churches <p>The sport and physical activity setting is a priority for Sport Canterbury; Healthy Families Christchurch’s lead provider; and this work has been leveraged through an increasingly integrated and collaborative internal approach.</p> <p>Activation by the Leadership Group shifted workforce focus toward Community Events in support of the pro-water movement, reduction of sugar sweetened beverages and increased access to healthy food choices at events.</p> <p>Exploration has commenced to expand food resilience approaches within the Pasifika communities by leveraging our work to date in the Pasifika church environment.</p> <p>Workplace</p> <ul style="list-style-type: none"> • A new local workplace wellbeing community of practice formed in January 2018 with support of HRINZ and CECC. Membership continues to grow. • Coordinated and facilitated the Workplace Wellbeing Network of Practice steering group to further its formation activities. Outcomes included identification of its name: <i>Workplace Wellbeing Community of Practice (Canterbury) Purpose: Enablers of workplace wellbeing in Canterbury by:</i>

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		<ul style="list-style-type: none"> - Connecting, networking and idea sharing; - Advocating for and promotion of the value of work place wellbeing - Profiling new resources and supports. <p>The Community of Practice will adopt an integrated definition of wellbeing characterised as “Feeling good and functioning well”.</p> <ul style="list-style-type: none"> • Facilitated a gathering of workplace wellbeing resource and capability building organisations; providing a space for these local supports to connect to identify approaches to support the Community of Practice through leadership and advocacy, mapping, data gathering systems, training and resource coordination. The group has undertaken to explore a local workplace wellbeing summit and has commenced discussions to explore recognition of workplace wellbeing in industry and health and safety awards. The Chamber has agreed to ‘hold the workplace wellbeing space’ whilst decisions are made about the future of Healthy Families Christchurch. They do not see The Chamber as being the lead organisation for this work, as their membership model creates access equity challenges. • A network of workplace wellbeing support and resource organisations (enablers) has formed. A collective value position and position statement is in co-design. • Backboned a city vision for and position statement on a coordinated system to support and enable Christchurch (and Canterbury) workplace cultures that enable wellbeing. Work continues to secure ‘signatories’ to this. • Influenced the development of new workplace wellbeing-related courses and workshops by our non-health partners through opening conversations and making connections across the system. This includes the Canterbury Employers’ Chamber of Commerce Vitality at Work workshop and the
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		<p>inclusion of a wellness lens to content for the NZIM Workplace Wellness Scholarship Programme for Emerging Leaders.</p> <ul style="list-style-type: none"> • Co-facilitated a mini workshop with Sport Canterbury on workplace wellbeing during a Healthy (Greater) Christchurch Unconference to open conversations with health partners about this opportunity to improve health via an uncommon setting. • Co-facilitated a workplace wellbeing workshop with a government department service centre to share tools for leadership of integrated wellbeing approaches (such as Good4Work), to encourage leadership for change, and support the regional organisation to create the conditions for change to enable a staff-led and leader supported workplace wellbeing plan. <p>This organisation's vision is for this demonstration site experiment is to share their journey, learning and any resources developed with other Southern service centres sites (with a reach of 300 staff); and also, with the wider Canterbury Government Leaders Group; for whom workforce wellbeing is one of two priorities for 2018.</p> <p>We received very positive feedback on our facilitation of this experimental workshop. As a result, the experimental site is undertaking the following actions, reflections and changes:</p> <ul style="list-style-type: none"> ○ Progressing team and 1-1 reflections on the workshop and its content; including consideration of the overall aspects of 'team' health in addition to individual health ○ Building a system of leadership to drive the plan forward the plan ○ Made a decision to cease buying lollies and chocolates for 'treats' ○ Have ordered a weekly fruit basket
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		<ul style="list-style-type: none"> ○ Have organised a weekly staff yoga session ○ Implemented a “Golden Buzzer” principle to inspire self-determination and leadership: that each person can press their own golden buzzer and achieve their own aspirations daily and not have to wait for others around them to act <ul style="list-style-type: none"> • Evaluated the impact of this co-facilitated workplace wellbeing workshop prototype with a government department service centre. This has shown some interesting shifts in employee and manager thinking. The manager reports the Good4Work survey and workshop identified the “Health of the team” in terms of the office culture and how they were working together. Staff were challenged by reflecting on their contributing behaviour using the “Above the Line/Below the Line” self-leadership framework. This has inspired the manager to look staff coaching and management of challenging behaviours. The Service Centre is reporting higher levels of engagement and more open communication which is now opening the opportunity for courageous conversations about health-related behaviours (such as what they eat, how as a workplace they are enabling smoking or being smoke free etc.). • Connected a government agency with Pegasus Health Appetite for Life in support of their workplace wellbeing programme; to improve workplace cohesion, develop healthy food awareness and cooking skills. • Influenced a wider view of health and wellbeing with senior managers and health and safety managers and consultants across a spectrum of industries, through a Good4Work presentation to New Zealand Institute of Safety Management (Canterbury Branch) and the Southern Liaison Group Health and Safety Forum. • Advocated for ways in which Canterbury can contribute at a national level towards Smokefree Aotearoa 2025, as the nominated Canterbury
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		<p>representation to the regional coalition teleconference (Smokefree) network.</p>
		<p>Education</p> <ul style="list-style-type: none"> • Led the co-design of a Plenty to Share workshop, focused on school linked organisations, facilitated in late February; to identify gaps and opportunities to strengthen food literacy in schools: Health Promoting Schools, Garden-to-Table, Community Garden Facilitators, Germinate Collective, the Veggie Garden Project, Oderings vegetable garden project, orchard in schools, Ara Institute, Lincoln University and Christchurch College of Education. This was attended by a total of 20 key stakeholders with reach across 50 ECEs and 70 primary and secondary settings (impacting over 12,000 students) to address fragmentation and strengthen food resilience collaboration in the education space. • Influenced Polyfest 2018 to be a pro-water / fizz-free event. The event was attended by over 8,000 people; including the families of the approximately 2,000 Pasifika secondary students participating and the wider community. • Influenced School Sport Canterbury to experiment with the Canterbury Secondary Schools Athletics becoming pro-water by trailing the hydration unit. This will reach all participating Canterbury secondary school students, their families attending, staff and volunteers. • With Healthy Families Christchurch coordination and facilitation, the Food Resilience Network, Kids' Edible Gardens, The Veggie Garden Project and New Brighton Community Gardens joined forces to provide capability building to school garden champions. This professional development is known as the School Gardening Hui. Over the past three years, FRN and Healthy Families Christchurch have built capability for over 50 champions (principals, teachers, caretakers, whanau) and over 40 High Schools, Primary Schools and ECEs impacting thousands of students. • A workshop was enabled with the Canterbury West Coast Secondary Principals' Association on 6 April 2018; a call to action for Principals to

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		<p>create change in the environments of their schools to align the educational environment of the school with the curriculum. Thirty-six secondary school principals were present, with a reach of over 30,000 students. Principals identified their opportunities for change and influence (priority in bold):</p> <ul style="list-style-type: none"> ○ Engaging and enabling student leadership; riding the wave of interest by youth in health and wellbeing ○ Being role models themselves ○ Building staff wellbeing capability ○ Utilising the COL to influence younger children ○ Advocating collectively for “supporting community environments” (e.g. retailers supporting schools’ student purchases) ○ Reducing fizzy drinks in schools / Making non-sweetened drinks appealing ○ Sports as an influencer on student decision-making ○ Gardens in schools ○ Fruit in Schools.
		<p>Faith-based</p> <ul style="list-style-type: none"> • Co-facilitated the Tutupu Project Pasifika Health Champions Awards Ceremony to acknowledge the work of the church health champions in creating healthier environments for their communities. This included finalisation of the Champions’ stories for the Awards booklet, press release development, preparation of talking points for the Chief Executive and Board Chair of Pegasus Health and Manager, Healthy Families Christchurch (on behalf of the Chief Executive, Sport Canterbury who was presenting at the Nexia New Zealand Canterbury Sports Awards on the same evening), Master of Ceremonies, and coordination of volunteers on the night. • The Tutupu Project created the conditions to enable systems change by developing leaders, champions and cross-organisational relationships with and between Pasifika churches. This enabled us to stimulate a Pasifika Church Leaders for Wellbeing Fono, which resulted in

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		<p>commencement of formation of a 'first ever' collective of Pasifika Church Leaders across 11 denominations and 5 ethnic groups.</p> <ul style="list-style-type: none"> • A presentation to the Canterbury Government Leaders Group was made to provide insights gathered from the Pasifika Church Leaders for Wellbeing Fono, including those gathered from enabling organisations, to challenge the group to ensure leaders enable and take steps to identify new approaches and coordinated ways of working to improve support to Pasifika community leaders to activate change. • Influenced Tutupu Project partners about "Phase Two" of the Project and how this could enable sustainable change at system level, including leverage and expansion of the Pasifika Food Resilience approach. A co-design approach with key partners has been mooted and will be advanced once the Project evaluation has been finalised and reviewed. • The train the trainer approach taken in the Tutupu Project has grown the Pasifika health workforce. Two Health champions within the Project have now changed career paths and enrolled to undertake BA Applied Science at the Ara Institute of Canterbury; with letters of support from Sport Canterbury (Healthy Families Christchurch) to support scholarship applications. • Amplified the leadership of three SDA Pastors by influencing them to share their stories of 'walking the talk'; role modelling positive wellbeing behaviours (including physical activity) to influence other church leaders and their congregations to participate. • Connected seven further Pasifika Pastors to a 'Pasifika Pastors' Meeting'; a community of practice to enable connection, sharing stories and learning to create a new wellbeing movement across the faith sector. • Advocated for the Pasifika Pastors' Meeting to connect with the Interchurch Forum (a collective of different Christian denominations) to strengthen the community of practice and Te Raranga. • Influenced the Tongan Methodist Church to advance an event where community members sell and exchange goods, including fresh produce
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		<p>from the increasing number of Pasifika church community gardens. There have been eight Pasifika Community Saturday Fairs since February and the intent is that this would increase over summer months.</p> <ul style="list-style-type: none"> • Supported the leadership of the Tongan Methodist Church by encouraging and influencing Pasifika women to join church-led groups; facilitated by Project Grow; to learn cooking and preserving skills so that they can prepare healthy meals for their families and church gatherings and enable them to start generating income from small food businesses; including the Pasifika Community Saturday Fair. • Two further additional Pasifika community members have completed training as Appetite for Life Facilitators and are positioned to impart the skills to the Pasifika community. • Advocated to the Ministry for Pacific Peoples for exploration of feasibility of a satellite NZIS campus in the eastern suburbs to influence Pasifika sports sector workforce growth; thereby increasing the uptake of physical activity in the community • As a result of our support to revive the Fijian Community Trust, the voice and visibility of Fijian community is resurfacing in the Pasifika community and the number of Fijian people registering with Etu Pasifika (health provider) has increased. • Connected Fijian community to Sport Canterbury, who then made connection with Mainland Netball and Canterbury Rugby to enable a Rugby and Netball Sports Tournament during Fijian Language week. An invitation will be extended to other Pacific communities to take part. This new connection with Mainland Netball has helped reduce participation barriers to get the Pacific communities involved and has created change within the sport organisations as well as the Pacific communities; mobilising young Pasifika women to form netball teams and join Canterbury Netball competitions from 2018. • Influenced the Canterbury Fijian Women's Group to empower women on other activities during their six-weekly gatherings, which could help with
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		<p>their wellbeing. As a result, the first training on floral arrangement took place in June 2018 and a leadership training is planned at the end of June 2018.</p> <ul style="list-style-type: none"> • Advocated for Pasifika secondary school student participation in the UC Education Mud Run event encouraged by Pacific churches and supported by Sport Canterbury with entry fee discounts. • Influenced Ministry for Pacific Peoples to share Health Watch materials with the Pasifika community to encourage their understanding of the process and need to petition Alcohol License applications and support actions to reduce alcohol harm in the communities. • Advocated to the Ministry for Pacific Peoples for the introduction of Elimination of Family Violence Training by Pacific Proud in the South Island to enable Pacific communities and providers to attend. The training has normally been undertaken in the North Island making attendance by our local community prohibitive. A two-day training workshop was held in Christchurch in April 2018.
		<p>Community Events</p> <p>School Sport Canterbury's staff was connected to Tap Water Wells to enable pro-water events via a hydration unit at the 2018 Canterbury Secondary School Athletics.</p> <p>We supported Sport Canterbury in discussions with event managers and sponsors about healthy food and pro-water options at Sport Canterbury run and Sport Canterbury sponsored events.</p> <p>We introduced Sport Canterbury to local social enterprise, Can Do Catering, to enable healthier catering options which also supports training and integration of people with disabilities; impacting income poverty.</p>

