

Smokefree

Quarterly Update 1 July - 30 September 2023

Healthy Families NZ develops quarterly updates for each key focus area, providing a snapshot of mahi being carried out across our location teams.

Healthy Families Hutt Valley hosted, and was a part of, the Takiri Mai Te Ata Regional Stop Smoking Steering Group Hui. The team supported Wainuiomata's Bikes in Schools programme and supplied 'Smokefree means vapefree' drink bottles to the tamariki and whānau involved. Charlie Goodall, their Smokefree Systems Innovator hosted a brainstorming collaboration session with Vapefree Kids NZ, Vibe and Kokiri Marae to share ideas towards creating a 'Quit Vape' resource for rangatahi and schools. Finally, the team supported Vapefree Kids NZ with their delivery of submissions to the Minister of Health at Parliament.

Wai/Water

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Healthy Families Rotorua helped plant around 1,500 plants as part of the Waitawa Restoration Project. The team have also been in consistent communication with GNS Science regarding funding applications for further research and testing of water samples. Finally, a meeting with kaumātua provided an update on iwi plans for Waikawa. Waikawa, situated 200m from the shore of Lake Rotokawa, has contributed to the wellness of local iwi for many years. It has been described as a centre of wellness, with certain puna being particularly good for arthritis, boils, skin diseases, and aiding the healing of broken bones.