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		<p>Co-designed a proposal to enable development of a system to support event funders, managers and vendors to enable healthy choices, sustainability and social procurement. This 'Phase I' co-design enabled workforce to achieve the following outcomes in less than three months through added consultancy support:</p> <ul style="list-style-type: none">• Connected CCC Event's team with Auckland and Lower Hutt City Council's conversations around healthier events and the development of healthy food policies.• Connected CCC Event's team with Tap Water Wells. Tap Water Wells has prototyped a local tap water hydration unit for events, a healthier replacement for typical soft drinks. CCC is in the process of buying one unit to use at their events. Sport Canterbury's Event Manager has connected with CCC and enabled Nga Puna Wai Sport Hub to house, clean and manage the hydration units for events in Christchurch.• Through the co-design process, the need to be able to collect data around how much tap water is consumed at events was identified. This data could be used for instance to advocate for more taps and permanent drinking fountains, calculate how many plastic bottles were not used and how much sugar was not consumed. After the co-design, Tap Water Wells has modified their hydration units to be able collect water data consumption at events accurately.• Through Phase I, we connected Tap Water Wells, FESTA, Arts Centre Markets, ARA, TEDx Christchurch, BOMA, and Conference Innovators, all of whom have committed in principle to working with and learning from each other. Tap Water Wells is making their hydration unit available for these events and will start collecting data around tap water consumption, and all events have identified other data they could be collecting and sharing with each other because of Phase I explorations.• Leveraged on the networks and learnings from the Social Enterprise World Forum 2017 by contracting SEWF Project Coordinator, Jason Pemberton, designed and oversaw the implementation and evaluation of the SEWF catering system as part of his role leading the co-design of the three-day event. Jason brought with him several key relationships and events industry credibility that was vital to get the 'right people in the room' for
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		<p>Phase I explorations. Healthy Families Christchurch workforce is now well connected with a wider network of stakeholders from the Canterbury event sector.</p> <ul style="list-style-type: none">• Phase one helped shape a full Action Budget proposal presented to the June Leadership Group approved \$25,000 to incubate changes to the Christchurch event food procurement system, fostering innovation and the testing of new models that serve people and the planet. After a year of prototyping and evaluation, the expectation is to identify scalable solutions that prove it possible to procure healthier and more sustainable events in Christchurch and New Zealand.• This entails a collaboration with at least 9 committed major event organisers to trial several initiatives themselves that contribute to environmental sustainability, health, and local economic development. The intent is for event managers to undertake multiple trials themselves at multiple events, and then share experiences, data, and lessons between and across events through face-to-face reflections every 3-4 months.• The role of Healthy Families Christchurch will be to backbone the process by:<ul style="list-style-type: none">○ Initial coordination and strengthening of a local event network of practice. This involves connecting different partners and building capability of event managers, vendors and suppliers to lead the trials themselves. This will also involve the initial facilitation of the online marketplace platform until it gathers momentum if proven effective.○ Establishing a common monitoring and evaluation framework and coordinate the data collection during trials through the token or electronic currency system.○ Facilitate the four reflection spaces, including facilitating the consolidation and dissemination of insights and learnings through the network of practice and media stories as deemed appropriate.
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		<p>Sport and Physical Activity</p> <p>Continuing a focus on school sports events becoming pro-water</p> <p>Advocacy work to increase New Zealand and local research into the value of sport and physical activity to wellbeing of individuals and communities</p> <hr/> <p>Māori / Iwi</p> <p>As part of a joint research project with ESR, we have identified a need for Sport Canterbury to build a partnership with local iwi (Ngai Tahu) to enable strengthening of the organisation's capability and capability to engage effectively with Māori.</p>
<p>Research and Evaluation</p>	<p><i>Healthy Families Christchurch and Massey University:</i></p> <ul style="list-style-type: none"> - Local evaluation and monitoring framework developed to ensure reflection, and adaptation, to support the team's continual self-evaluative process of their work - Ongoing local level research and evaluation data collection undertaken - Ongoing cycle of collection, analysis and feedback of data 	<p>Monthly evaluation sessions with Massey University have not been carried out in this period as Massey have been focussed on the National Evaluation.</p> <p>A local evaluation and monitoring framework to show sustainable systems change in the community has been implemented, including an integrated approach to an ongoing cycle of collection, analysis and feedback of data. The case study and stories contained within Appendix A and B have been identified and prioritised through this process, which involved the Leadership Group as well.</p> <p>Together with ESR, Healthy Families Christchurch carried out a 20-month co-research to reflect on their own stakeholder engagement practices (co-framing), particularly with Iwi and Pasifika. As part of this co-research Healthy Families Christchurch workforce and Sport Canterbury General Manager reflected and analysed key insights and findings. Steps forward are to strengthen partnership with Iwi. The research shown that for this to be successful partnerships should be formal and at a high strategic level. Also, workforce needs to invest time in building genuine relationships and participating in existing Iwi-led spaces.</p>

Key insights from your mapping and stocktaking process and monitoring implementation of your Roadmap and how has this knowledge been used?

Insights and Learning

Internal

INSIGHT: Increased capacity via a systematic approach to communications and social media is needed to advance reach and improve communication to strategic partners. ACTION: Professional development for workforce on Theories of Change and Walk Throughs has been carried out.

System-based/ Settings

INSIGHT: Through 'Phase I' healthier events exploration and co-design, Healthy Families Christchurch identified the opportunity to incubate changes to the Christchurch event food procurement system, fostering innovation and the testing of new models that serve people and the planet. This entails a collaboration with at least 9 committed major event organisers to trial several initiatives themselves that contribute to environmental sustainability, health, and local economic development. The intent of Phase II is for event managers to undertake multiple trials at multiple events, and then share experiences, data, and lessons between and across events through face-to-face reflections every 3-4 months. It is expected that through at least four iterations, Healthy Families Christchurch monitoring and evaluation will be able to identify which strategies do create sustainable change at the systems level.

We have commitment in principle to trial these concepts:

- *Pro water events* - making filtered tap water free and attractive at events to address plastic waste, sugar consumption, and equity (the healthiest option becomes the cheapest). We will have the ability to trial and compare different versions such as Fizz Free, Water-Only and their effectiveness in overall healthy consumption and plastic waste reduction.
- *Free/subsidised fruit* - Provide fruit for free or very cheap to make healthier eating options the easiest and cheapest at events. This addresses sustainability, health and equity. For larger events there was interest in trialing selling fruit at cost. There will be opportunity to systematically monitor this at events and identify business models that work.

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		<ul style="list-style-type: none">• <i>Data management system</i> - implement further trials at different event of token-based currency systems like that used for SEWF, with a view to digitising the collection of key data around food consumption.• <i>Vendor/event manager marketplace platform or consolidated vendor database</i>- Just like other marketplaces such as TradeMe, there is opportunity to give vendors, suppliers and managers an online platform to interact together which enables managers to select healthier, more sustainable and socially conscious businesses in a way that is not top-down, imposed or policed. The trial will generate the evidence to see whether a market place or a database is the best strategy for Christchurch. <p><i>ACTION:</i> Phase II has been approved in principle with an action budget of \$25,000.</p>
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Output Four: Programme Development and Evaluation

4.1 You will work collaboratively with other lead providers, the Ministry and its partners on the development and ongoing implementation of Healthy Families NZ.

You will ensure all positions in the Healthy Families NZ workforce actively contribute to and support the research and evaluation of Healthy Families NZ.

Please report on any connections with the Healthy Families NZ Massey University evaluation team and any other research organisations in this reporting period.

We have contributed to the National Evaluation process and insights workshops and interviews to inform workforce decisions for Phase Two.

Massey University have supported ongoing development of our Local Developmental Evaluation approach.

In co-ordination with Massey University (to avoid any contra-implications for the national evaluation), we have worked with ESR on conjoined research (which aligns with the Healthier Lives National Science Challenge) into co-framing for inter-sectoral health action.

We have continued to advocate for increased teacher training for Hauora with Ministry of Education and to seek support for this advocacy from Ministry of Health and Sport NZ.

We have continued to advocate for inclusion of sport and physical activity in national mental health research via Mental Health Foundation, Sport NZ, Ministry of Health and Ministry of Education and tertiary education and other researchers.

Case Study – Story Telling for Systems Change

Please provide one narrative/story of systems change that has been enacted in your location.

*Please complete this section using the template provided in **Appendix A**.*

Media & Communications Engagement

Each Healthy Families NZ team has at least one dedicated communications role. It is a critical component of Healthy Families NZ to have strong relationships with media. Clear visibility and reporting of media action - including press releases, interviews and published media articles are very important contributions towards communicating how Healthy Families [location name] is contributing to strengthening the local prevention system.

i. Please outline relationships with local media that you have built or strengthened in this reporting period.

Media Outlet	Name & role	Relationship outline	Outcomes
The Press	Tina Law, Education Reporter Adele Redmond, Education Reporter Barry Clarke, Editor and Shelly Robinson, Reporter Lindita Vani Philip Clark	Building relationship with outlook to education and kai stories. Trying to establish trust and generate interest in leads	Engaged on food security issue Sought and received feedback on gardening hui
The Christchurch Mail	Vinh Ng, Digital and Social Media Advisor Lisa Davies	Established relationship; The Mail, however, is now out of circulation in Christchurch.	Publication of Tutupu Project story
The Christchurch Star	Jane Mountier	Established relationship.	Extremely receptive to angles around Healthy Families Christchurch.
South News (SDA)		Growing this new relationship and audience for faith-based messages.	Publication of "Changing the Future for Their Followers."
Sport NZ		Leveraging these existing relationships to create opportunities for Healthy Families Christchurch profile	Expressed interest in sharing Healthy Families Christchurch stories in Sport NZ channels.

<p>TVNZ</p> <p>Health Promoting Schools Newsletter</p>		<p>to be raised with a targeted audience.</p> <p>Continuing contact and growing relationship. Leveraging Sport Canterbury position to open conversations around Healthy Families Christchurch.</p> <p>Building relationship.</p>	
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ii. Please list press releases issued by Healthy Families [location name] in this reporting period.

Please attach all issued press releases to this report, copies of published articles in print media and provide weblinks to articles showcased on www.healthyfamilies.govt.nz and your Healthy Families [location name] website.

Date Released	Subject of Release	Title of Release	Media Outlets	Resulted in articles/interviews? (Y/N)
<p>March 2018</p>	<p>Christchurch hosted a "Plenty to Share" dinner at the Social Enterprise World Forum in Christchurch, where 80 delegates with a passion for food resilience came together in the only space dedicated to both social enterprise and</p>	<p>"Plenty to Share"</p>	<p>Sport Canterbury web site and social media</p>	

	<p>food during the forum.</p> <p>http://www.sportcanterbury.org.nz/newsarticle/56592</p> <p>Hillmorton High School has launched their water only policy with a day of activities promoted by the students themselves.</p> <p>http://www.sportcanterbury.org.nz/newsarticle/56588</p> <p>The re-established Canterbury Fijian Society has got their community moving through a range of physical activities and improved connections as a result.</p> <p>http://www.sportcanterbury.org.nz/newsarticle/58920</p>	<p>Canterbury Fijian Society Makes Physical Activity a Priority</p>	<p>Sport Canterbury web site and social media</p> <p>Sport Canterbury web site and social media</p>	
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	<p>The Tongan SDA Garden City Fellowship congregation are right behind an initiative to create their own backyard vegetable gardens with the results set to benefit the entire community.</p> <p>http://www.sportcanterbury.org.nz/newsarticle/56598</p>	<p>Garden Gospel</p>	<p>Sport Canterbury web site and social media</p>	
	<p>The inaugural Tutupu Awards celebrated twenty champions of Pacific health.</p> <p>http://www.sportcanterbury.org.nz/newsarticle/60062</p>	<p>Inaugural Awards Celebrate Pacific Health Champions</p>	<p>Sport Canterbury web site and social media</p>	
	<p>The Pacific community is saying no to fizzy, in a deliberate move to improve health and wellbeing.</p> <p>http://www.sportcanterbury.org.nz/newsarticle/60263</p>	<p>Pacific Community Says No to Fizzy</p>	<p>Sport Canterbury web site and social media</p>	

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	<p>Conversations around workplace wellbeing are gathering steam in Christchurch, thanks to the work being done and connections being made by Healthy Families Christchurch.</p> <p>http://www.sportcanterbury.org.nz/newsarticle/62783</p>	<p>Good for Work, Better for Business</p>	<p>Sport Canterbury web site and social media</p>	<p>https://www.neighbourly.co.nz/edition/christchurch-mail/29874</p>
	<p>Edible gardening champions with connections to more than 70 Canterbury early childhood centres and schools have teamed up to help address food security issues through a new initiative co-facilitated by Healthy Families Christchurch.</p> <p>http://www.sportcanterbury.org.nz/newsarticle/61913</p>	<p>Gardening Goal Set for Schools</p>	<p>Sport Canterbury web site and social media</p>	

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	<p>Schools across Christchurch understand that supporting students' wellbeing will produce better learners – and more motivated teachers.</p> <p>http://www.sportcanterbury.org.nz/newsarticle/62760</p> <p>Canterbury churches have joined schools and sports clubs as another environment where messages around wellbeing can change the future for their followers.</p> <p>http://www.sportcanterbury.org.nz/newsarticle/63357</p>	<p>Changing Lifelong Learning...One Bite at a Time</p> <p>Changing the Future for Their Followers</p>	<p>Sport Canterbury web site and social media</p> <p>Sport Canterbury web site and social media</p>	
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iii. Interviews undertaken

Please outline the media interviews undertaken by Healthy Families [location name] in this reporting period.

No interviews undertaken this period.

iv. Social Media

Please outline the use of social media by Healthy Families [location name] in this reporting period.

Including key statistics where appropriate, e.g.: from Facebook, Twitter, etc.

Over this reporting period, our social media strategy has extended to position Healthy Families Christchurch in the wider community and reinforce positive stakeholder relationships.

We actively follow and engage with our community partners (eg Food Resilience Network) in their own space for the purpose of alignment and increasing the Healthy Families Christchurch profile on-line.

Our on-line strategy also focuses on leveraging the reach of Sport Canterbury, through www.sportcanterbury.org.nz and Sport Canterbury's facebook page. Sport Canterbury's key social media channel (facebook page) has 3,102 likes. We leverage our influence with this audience to promote messages related to Healthy Families Christchurch and create awareness around this brand.

Our internal communications programme helps secure Sport Canterbury staff buy-in, to encourage them to champion Healthy Families Christchurch messages, becoming an important part of our Healthy Families Christchurch on-line community,

Our Healthy Families Christchurch facebook page has an average one minute response time, showing the value we place on engagement and accountability to our stakeholders.

For the six-month period, our social media reach was 2,706, with the Tutupu Awards and 'Plenty to Share' Hui accounting for a great deal of interest.

v. Website

Please provide key statistics from Google Analytics for your website in this reporting period.

We have awaited confirmation of the continuity of the Healthy Families NZ approach before progressing a new website. In the interim, an online presence has been maintained through Healthy Families Christchurch newsfeed and page on the Sport Canterbury website. Website content for Healthy Families Christchurch received 428 page views for the six-month period to June 2018.

Social media connections between Sport Canterbury's Facebook pages and Healthy Families Christchurch stories / Facebook page have been made to leverage traffic.

Additional communications activity:

- A bi-monthly newsletter for our key stakeholders and local prevention partners is in design.
- We have contributed to the national communications newsletter and network of practice.

Overall assessment and reflections:

Please provide a brief narrative report on your overall assessment and reflections on the progress of Healthy Families [location name] in this reporting period.

- What have been the key successes?
- What have been the key learnings in this reporting period?

Key Successes:

- Commencement of formation of a Pasifika Church Leaders 'body' comprising leaders from 11 denominations and across five ethnic groups to enable collective movement towards improved Pasifika Community wellbeing and assist agencies in leveraging the church's leadership across Pasifika communities.
- Pasifika women have been enabled and empowered to take the lead in making changes to community practices to improve wellbeing.
- Emergence of social enterprise leveraging church-led systems change at community level to address income poverty in the Pasifika community.
- Influenced Polyfest 2018 to be a pro-water / Fizz free event. The event was attended by over 8,000 people; including the families of the approximately 2,000 Pasifika secondary students participating and the wider community.
- Plenty to Share workshop focusing on school linked organisations to identify gaps and opportunities to strengthen food literacy in schools. This was attended by a total of 20 key stakeholders with reach across 50 ECEs and 70 primary and secondary settings (impacting over 12,000 students). One of the outcomes of this workshop was the co-facilitation of professional development for school champions by three organisations that have never worked together before. These Gardening School Huis have had an accumulated reach of over 50 local champions from over 40 schools and ECEs in the last three years.

Key Learnings:

- Change is showing to be most sustainable where it is activated at both community and strategic level and in an aligned / mutually supportive way.
- Service-based focus/contracts can prevent organisations from having an openness to innovative practices and systems change.
- There is further opportunity to leverage the work and leadership of other Healthy Families NZ sites (not only their workforce but members of their local movement)
- Sustainable change in Pasifika environments requires empowering women and enabling them to adapt, learn and reflect.
- Influence requires strong relationships, understanding of engagement and courage and skills to have crucial conversations.
- Having a well-trained and professional Pacific workforce has enabled doors to be opened for relationship building, influence and collective action.
- An appropriate workforce and leadership at the highest levels is necessary to enable strong connections and potential collaboration with Māori stakeholders; reflecting the equity principal.

Please provide two brief examples of significant changes that have occurred as a result of Healthy Families NZ in your location, during this reporting period.

- See Appendix A and B

Please email your report to the Performance Monitoring Team:
Performance_Reporting@moh.govt.nz, and copy to holly_novis@moh.govt.nz

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Appendix A

Pasifika Church Leaders Stand Together for Change

A case study from Healthy Families Christchurch



Summary	
	Provide a 1-2 sentence summary of your case study, focusing on lessons learned, systems action/change or outcomes.
Initiative	The Pasifika community has one of the highest rates of preventable chronic diseases. Through extensive consultation with church leaders, it became apparent that different Pasifika church denominations have been working in isolation. Through further consultations with church leaders, it was identified that they would like to work together to start creating the conditions and capacity for change in the Pasifika community.
Aim	Establish a Pasifika church network with a diverse coalition of leaders creating change, enabling a new wellbeing movement across the faith sector and serving as a voice for the community

Rationale	<p>Lifestyles in the Pacific Islands represent a dramatic contrast with New Zealand lifestyles. Health and wellbeing become secondary, as priorities are housing and food on the table, irrespective of whether it is healthy or not. Eighty percent of Pasifika peoples belong to a church, and it is ideal to work directly with the churches. Encouraging the Pastors to use their spheres of influence on their own church communities, and supporting them in this process, is vital.</p> <p>By engaging with pastors through crucial conversations, it was apparent that they wanted to see change, however significant challenges exist within the Pasifika faith community: different ethnicities, denominations, groups, structures etc. Given the appetite for change, this case study highlights the Healthy Families Christchurch role in bringing church leaders together using principles such as: Leadership, Collaboration for Collective Impact, Experimentation and Equity.</p>
Partnerships	Pegasus Health, Etu Pasifika, Community and Public Health, Active Canterbury, Sport Canterbury, Rural PHO, Tutupu Project Church health champions, Pasifika churches, Pasifika Pastors of non-Pasifika churches, Healthy Families Christchurch
Links to local policy / initiatives	
Resources	Church champions and leadership, Healthy Families Christchurch workforce
Outcomes	<p>Working with the churches requires a lot of courage, and it takes time to build relationships and trust. The relationships represent three years of dedication; the work will continue, especially to take the initiatives to another level. From the collaboration, through the help of Healthy Families Christchurch, Pasifika churches have:</p> <ul style="list-style-type: none"> - Identified their own champions who were trained on health and wellbeing information, thus building their capability to share information with their church; - Participated in events organised by stakeholders, where Pacific presence was lacking; - Empowered women's groups through actions to improve their health and wellbeing; - Established vegetable gardens, giving them access to affordable healthy vegetables; - Provided leadership to young people by building their confidence through mentoring; - Organised the first Saturday Fair market catering for Pasifika community; - Connected with each other, ensuring regional church bodies are consulted on local events; - Engaged Pasifika Pastors who lead non-Pasifika churches for collective impact; - Taken steps to role model action through physical activities in gyms, walks, events; - Adopted policies on nutrition, pro-water and smoking cessation in church events; - Agreed to form a Pasifika church body comprising of different denominations and ethnicities <p>The formation of the new body would enable collective movement toward improved Pasifika Community wellbeing and assist agencies in leveraging the church's leadership across Pasifika communities. The body will act as an information channel and be a voice for the community.</p>

Context / introduction

Include a clear statement indicating how this case study demonstrates a systems approach to strengthening the prevention system.

Remember - your audience won't necessarily have the same understanding of systems and will be relying on you to outline why this approach is different from 'business as usual'. It may help to draw on the literature, Principles or Building Blocks of a Strong Prevention System.

Given that the Pasifika community comprises many different ethnicities, it was appropriate to target church denominations, because within each ethnic group, people belong to different churches. This targeted approach enables the work on strengthening the prevention system to have a wider reach. Another effective strategy involved engaging church leaders, to provide an opportunity for them to use their spheres of influence on their

members. Pastors have a powerful stronghold on their members, and in Canterbury, close to 70% of Pasifika people belong to a church. Leadership of pastors who can disrupt “business as usual” is vital, and within the churches some vibrant, young leaders are keen to step or think outside the box and experiment.

The establishment of a network of practice through the Pasifika church body is about acting collectively for mutual support, experimentation, and creating a new wellbeing movement across the faith sector. By sharing, profiling their stories and having a strong voice for the community, the churches are informing and listening to the community, and equipping themselves with knowledge, thereby strengthening the prevention system.

Objectives

There are a number of ways of thinking about the objectives:

- If you are looking at a case study of an initiative undertaken in your location, use this section to outline the specific objectives of the initiative, focusing on how these are intended to create change in the prevention system / sub-system (bullet points sufficient).
- Empowering community leadership for mutual support and replication of actions in different denominations, ethnicities, and communities.
- Creating a new wellbeing movement across the faith sector, ensuring a strong voice for the community.
- Recognising the new Pasifika body as the network for stakeholders/enablers to communicate with.

Telling the story

This section will need some thought as one-size-fits-all structure is unlikely to work for telling the story of all initiatives. If you are clear about the story you need to tell, then it will be easier to choose an appropriate structure.

- What is your story of systems action or systems change?
- What is it about your case study that makes it different from ‘business as usual’?

Focusing on activities or actions undertaken can be a good way of framing your case study. Or you could think about framing your story on objectives or lessons learned, focusing on one or more Principles or the Building Blocks of a Strong Prevention System.

What you choose to include in this section will depend on your story. Consider some of the following:

- Principles of Healthy Families NZ: Implementation at Scale, Adaptation, Collaboration for Collective Impact, Experimentation, Leadership, Equity, Line-of-sight
- Building Blocks of a Strong Prevention System: workforce, relationships, knowledge, resources and leadership - how have these been utilised?
- Linkages: How does this work link to other work underway in your area?
- People and organisations: Who was involved? How and why were they involved? How was leadership activated? How were relationships or collaborations important to the success of your story?
- Implementation - What did you do? What was involved in establishing this initiative? What resources were needed? How did you identify where to intervene in the system? What did you change or modify to improve impact? How did you adapt the initiative over time in response to changing needs, unexpected outcomes, or reflective practice?
- Evidence - What evidence informed the initiative / action? (system mapping, data, evidence reviews, research articles, community insight gathering etc)

Think about your audiences. Some may require a lot of technical detail. For others, short and sharp is more accessible. Keep your case study to two or three pages if possible, and break up text with photos, graphics and quotes to make it easier to read.

If the conditions and capacity for change in the Pasifika community are to be created, Church is the setting to target.

One out of 10 Pasifika adults is diagnosed with Type 2 diabetes; one out of every three children is obese. For alarming records such as these to be reversed, church is the conduit to use. Religion is Pasifika identity, and 80% of this community in NZ belongs to a church.

Healthy Families Christchurch has managed to work with the Pasifika community through churches and specifically focused on **building relationships and trust**, which has taken time, patience and perseverance.

We emphasise the value of perseverance in the sense that there were, and still are, significant challenges. The Pasifika community is not represented by one single ethnic group. It is comprised of many different ethnicities. Adding to this complexity, there are different denominations and church alignment structures; then there are hierarchical groups within this diverse community, which are conservative in terms of generation, mainstream churches, those who were born in New Zealand vs coming from the Islands, etc. As can be seen from the above, politics is rife in church and in the community, so for system action or system change to take place in the community is about holding crucial conversations and listening. It is important because if health and wellbeing equity is to be attained for the Pasifika community, relationship-building with church leaders is vital.

A strategy used by Healthy Families Christchurch was to have one-on-one conversations with church leaders to listen and understand their work, aspirations, and why they could not work together. From these discussions, it became evident that most were working in isolation. They were challenged on what would it look like if all different groups, denominations and ethnicities worked together. They agreed on the vision but were not sure who would facilitate the process, and Healthy Families Christchurch took the opportunity to do this.

Healthy Families Christchurch facilitated gatherings, convened meetings, connected leaders, and challenged leaders - using humour! - to use their leadership on their spheres of influence on the important role vested in them. Healthy Families Christchurch also connected with regional church bodies to seek their support and blessings in influencing their local churches.

The church leaders were reminded, and they agreed, that joining forces would ensure implementation at scale and collaboration for collective impact, which would contribute to the goal of a thriving and flourishing Pasifika community.

Impacts and outcomes

Describe what has been achieved that has led or will lead to a change in the prevention system. Were there unexpected outcomes?

Remember

- To consider why your story demonstrates a change from 'business as usual'
- To provide the context to describe how the outputs support systems change
- Your audiences are relying on **you** to make the connection to systems change clear for them
- Numbers and percentages can be a powerful tool in communicating outcomes, but they often need some explanation – e.g. eight schools don't sound like much, but if that is 100% of schools in your area you are demonstrating scale.

Your case study may also be used to share what didn't work. What were you aiming for but didn't reach, and why?

The breakthrough work that Healthy Families Christchurch has commenced in the Pasifika community has seen churches participate in organised events, sports and physical activities, promoting collective action. We have seen increased use of Council facilities, and women's groups becoming active, with a strong presence and voice, as well as health and wellbeing topics becoming part of conversations in church, etc.

In May 2018, as an outcome of conversations with churches, Healthy Families Christchurch connected church leaders, created space and facilitated a Fono, where, for the first time ever, 11 denominations from five different ethnicities came together to profile stories of change, with a vision of enabling change at greater scale in the wider Pasifika community.

A further outcome from this Fono was an agreement to form a collective Pasifika church body, with the purpose to serve as a channel of communication internally and externally, providing mutual support, network of practice, collective impact, learning and experimentation - creating a new wellbeing movement across the faith sector and a powerful voice for the community. They have had two post-fono meetings already, looking at how they can strengthen and complement spirituality with physical, social and mental health issues, through initiatives and experimentation to improve the health and wellbeing of their communities.

In a very recent Pastors' meeting of an ethnic community within the Pasifika community, Pastors of different denominations agreed to come together to support the formation of the Canterbury Pasifika Church Network.

Lessons Learned

What have you learnt from this experience / case study and what could this mean for future directions and practice for your Healthy Families NZ location - What are your next steps?

You may want to expand on challenges or barriers identified and how you might tackle them

Include any contact details or weblinks for more detailed information.

- Building relationships and trust take time;
- A neutral person working with the church leaders is essential;
- Meeting face to face, having crucial conversations, investing time, building credits, and being courageous in holding conversations on sensitive issues with humour works;
- A huge appetite is there for building it up to greater scale once understanding is sought;
- Conservatives can be gate keepers, and there are many pastors who are keen to drive change provided they are given the right support;
- Some leaders are living with chronic diseases and are not comfortable to address issues due to stigma.

Plenty to Share: Addressing Food Security in Schools

A case study from Healthy Families Christchurch



Summary	
	Provide a 1-2 sentence summary of your case study, focusing on lessons learned, systems action/change or outcomes.
Initiative	School Food Literacy and Resilience
Aim	Enable the processes for each school in Christchurch to have a sustainable edible garden.

Rationale	Our food system has become disconnected from the real needs of people, the environment and the local economy. In New Zealand, 40% of households go hungry, skip meals or scrimp on ingredients ¹ . Christchurch has the vision to become the best edible garden city in the world. There is evidence that gardening at school, when integrated into the wider curriculum, may improve children and young people's access to, preference for, and consumption of vegetables and fruits ² .
Partnerships	Food Resilience Network
Links to local policy / initiatives	Christchurch City Council (CCC) Food Resilience Policy 2014 CCC Healthy Eating Draft June Plan 2017
Resources	Workforce, contributions in kind (of the value of \$3000) and \$150 of Action Budget
Outcomes	Regular professional development for school champions, Canterbury school gardens network of practice and resourcing for Christchurch-wide coordination.

Context / introduction

Include a clear statement indicating how this case study demonstrates a systems approach to strengthening the prevention system.

Remember - your audience won't necessarily have the same understanding of systems and will be relying on you to outline why this approach is different from 'business as usual'. It may help to draw on the literature, Principles or Building Blocks of a Strong Prevention System.

Our food system has become disconnected from the real needs of people, the environment and the local economy. In New Zealand, 40% of households go hungry, skip meals or scrimp on ingredients.

Now imagine Christchurch becoming the best edible garden city in the world - a place where seasonal fruit and veggies are readily accessible at no cost, just like tap water is. Every school in Christchurch would have a sustainable edible garden linked to the curriculum and owned by the students.

Healthy Families Christchurch is bringing community leadership together to enable this vision.

Objectives

There are a number of ways of thinking about the objectives:

- If you are looking at a case study of an initiative undertaken in your location, use this section to outline the specific objectives of the initiative, focusing on how these are intended to create change in the prevention system / sub-system (bullet points sufficient).

Enable the processes for each school in Christchurch to have a sustainable edible garden.

Telling the story

This section will need some thought as one-size-fits-all structure is unlikely to work for telling the story of all initiatives. If you are clear about the story you need to tell, then it will be easier to choose an appropriate structure.

- What is your story of systems action or systems change?
- What is it about your case study that makes it different from 'business as usual'?

Focusing on activities or actions undertaken can be a good way of framing your case study. Or you could think about framing your story on objectives or lessons learned, focusing on one or more Principles or the Building Blocks of a Strong Prevention System.

What you choose to include in this section will depend on your story. Consider some of the following:

- Principles of Healthy Families NZ: Implementation at Scale, Adaptation, Collaboration for Collective Impact, Experimentation, Leadership, Equity, Line-of-sight
- Building Blocks of a Strong Prevention System: workforce, relationships, knowledge, resources and leadership - how have these been utilised?
- Linkages: How does this work link to other work underway in your area?
- People and organisations: Who was involved? How and why were they involved? How was leadership activated? How were relationships or collaborations important to the success of your story?
- Implementation - What did you do? What was involved in establishing this initiative? What resources were needed? How did you identify where to intervene in the system? What did you change or modify to improve impact? How did you adapt the initiative over time in response to changing needs, unexpected outcomes, or reflective practice?
- Evidence - What evidence informed the initiative / action? (system mapping, data, evidence reviews, research articles, community insight gathering etc)

Think about your audiences. Some may require a lot of technical detail. For others, short and sharp is more accessible. Keep your case study to two or three pages if possible, and break up text with photos, graphics and quotes to make it easier to read.

In February 2018, for the first time, Healthy Families Christchurch brought together 20 key stakeholders who support food literacy in schools – Health Promoting Schools, Christchurch City Council, Canterbury Horticultural Society, Canterbury Community Gardens Association, Soil and Health, Kids' Edible Gardens, Garden to Table, The Veggie Garden Project; amongst others. We connected these key stakeholders with the Food Resilience Network (FRN), which is the established Food Policy Council³ for our region.

Over the contract, Healthy Families Christchurch has built trust and strong relationships with each individual stakeholder. So, the scene was ready for Healthy Families Christchurch to create the space to bring them together to galvanise a common vision: each school having a thriving and sustainable edible garden.

In this space, some of these stakeholders were inspired to finally move away from competition and fragmentation to mutual support and collaboration. They recognised that no one can achieve this vision alone.

With Healthy Families Christchurch coordination and support, the FRN and three very different programs joined forces to provide capability building to school garden champions. This professional development is known as the School Gardening Hui. Over the past three years, FRN and Healthy Families Christchurch have built capability for over 50 champions (principals, teachers, caretakers, whanau) and over 40 High Schools, Primary Schools and ECEs. This year financial support from our action budget was minimal – from \$1,000 before to only \$150 this year. The total cost, including contributions in kind for this PD, is approximately of \$3,000 – 4,000 NZD.

Healthy Families Christchurch has supported the strengthening of the Food Resilience Network in the school setting. They are now well connected to provide PD to schools at least twice a year. They are currently extending the hours and reach for their

Community Builder. That takes the need of having an allocated Community Activator for the food system as part of the Healthy Families Christchurch workforce.

The momentum for change is here, and we are confident that Phase 2 of Healthy Families Christchurch will make the strategic connections necessary to enable the vision and reality of every school having a thriving sustainable garden.

Impacts and outcomes

Describe what has been achieved that has led or will lead to a change in the prevention system. Were there unexpected outcomes?

Remember

- To consider why your story demonstrates a change from 'business as usual'
- To provide the context to describe how the outputs support systems change
- Your audiences are relying on **you** to make the connection to systems change clear for them
- Numbers and percentages can be a powerful tool in communicating outcomes, but they often need some explanation – e.g. eight schools don't sound like much, but if that is 100% of schools in your area you are demonstrating scale.

Your case study may also be used to share what didn't work. What were you aiming for but didn't reach, and why?

We are creating a food system that serves people and the environment by...

1. Growing communities of changemakers
 - o Twenty key stakeholders from the school setting connected to the FRN and their community of practice
 - o FRN expanding their workforce to focus specifically in the school setting, to achieve a sustainable and thriving school garden in each school in Christchurch.
2. Growing the ability of champions and organisations to lead change
 - o Over the last three years, in partnership with FRN, Healthy Families Christchurch has built the capability of over 50 champions (principals, teachers, caretakers, whanau) and over 40 High Schools, Primary Schools and ECEs). The Food Resilience Network offers professional development to school champions at least twice a year.

Lessons Learned

What have you learnt from this experience / case study and what could this mean for future directions and practice for your Healthy Families NZ location - What are your next steps?

You may want to expand on challenges or barriers identified and how you might tackle them

Include any contact details or weblinks for more detailed information.

Lessons Learnt

- To address change at the system level – there is need to activate leadership at different levels of the system, from grassroots to strategic. Creating tension/dichotomies between strategic and grassroots interventions in the food systems only paralyses progress. Both levels of intervention are needed, and both help create systems change.
- To bring community leadership together, spaces for networking and reflection are needed, as well as one-on-one ongoing conversations. Both approaches are extremely valuable, and more useful than one approach in isolation.
- Coordination at the community/neighbourhood level is essential to enable the vision of each school having a thriving and sustainable school garden.

Next Steps

- Connect Ministry of Education with the Food Resilience Network
- Support the growing of FRN workforce to focus on the school setting

- Connect Communities of Learning/Kahui Ako with the Food Resilience Network and coordination at the neighbourhood level
- Connect Pasifika churches with the Food Resilience Network

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Healthy Families Christchurch

Provider name: Sport Canterbury
 Provider number: 623524
 Contract number: 360176/00

Performance Monitoring Report
 1 June – 31 December 2018
 (due by 30 January 2019)

Report against contract outputs:

Output One: Leadership and Governance

1.1 Sport Canterbury will provide overall governance of the implementation of Healthy Families NZ in Christchurch.

You will establish the Christchurch Prevention Partnership Group comprising key community partners.

The CEO or equivalent of Sport Canterbury will lead the initiative by chairing the Prevention Partnership Governance Group. Participation on the Governance Group will include a delegate from the Ministry.

The CEOs (or equivalent) in partner organisations will be encouraged to champion the community prevention efforts in their spheres of influence.

You will, in principle, commit to work towards becoming a health promoting organisation (or note recognising existing health promoting organisational status).

You will ensure that communication between all partners with the [location name] Prevention Partnership Group, at all levels, will be enabled and encouraged regardless of organisational boundaries.

Please provide a short narrative report that includes:

- **An outline of the changes/ process of the Leadership Group membership review, please also include any other changes in membership during this reporting period.**
- *Include a profile of each new member, their key spheres of influence and rationale for them to be on the Leadership Group.*
- *An update on key achievements of your Prevention Partnership Group (not including the Leadership Group) in this reporting period, focusing on **relationships and communications with partners**. Please ensure you include all organisations listed under the 'Linkages' section of your service schedule. Please note that an in-depth update on activities and key strategies, and their status within your Implementation Roadmap should be included in Output Three: Implementation Road Map (below).*

- *An update on the progress [Lead Provider name] has made towards becoming a health promoting organisation.*
- *Examples of how each Strategic Leadership Group member has activated their spheres of influence to progress Healthy Families [location name], and examples of how members have applied their thought leadership to accelerate system change.*

Following the renewal of the Healthy Families Christchurch lead agency contract, Sport Canterbury took the opportunity to review the membership of the Strategic Leadership Group (SLG) during this period. This process was undertaken by the Chair of the SLG, who went through a review process with the previous group members, to allow members to evaluate their position and how they contribute to the advancement of Healthy Families Christchurch. The review process included asking each member a series of critical questions to ensure each member felt they added value to the group and could use their spheres of influence to further the group moving forward. On conclusion of the review two members left the group, John Price and Cheryl Doig. These positions have been filled by Leonie Fechny, a Partnerships Manager at Department of Conservation (DOC) and Dr Melanie Riwai-Couch, an education consultant for Evaluation Associates. The Strategic Leadership Group members are:

Name	Organisation
Julyan Falloon (Chair)	CE - Sport Canterbury
Holly Novis	Portfolio Manager – Healthy Families New Zealand, Ministry of Health
Tim Scandrett	Councillor for Spreydon-Cashmere Ward
Mark Tulia	Pasifika Education Coordinator - Ministry of Education
Leonie Fechny	Relationship Manager, Department of Conservation
Ann Brokenshire	Principal Hillmorton High School
Dr Melanie Riwai-Couch	Education Consultant, Evaluation Associates
Greg Hamilton	CDHB

Profiles of New Members:

Dr Melanie Riwai-Couch

Dr Melanie Riwai-Couch is a recently appointed education consultant for Evaluation Associates. She was formerly the Tumuaki (principal) of Te Kura Kaupapa Māori o Te Whānau Tahī, a year 1 - 13 Māori immersion school located in Christchurch. For term 4 of 2017 and Term 1 of 2018 Melanie was seconded to the Education Council | Matatū Aotearoa facilitating English and Māori medium workshops about Our Code Our Standards and Appraisal.

Melanie is an appointed member of the Ngārimu VC 28th Māori Battalion Scholarship Board and the Competence Authority of the Education Council | Matatū Aotearoa. In 2017 she was a judge for the Senior English section of the National Ngā Whakataetae Manu Kōrero speech competitions held in Taranaki.

Melanie has worked throughout many areas of the education sector in schools, kura, as well as for iwi (Te Rūnanga o Ngāi Tahu) and the Ministry of Education. For nine years she trained secondary school teachers at the Christchurch College of Education.

Melanie has a PhD in Education awarded by the University of Canterbury in 2015. Her doctoral research investigated iwi-school communities of practice and their contribution to Māori student achievement. Prior to her doctorate Melanie completed two Ed.D. papers in Education Leadership and Change through Griffith University. Along with this she also has a Master of Education with Distinction (University of Canterbury), a Bachelor of Education specialising in Physical Education and a Secondary Diploma of Teaching.

Recently retired from netball, Melanie now lives vicariously through her five children aged 8 – 17 who are active rugby players, netballers, gamers and gymnasts.

Leonie Fechney - Partnerships Manager – Department of Conservation

Leonie works as part of a national team to connect and engage more people in contributing and participating in national conservation priorities and conservation generally. Projects Leonie is currently involved with include: working with partners to emphasize the relationship between connecting with nature, mental health and wellbeing. This is a part of the Healthy Nature, Healthy People initiative, which focuses on engaging with urban audiences in terms of connection to conservation, empowering and enable others to take action in a range of ways.

Prior to this role, Leonie was the Partnership Manager for North Canterbury. In this role Leonie lead an innovative and energised team to grow conservation through working with others for the District (Rakaia River - Conway River to Arthur's Pass). Leonie's team covered a wide range of work including engaging with others through outreach and education. A particular focus was on the Christchurch city rebuild and connecting urban people to nature through a number of initiatives. Along with this there was a focus on working with others to collaboratively deliver on environmental education, this also included working to support community groups, continue innovative conservation work and working with our Treaty Partner - Ngai Tahu, and other partners such as fonterra, ECAN, CCC, District Councils and others.

Prevention Partnership

We continue to consolidate our relationships and grow the stakeholder network to prioritise accessibility of healthy choices and therefore health and wellbeing promoting environments. Christchurch operates in a very networked manner and our workforce participates in all major city strategic networks; including:

- Greater Christchurch Partnership
- Canterbury Government Leadership Group
- Canterbury Suicide Prevention Governance Committee
- Population Health and Access Service Level Alliance
- One Voice Te Reo Kotahi (Third Sector collaboration)
- Greater Christchurch Psychosocial Committee
- Canterbury Clinical Network (includes health, education and sport)
- Child and Youth Friendly Cities Ōtautahi (which includes youth sector networks)
- Canterbury Food Resilience Network
- Regeneration stakeholders (via other networks; Regenerate Christchurch, Ōtākaro, ChristchurchNZ, Christchurch Development Ltd.)
- Safer Christchurch
- Healthy Christchurch
- Active Canterbury
- Te Raranga Inter-faith network
- Smokefree Canterbury

- Workplace Wellbeing Community of Practice (Canterbury)
- Hoon Hay Network
- Regional Sports Organisations Chief Executives forum
- Canterbury West Coast Secondary School Principals Association and Kahui Ako
- CCC- Active Transport Manager
- Community and Public Health – All Right? Health Promoting Schools, Public Health manager
- Canterbury Clinical Network workstreams – Health and Education Steering Group
- Pegasus Health – Community Health Manager

Activities this period have focussed on strengthening relationships, identifying system gaps and opportunities for collaboration. New connections made in this period include:

- Department of Conservation
- Ministry of Social Development

Sport Canterbury as a Health Promoting Organisation

Sport Canterbury has strong health promoting policies and practices and continually seeks to identify ways to enhance this. Since July 2018, the Healthy Families Christchurch workforce has influenced and contributed to the success of internal innovations and initiatives to further develop Sport Canterbury's health promoting capacity; specifically:

- Continued representation by Healthy Families Christchurch within staff engagement and leadership groups: Health, Safety and Wellbeing, (HSW), Cultural Development, Social Committee, and staff-led cross-organisation work integration group "Culture Club".
- Taking on the role of wellbeing champion for the office.
- Coordinating membership to Healthy Food Guide for all staff.
- Reviewed the Sport Canterbury Wellbeing Framework
- Coordinated a Work Place give (as part of the 5 ways to wellbeing) initiative pre-Christmas, this included raising money for sports equipment and items for a Christmas hamper for the Christchurch Methodist Mission.

Output Two: Workforce and Learning

2.1 You will maintain the agreed workforce as outlined in the service schedule. Unless specifically agreed otherwise, positions are whole positions and are not split across organisations, functional areas, or people.

2.2 The agreed Healthy Families NZ workforce will:

- Participate in Healthy Families NZ national networking, events and professional development activities
- Be employed at or above the agreed minimum indicated benchmark levels of funding
- Work exclusively on Healthy Families NZ deliverables, towards Healthy Families NZ outputs and outcomes, unless otherwise agreed by the Ministry.

Please provide a short narrative report that includes :

- *An overview of the recruitment process for any new Healthy Families [location name] staff appointed in this reporting period, including start date and salary*
- *An overview of professional development activities each member of the workforce has engaged in during this reporting period, including those initiated by [Lead provider name]*

- A new Manager was appointed at the beginning of this period, and brings a wealth of experience to the team from his role as Sport Canterbury Physical Activity Manager.
- 2 new Systems Innovators (SI) have been appointed during this period. One SI started in September and the second was offered the role in November and start in January 2019.
- The Strategic Communications Manager (0.5 FTE) was appointed during this period. They will be responsible for telling the stories of impact for Healthy Families Christchurch and will also work across the whole of Sport Canterbury.
- The Healthy Families Christchurch Insights, Monitoring and Evaluation Advisor (0.5 FTE) is still pending, an offer to the preferred candidate has been made, looking to conclude early January 2019.
- The Play Systems Innovator role has been confirmed and will be advertised in January 2019.
- The Manager's activities this period have focused on:
 - Connecting individually with each member of the Strategic Leadership group.
 - Supporting communications workforce to develop stories acceptable to Healthy Families NZ.
 - Establishing relationships with key individuals identified through connections with SLG and from previous roles, to identify areas of opportunities to challenge systems and settings.
 - Continued recruitment for the Healthy Families Christchurch team, including shaping the Play System Innovator role.
 - Attending the Regional Sports Trust Cluster meeting with Healthy Families Invercargill and Healthy Families Waitakere in Auckland.
- The workforce has been working to identify key areas that will be their focus of work. To achieve this, they have:
 - Continued to establish and build relationships with key stakeholders.
 - Identified key areas of work to progress the road map for Healthy Families Christchurch.
 - A Systems Innovator attended the HealthyWork – the heart of a good business conference and workshops in Auckland and spent time with Healthy Families MMP.
 - The Strategic Communications Manager and Communication Advisor have established the Strategic Communication plan, collating and sharing stories. The Communications Manager has established a key contact with an editor at The Press, who will be interested in sharing the impact of the work of Healthy Families Christchurch.

Output Three: Implementation Road Map

Please provide

- *An update on achievements in this reporting period, focusing on key strategies, and their status within your Implementation Roadmap. Please note that an update on relationships*

and communications with partners should be included in Output One: Leadership and Governance (above)

- *An update on progress for the reporting period, and next steps as per the table below.*
- *A update on how Healthy Families [location name] has ensured that Māori participation and leadership has been achieved.*
- *How Healthy Families [location name] initiatives have prioritised groups at risk of chronic disease.*

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	Key Strategies identified	Update on progress for 1 July to 31 December 2018	Next Steps
Leadership	Participate in relevant existing local and regional networks of practice and initiate new networks of practice where gaps have been identified.	<ul style="list-style-type: none"> • The workforce is involved in several networks of practice and working groups: <ul style="list-style-type: none"> ○ National Workplace wellbeing cluster ○ RST Cluster for Healthy Families New Zealand ○ Managers Cluster for Healthy Families New Zealand ○ Pacific Cluster for Healthy Families New Zealand ○ Community of Practice for Event Managers in Christchurch ○ Christchurch Community of Practice for Workplace Wellbeing ○ One Voice – Community of practice for third sector ○ Canterbury Suicide Prevention Governance Committee ○ Population Health and Access Service Level Alliance ○ Canterbury Clinical Network Health and Education Steering Group ○ Canterbury Clinical Network Child and Youth Workstream ○ Smokefree Canterbury ○ Canterbury Governance Leadership Group. 	

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	<p>Identify opportunities for Lead Provider, Sport Canterbury, to initiate action within its spheres of influence e.g. through RST, sport and partner-related approaches, policies and plans</p>	<ul style="list-style-type: none"> • A new role has been created within the team, a Play System Innovator. This was following approval of underspend of Healthy Families Waitakere to be spent across the RST Cluster. The role will bring together Sport New Zealand and the Ministry of Health focusing on shaping play systems. This will enable future generations to continue to play, to develop key lifetime skills and lay foundations to be physically active. • In collaboration with CPH, CCC, and Sport Canterbury (SC), Healthy Families Christchurch shaped an alcohol management workshop for Regional Sport Organisation's (RSO's) and their affiliated clubs. The workshops focus on improving club education and attitude to alcohol in sports clubs, complying with law to reduce problematic drinking and increasing club sustainability by offering a safe, supportive environment for families. https://www.sportcanterbury.org.nz/newsarticle/70089?newsfeedId=620569 • Working with SC and CCC to influence and shape Ngā Puna Wai (NPW), the new multi-sport facility opened in this period. This will include: <ul style="list-style-type: none"> ○ Influencing food and alcohol policies ○ Advise on advertising for all codes, to ensure a healthy message is heard ○ Shape community space, including play hubs ○ Smoke free policy ○ Links to Hillmorton new Community Sports Hub 	<p>Recruitment for the Play Systems innovator role early in 2019.</p> <p>These workshops will continue in 2019, commencing with Canterbury Cricket, Christchurch Metro Cricket and Canterbury Country Cricket who have requested a series of workshops for affiliated clubs across Canterbury.</p> <p>Continue to engage with the Facilities Manager for NPW and Commercial Manager at SC in 2019, to advance conversations around policies and activating community spaces.</p>
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		<ul style="list-style-type: none"> • A connection was made with the Mana Ake initiative. The Mana Ake initiative focuses on mental health in primary schools and is funded by the MOH and only available in Canterbury. The Mana Ake leadership team are using a similar approach to the Healthy Families Christchurch to make a systemic change to provide a holistic approach to mental health in schools. Together they look to provide support and connections to the Mana Ake staff through: <ul style="list-style-type: none"> ○ Healthy Families Christchurch to be part of future inductions for new staff ○ Align messaging around wellbeing across systems to provide consistency where we live, learn, work and play ○ Through shown benefits of physical activity to mental wellbeing, include wider Sport Canterbury initiatives ○ Link to play and development of skills • Over this period, the workforce has spent time connecting internally across Sport Canterbury. There are now strong alignments to each team and real desire to work in a collaborative manner to make a real impact across communities. <p>Community Sport Team</p> <ul style="list-style-type: none"> ○ Shared alignment to play and the importance of play ○ Sport Club capability and insights around sport clubs ○ Connecting the Community Sport team to Christchurch Resettlement Services to develop Sport Start Play resource, aimed at encouraging CaLD (Culturally and Linguistically Diverse) families to play. 	<p>As the Mana Ake leadership team continue to build their workforce, the Healthy Families Christchurch team will continue to support with induction of new staff.</p> <p>Present a workshop on mental health and wellbeing to sports clubs via the club capability workshop. Work closely with the Community Sport Team to identify opportunities where resources can be fully utilised in community settings, including schools, sports clubs and marae's.</p>
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		<p>Events Team</p> <ul style="list-style-type: none"> ○ Shaping future events with healthy food policy ○ Utilisation of the hydration station for supporting water only events ○ Smoke and alcohol free ○ Participant focused ○ Collection of data from participants to help shape future events. <p>Physical Activity Team</p> <ul style="list-style-type: none"> ○ Aligning to work with Christchurch Resettlement Services to establish low level physical activity opportunities ○ Utilisation of Green Prescription alongside CCC Active Transport programme. 	<p>Support the events team shape future events to align to a health focus. Support future events to be water only, healthier food options and suitable for all populations. The events will also be used to gain insights to shape future events.</p>
Workforce	<p>Sharing and collaboration of resources, ideas, learning across local prevention workforces and the Healthy Families NZ workforce.</p>	<ul style="list-style-type: none"> ● As the workforce were all new to their respective positions during this period, they have connected with various Healthy Family sites. The manager has spent time with Healthy Families Invercargill, attended a national hui with other Managers, Chairs and Strategic Communication Managers, and spent time with Healthy Families Waitakere and Invercargill during an RST Cluster hui. The System Innovator has spent time with Healthy Families MMP while attending a Workplace Wellbeing conference in Auckland. 	<p>The Chair, Manager, System Innovator and Strategic Communications Manager will be attending a National Hui in February. The System Innovator will be attending a National Workplace Wellbeing Cluster in March.</p>

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<p>Partnerships and Engagement</p>	<p>Engage with local prevention workforce including local communications prevention workforce (CCC, CDHB, CPH, All Right? Healthy Christchurch) to identify opportunities for collaborative action, collective impact and provide communication support where relevant to local stakeholders.</p>	<ul style="list-style-type: none"> • Community Wellbeing - Connecting with Community Public Health, Pegasus health, and WellConnectedNZ research project on Social Prescribing. The aim is to influence and change the health system's primary referral pathway, providing an alternative to medicine such as prescribing social interaction with others, Social Prescribing or through the WellConnectedNZ research project. • Across the business sector, connecting with CCC, All Right? Arts Centre and Chamber of Commerce aiming to build a community of practice for workplace wellbeing. • Working in partnership with CDHB, CPH and Pegasus, creating a strategic group that will focus on shaping healthy environments for young people to prevent the onset of long-term conditions. • Through connections from the SLG, have established relationships with key staff at Department of Conservation. These links focus on activating outdoor spaces, play, education and community programmes. • Working closely with the Play Lead from Sport New Zealand to create key stakeholders for the new Play Systems Innovator role. • Work with CCC on their Active Transport Plan. Through supporting walk or wheels day to every school in Christchurch. Currently only advertised by council to schools that are enrolled, we want to ensure all schools know about it, sign up and support it. In addition, work with CCC on their Central City programme, through a list of businesses they have targeted to sign up. Need to look wider to ensure uptake is greater. • Connections have been made with University of Canterbury and Active Health to create a plan for workplace wellbeing in an education setting. 	<p>Continue to grow membership of the Community of Practice.</p> <p>Identify purpose of group and membership.</p> <p>Continue to link with DOC and their programmes.</p> <p>Continue to support this work and look for further opportunities for connection to enable a change of approaches to transport.</p>
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<p>Health Promoting Environments</p>	<p>Engage with CCC, CDHB, CPH and other key organisations to understand opportunities to collectively advocate for and embed health promoting practices and policies.</p>	<ul style="list-style-type: none"> • Addressing workplace wellbeing within Sport Canterbury. Looking at reshaping our own house to ensure that Sport Canterbury continues to be on the front foot as a health promoting environment. Starting points include: <ul style="list-style-type: none"> ○ Proposal to use the Te Whare Tapa Whā model for Sport Canterbury staff ○ Healthy Food Guide workplace wellbeing online platform ○ Created BUG (Bike User Group) for staff wishing to cycle to work to support active transport models ○ Greening the office – Creating more visual stimulus around green spaces and nature to improve the working environment ○ Supporting staff to sign up to the Aotearoa Bike challenge 2019. • Following the sign off from the SLG on the healthier events proposal from the previous period, work has been continued by Jason Pemberton, who was contracted to lead. Please see case study in Appendix A for further information. • The workforce has engaged with New Zealand’s Healthiest Schools Challenge. This is to look at modifying the challenge to take a holistic view to health and ensure the challenge leads to sustainable practices within the participating schools. 	<p>Work with both the Sport Canterbury Senior Leadership Team and the Health, Safety and Wellbeing Committee, to build a framework based on the Te Whare Tapa Whā model.</p> <p>This work will continue under the leadership of Jason Pemberton and one of the Systems Innovator.</p> <p>Continue to work closely with NZ’s Healthiest Schools Challenge to shape a local challenge in a collaborative approach with schools.</p>
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Research and Evaluation	Ongoing local level research and evaluation data collection undertaken.	<ul style="list-style-type: none">• To support the work of Jason Pemberton in the Healthier Events space, the Heller's Pegasus Fun Run was used to gather insights around shaping future Sport Canterbury events. There was a short questionnaire used for gathering data from participants and the results showed:<ul style="list-style-type: none">○ More than 80% want sustainable packaging practices○ 60% want a wider range of healthy food options sold by vendors○ Nearly 70% want a wider range of vendors offering more diverse food.	To continue to gather insights and data at future Sport Canterbury events, to provide information required to enhance future events. It will also help shape Jason Pemberton's work.
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Output Four: Programme Development and Evaluation

4.1 You will work collaboratively with other lead providers, the Ministry and its partners on the development and ongoing implementation of Healthy Families NZ.

You will ensure all positions in the Healthy Families NZ workforce actively contribute to and support the research and evaluation of Healthy Families NZ.

Please report on any connections with the Healthy Families NZ Massey University evaluation team and any other research organisations in this reporting period.

Please provide quality data (quantitative and qualitative) that highlights significant change in settings where people live, learn, work and play.

Please provide quality data (quantitative and qualitative) that highlights change in the current Healthy Families NZ focus areas which you have prioritised and enacted in your location.

Please report on one example of how the Healthy Families Christchurch evaluation plan has supported the Healthy Families Christchurch Strategic Leadership Group to accelerate system change.

Please provide one in-depth story per Healthy Families NZ focus area that has been prioritised and enacted in your location that highlights how the Healthy Families Christchurch team have embedded evaluative thinking into their practice.

Due to the new workforce taking time to embed in to new roles and new directions taken with Healthy Families Christchurch, there has been limited opportunities to engage with Massey University and have some outcomes where evaluation has been suitable.

There is one attached case study sharing the journey of one area of focus around Healthier Events. While this is yet to be completed, it shows the story so far over this period.

Case Study – Story Telling for Systems Change

Please provide two narrative/story of systems change for this reporting period.

*Please complete this section using the template provided in **Appendix A**.*

Media & Communications Engagement

Each Healthy Families NZ team has at least one dedicated communications role. It is a critical component of Healthy Families NZ to have strong relationships with media, other partners and stakeholders to share our stories of system change. Clear visibility and reporting of communications – including but not limited to press releases, interviews, published media articles, newsletters and other communication forms are very important contributions towards communicating how Healthy Families Christchurch is contributing to strengthening the local prevention system.

i. Please outline relationships with local media that you have built or strengthened in this reporting period.

Outlet	Name & role	Relationship outline	Outcomes
Stuff	Kamala Hayman, Editor, Stuff - Canterbury	Approached in November to establish strategic partnership between The Press and Sport Canterbury. Signed a Memorandum of Understanding in December.	Developed a level of trust and gained access to the wider team of reporters, and an understanding of opportunities ahead.
Stuff	Cate Broughton, Reporter	Approached in December to address recent coverage of the Healthy Families initiative across New Zealand.	Opened communication and accepted Cate's suggestion that positive stories can be told based on our team nominating champions in the community (for smokefree, pro-water etc) whose work we have supported and change we have enabled.
Stuff	Dominic Harris, Reporter	Met in December and followed up in January with regard to a long form piece that will examine the lives of post-quake Canterbury kids and influences on wellbeing.	Established the opportunity for Healthy Families Christchurch Chair to provide insights and commentary.
Stuff	Maddison Northcott, Reporter	Ongoing communication.	Coverage generated in relation to Regional Sports Trust leads.
Stuff	Joelle Daly, News Editor	Met in November.	Understanding the role Joelle plays in decision-making in the newsroom.
The Star	Barry Clarke, Editor	Long-term working relationship. Level of trust.	Engagement around alcohol management workshops bringing together sports clubs, influenced by Healthy Families Christchurch.
Health Promoting Schools Newsletter	Sarah Macfarlane, Health Promoting Schools Newsletter	Regular contact; pitching relevant angles.	Content published in January edition relating to the Regional Sports Trust.

ii. Please list press releases and other significant communications issued by Healthy Families Christchurch in this reporting period.
Please attach all issued communication to this report, copies of published articles in print media and provide weblinks to articles showcased on www.healthyfamilies.govt.nz and your Healthy Families Christchurch website.

Date Released	Subject of Release	Title of Release	Media Outlets/ channel	Resulted in articles/interviews/ follow up action? (Y/N)
DRAFT only	Across the Canterbury region, sports are highly motivated to support healthy choices in the club environment.	SPORTS SEEK A POINT OF DIFFERENCE		
DRAFT only	The sustainability of sports relies on changing club culture, and a workshop planned for Christchurch volunteers in May will help start this shift in mindset.	CHANGING SPORTS CLUB CULTURE		
DRAFT only	Sport Canterbury's Green Prescription service is helping break down the barriers to a healthy lifestyle for whanau who face challenges of time, money and resources.	CONNECTING COMMUNITIES		
October	Tennis Canterbury and Canterbury Rugby League are teaming up - taking a proactive	PREVENTION: THE NAME OF THE GAME	Christchurch Star	Yes

	approach to alcohol management.			
October	Canterbury events could set a New Zealand-wide benchmark, thanks to the unique approach of fun run organisers with a vision for healthier families.	CANTERBURY EVENTS ORGANISED WITH VISION	Sport Canterbury channels	
November	Access to a portable water tank at secondary school events provides an easy option for sports organisers and a healthy option for thirsty student athletes.	“NO FUSS, NO FIZZ” SCORES WITH SCHOOLS	Sport Canterbury channels	
December	A sports club in one of New Zealand’s fastest-growing districts is setting the pace both on and off the field.	CELEBRATING SPORTS CLUB CHOICES	Sport Canterbury channels	
October	According to Chief Executive Julyan Falloon, the Regional Sports Trust is growing its reach to reflect a new approach influencing the health and	KEEPING CANTABRIANS WELL: MORE THAN A GAME	Sport Canterbury channels	

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	happiness of communities across the Canterbury West Coast region.			
October	Over the next five years, a key focus for our Healthy Families Christchurch team is about building meaningful partnerships to maximise health promoting environments.	WHERE CONSERVATION MEETS WELLBEING	Sport Canterbury channels	
October	Adjusting to a new home has just become a bit easier for Christchurch's refugee and migrant community, as women can now access a weekly class designed to be "culturally sensitive, inclusive and inspiring."	CHRISTCHURCH WELCOME WARMS UP WITH ZUMBA	Sport Canterbury channels	

iii. Interviews undertaken

Christchurch Star – Dave Jeffrey, Manager, Healthy Families Christchurch

iv. Social Media

Please outline the use of social media by Healthy Families Christchurch in this reporting period. Including key statistics where appropriate, eg: from Facebook, Twitter, etc.

Over this period, we have focused our attention on the Healthy Families Christchurch facebook page. We believe there is potential to engage our stakeholders and the wider community with Instagram as well. However this period has been focused on developing our new communications team with the tools, confidence and strategies to generate compelling content.

Internally, we are also finding ways to improve communications within the team, to put us in the best position to capture stories as they unfold.

Key social media strategies include:

- Highlighting ways in which we are supporting champions for community-led change
- Capturing commentary from our partners to showcase these alliances
- Portraying alignment with events that extend our influence
- Showcasing families in the wider community who are champions for change
- Positioning Healthy Families Christchurch: "Christchurch aims to be the best garden city in the world, where people have access to healthy, affordable and locally grown food to support healthy and active lifestyles." Through our platform, we introduce local people who are part of this new garden city movement – giving our followers a face and voice to relate to.

v. Website

Please provide key statistics from Google Analytics for your website in this reporting period.

N/A

vi. [other media/ communication

Please provide key

Overall assessment and reflections:

Please provide a brief narrative report on your overall assessment and reflections on the progress of Healthy Families Christchurch in this reporting period.

- **What have been the key successes?**
- **What have been the key learnings in this reporting period?**

Key Successes:

This period has been one of rebuilding for the Healthy Families Christchurch team. A new manager, two system innovators (one will be starting in January) and strategic communications manager were appointed, with the insights, Monitoring and Evaluation role to be filled early next period. There was also the creation of a new role, the Play System Innovator, who will be appointed in the next period. One of the key successes has been internally to Sport Canterbury and the collaborative working approaches with all the teams. Externally there has been some key relationships established with stakeholders in a short space of time, with a limited team.

Key learnings:

The biggest learning from this period had been to keep the workforce focussed and have some clear outcomes and objectives. Over this period there has been time spent building and nurturing key relationships internally at Sport Canterbury and externally to allow the workforce to build a picture of areas of key focus. It's important that the team understands the strategic vision, where they can have an impact, and what this looks like.

Please provide two brief examples of significant changes that have occurred as a result of Healthy Families NZ in your location, during this reporting period.

- Following consultation with refugee background community members and their identification of cycling for transport and fitness as an area of need; Healthy Families Christchurch brought together Christchurch Refugee Services, Christchurch City Council and Red Cross to develop a strategy for supporting refugee background communities to access bikes and gain cycling confidence. Approaches identified include embedding a cycle safety programme within a community health programme delivered by refugee background health promoters as well as opportunities for expanding the Red Cross integration programme provided to all new former refugees (based on teams of volunteers supporting specific areas of integration into the community, e.g. education, housing). This also includes volunteers with specific skillsets and focus on physical activity (recreation, sport and active transport) as a pathway to preventing physical and mental illness. This group of council and refugee focused services had not previously been brought together but their value has been identified by all sides, other potential partners identified and a plan for developing these approaches has been established.
- Internal Sport Canterbury Child Health and Wellbeing group was initiated by Healthy Families Christchurch made up of representatives of all Sport Canterbury programmes (Community Sport, Active Families, Physical Activity, Healthy Families) to share information, encourage collaboration and support connection to stakeholders. Following a connection facilitated by Healthy Families Christchurch between Community Sport and Christchurch Refugee Services, this has resulted in the development of a play resource (based on the Sport Start Home model) for refugee background children. This will be developed with community health workers focusing on the importance of play and the provision of guidance and play materials for use by children and parents.

Please email your report to the Performance Monitoring Team:

Performance_Reporting@moh.govt.nz, and copy to amy_feng@moh.govt.nz

Appendix A

Template: Storytelling for Systems Change

A case study from Healthy Families Christchurch

Summary	
Initiative	Name: Healthier Events Location: Christchurch Date: August 2018 to present
Aim	Christchurch events, across the spectrum from large scale headliners to small community events, are sustainable, healthy and drive the local economy. Ensure the healthy choice is the easy choice, from healthier food choices to environmental sustainability, for event organisers, vendors and event participants.

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Rationale

Event managers struggle to recruit, brief, and coordinate suppliers and vendors for their events. It's these logistical difficulties that prevent organisers from implementing sustainability and health objectives, delivery becomes just too difficult. Technology can help provide part of the solution, gently guiding people towards the sorts of behaviours we want see without having to 'convince' or 'police' people's choices. Resistance to change, e.g. not wanting to make an event fizzy drink free, can be mitigated through reference to the data collected and communicated through the technology solution (marketplace concept).

Building Blocks	
Workforce	Connecting workforce with existing networks and supporting the growth and development of these in line with Healthy Families objectives.
Leadership	Identification, engagement and profiling of leadership at all levels from council, event organisers to food vendors.
Relationships	The Event Organisers Community of Practice has built upon relationships already fostered through the Christchurch City Council (CCC) Compostable Food Packaging trial.
Resources	Primarily focusing on the existing resources across members of the network. To get this work started \$30,000 was allocated from the Activation Budget under the previous Healthy Families Christchurch contract.
Knowledge & Data	Process involves leveraging off data and case studies to make 'good' practices standard through peer-peer mentoring.
Healthy Families Principles	
Implementation at Scale	Project revolves around the development of a database for event organisers and vendors that can be scaled up to a national level.
Collaboration for Collective Impact	Building on the success of the Compostable Food Packaging trial, collaboration has been a cornerstone of this initiative. The CCC events team and other partners have helped codesign a database that is close to being finalised, which focuses on collecting data around health and sustainable practices, aligning vendor licensing with healthier food options and sustainable packaging/waste management, and connecting event organisers with vendors whose health and sustainability credentials are easily understood.
Equity	Our focus has remained on low cost/free and high participation community events.
Adaptation	The database provides a platform that is easily adaptable and responsive to the needs of event managers and vendors.

	Experimentation	Sport Canterbury events provide a platform for testing and experimenting, as well as partner event organisers.
	Leadership	Christchurch event organisers have shown leadership in the health and environmental space, as shown by the the success of the CCC's leadership with initiation of the Compostable Food Packaging trial and the growth of events where boundaries are pushed, such as FESTA and Nostalgia Festival. Sport Canterbury is making change within its event space with an increased focus on community participation at key events such as the Run to Remember.
	Line of Sight.	From the outcome of application policy change at council and funder level to generate robust insights and proven strategies to revolutionise how \$588 million are currently invested in New Zealand events.
Partnerships	<ul style="list-style-type: none"> • Event managers and organisers across a range of events • Christchurch City Council • Sport Canterbury Events Team • Mobile vendors, such as food providers • Community groups and organisations <p>Interested parties have been brought together in a Community of Practice that has collaborated on the design of the database, with a view to involving those previously disengaged once the database is functional and the value of participating (the efficiency of connecting with vendors) is made clear.</p>	
Links to local policy / initiatives	This initiative aligns with movement within the CCC towards the development of a healthy food policy for events and recreation centres and can support the alignment of CCC vendor licensing with healthier food options and sustainable packaging/waste management.	
Resources	Healthy Families Christchurch has funded an external contractor through the Activation Budget to coordinate: The Community of Practice, gather insights and data to shape future events, manage the design, development and administration of the database in its initial phase. The Contractor will work closely with the Healthy Families Christchurch workforce to support the collection of case studies from event organisers and vendors.	
Outcomes	<p>During this period there has been some traction made across the events space, these include:</p> <ul style="list-style-type: none"> • Community of Practice – working closely with CCC events team, this is close to being finalised, looking at aligning vendor licenses with healthier food options and sustainable packaging • Standardising good practice – through continuing to evaluate and collect data at events, data driven decision making will shape future events and event managers will be able to peer mentor those wishing to make positive changes. • Building a marketplace concept – building a database to allow event managers to find suitable vendors for events. An identified barrier to healthier events is finding suitable vendors, so this database will be a tool for event managers. The challenge is to make it user friendly and relevant, saving event managers time and therefore becoming valuable and utilised widely. 	

Context / introduction

CONTEXT

Events can be a great way to champion healthy messages, from environment sustainability to water as the drink of choice, and to start discussions about the connection between people and their local food system.

Christchurch has an existing major events and conference base that is set to grow as part of the city's regeneration and Christchurch NZ's Major Events Strategy¹. Annually, major events produce an estimated \$588 million spend within New Zealand, and Christchurch has held 6 – 9% market share in the past four years². This represents a powerful opportunity to channel existing resources for healthier choices at scale. Also, public events represent an opportunity for tacit education and role modelling.

There is no single online platform of food vendors currently available that can be used to collect and compare event data (healthy food options, local food supply, waste management) that can be used by event managers to make decisions regarding their choice of vendors. Both event organisers and vendors see the opportunity to connect through an online platform as a valuable resource, were it to exist.

Objectives

- **Community of Practice** – establishment.
- **Standardising good practice** – though the collection and communication of event data and case studies.
- **Building a marketplace concept** – building a database to allow event managers to connect with vendors.

Telling the story

Healthy Families Christchurch has been investigating and proposing changes to the Christchurch event food procurement system, fostering innovation and the testing of new models that serve the population of Christchurch and the environment. The goal is that after a year of prototyping and evaluation, Healthy Families Christchurch will have identified scalable solutions that prove it possible to procure healthier and more sustainable events in Christchurch and New Zealand.

This entails a collaboration with committed major event organisers to trial several initiatives themselves that contribute to environmental sustainability, health, and local economic development. The intent is for event managers to undertake multiple trials at multiple events, and then share experiences, data, and lessons between and across events through face-to-face reflections every 3-4 months. This will include events organised by Sport Canterbury, where an initial evaluation was undertaken focusing on food quality, food choice and environmental impact was undertaken at the Hellers Pegasus Fun Run in October. As the lead agency of Healthy Families Christchurch, Sport Canterbury have made a commitment to ensure their

¹ <https://www.christchurchnz.org.nz/news/developing-a-major-events-strategy-for-christchurch/>

² <http://www.mbie.govt.nz/info-services/sectors-industries/tourism/tourism-research-data/convention-research-programme/document-image-library/Convention-Delegate-Survey-December-2016.pdf>

events will aim to be organised and delivered to align with the aim of being sustainable, healthy and will support the local economy, while achieving their primary target to get more people, more active, more often across Canterbury.

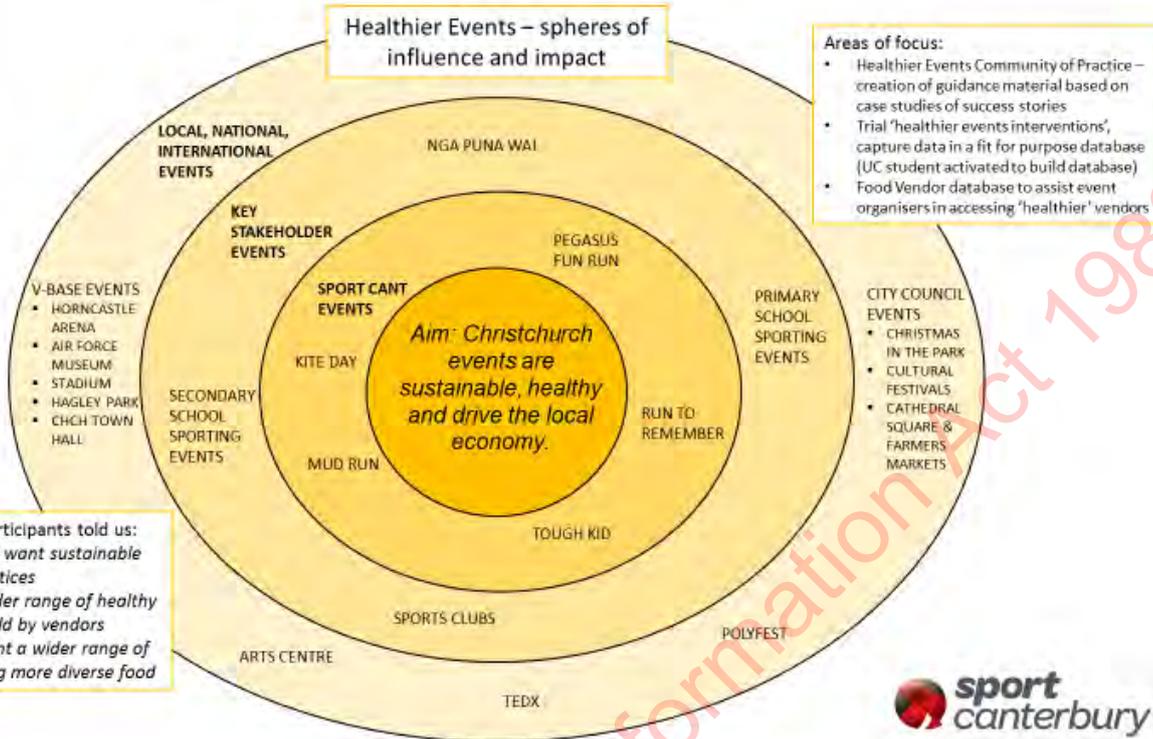


Hellers Pegasus Fun Run

As this piece of work is ongoing there are times when the direction may change as Healthy Families Christchurch aims to achieve its intended outcome. Following the initial work that was aiming to build a community of network for event managers and vendors, this piece of work aligned to similar piece of work being carried out by Christchurch City Council's Event team. So to ensure wider impact, a collaborative approach was taken to increase members to the new community of practice.

Impacts and outcomes

The Healthier Events work is still underway and will continue in to 2019, before a full measure of impact and outcomes can be identified. The diagram below shows where the work undertaken between July and December 2018 has begun to have an influence on local events. The diagram also highlights the areas of focus identified as the work has progressed and the results of data collected at a Sport Canterbury run event.



There has also been an agreement with Secondary Schools Canterbury, to work with all their partnered sporting codes to ensure all their events are water only events. This started with the Secondary School Sport National Championships.

<https://www.sportcanterbury.org.nz/newsarticle/70837?newsfeedId=620569>

Lessons Learned

Learnings:

- Event managers are busy and while they want to be environmentally responsible and provide healthy food options, connecting with vendors and suppliers that can enable this to happen is difficult and time consuming and can represent a barrier.
- Some event managers are leading the way in this space and have forged a pathway that others can learn from, peer-to-peer mentoring of those who want to learn, through the capturing of these case studies, is a possibility.
- There is often a disconnect between event managers and food vendors, communication and the logistics is a challenge to both parties.
- Data collected at Sport Canterbury events, as well as from food vendors and event managers, shows the community is asking for more healthy options.

Appendices