

Haere Mai and Welcome to this latest **Healthy Workplaces Update** for June 2018 ...

- **Men's Health**
- **All Right? downtime dice**
- **New 'flu information for workplaces**
- **Upcoming dates for your health calendar**
- **Ideas to share for being active and well in Christchurch**

June is Men's Health month



When our (work) mates seem down or in trouble, the easiest option is not to talk about it. We don't know what to say, or think we might say the wrong thing.

Not talking kills hundreds of men every year and it stops a lot of men from being as healthy as they could be.

Why focus on men's health at work?

Men's core identity is often closely linked with their job, so work and work relationships play a very important role in the lives of working men.

Research shows that men generally do much worse than women when it comes to health. Men often wait for a health problem to become serious before they seek out help and advice.

If men aren't well outside work, chances are they're not so well at work either. Mental and physical health issues may lead to safety risks at work.

Most men will benefit from some encouragement to look after themselves and to talk more about their health and

wellbeing issues. Bringing a health and wellbeing program to the workplace can make it easier for men to talk about their health and discuss issues that they may otherwise ignore.

If your workplace employs mostly men, you have an ideal place to raise awareness of specific men's health issues and to support your employees to improve their health and wellbeing. It's easy – just register your workplace <http://menshealthnz.org.nz/mens-health-month-workplace/>

Every week there's a different focus on a different aspect of Men's Health.

Have a look at <https://allright.org.nz/tools/wellbeing-work/bennys-barber-shop/> to see how one Christchurch workplace supports its men at work.

All Right?

Downtime is good time - Small breaks can make a big difference and sometimes we need a gentle reminder that it's ok to take a break. That's where Downtime Dice come in. The dice feature downtime activities proven to be beneficial for a person's wellbeing - they're simple, but they work!

Where to get your dice? - Downtime Dice are free in Canterbury (until we run out!). Check out <https://allright.org.nz/tools/downtime-dice/> to see where you can get yours - anyone can pick up a dice from one of fifteen local distribution points.

All Black mental skills coach on downtime For Christchurch-based All Blacks leadership manager and mental skills coach Gilbert Enoka, downtime plays a crucial role in his day. Read more downtime wisdom on <https://allright.org.nz/articles/all-blacks-mental-skills-coach-downtime/>



New 'flu information for workplaces



What a great turn out of subbies from **Leighs Construction** (who are building the new hospital) to get their flu vaccinations!

Nice to know everyone's doing their bit to stay flu-free this winter.

To help keep your employees flu-free and out of hospital this winter, check out this new website <https://flufree.co.nz/employers/>

It's packed with engaging content, useful facts and myth-busting, an interactive '*build a germ*' game for (big) kids, information about where you can get vaccinated, and resources to help organisations easily spread the Flu-Free message. Resources include downloadable posters, screensavers, social media tiles, information for newsletters and email signatures.

To support your employees, remember to ask them:

Have you had your flu shot?

If the answer's 'not yet' remind them to book in with their GP, or check the website for a list of pharmacies offering vaccinations this year.



Upcoming dates for your calendar

June - Pipiri

- 1 – 30** Men's Health month [#MenStartTalking](#) or [Men's Health NZ](#)
- 1 – 30** Junk Free June [Cancer Society](#)
- 5** World Environment Day - <http://worldenvironmentday.global/>
- 14** World Blood Donor Day [NZ Blood](#)
- 15** Matariki - <http://mch.govt.nz/nz-identityheritage/matariki>
- 17 – 23** Volunteer Awareness week www.volunteeringnz.org.nz

July – Hōngongoi

check out <http://wellplace.nz/event-calendar/> for ideas on how to stay well in winter

Ideas to share for being active and well in Christchurch

Remember to check out www.metroinfo.co.nz/journeyplanner/?Region=Christchurch&mode=full



to help plan your

trip to and from these events

DIY Dance, every Tuesday between 1 and 2pm, Room 4, Phillipstown Hub, 39 Nursery Road
Do a little lunchtime boogie - jive - bop! Check out <https://www.facebook.com/groups/DIYDance/>
Wear comfortable clothing. Gold coin or non-perishable food for the community pantry.

Hoop Dance Fundamental Class, 3 June, 3 – 5pm, Bromley Community Centre, 45 Bromley Road
Hoop beginners and pros of all ages are welcome to attend this community hoop class with Strawberry Fairy!
The 1st hour covers some fundamental movements, the 2nd hour will be free time flow jam. Hoops are available for you to borrow or bring your own. Koha entry. <https://www.facebook.com/events/171934236826379/>

Free Smokefree Support at Eastgate Shopping Centre, Tuesday 5 June in the foyer
Support and information about various Smokefree products. A referral to Te Hā Waitaha (Stop Smoking Canterbury) can be made. Please contact Lorraine.Young@cdhb.health.nz for more information.

Sport Canterbury is organising free classes for Men's Health Month, specifically for men who are 60+

Qigong Class, 5 June from 6.30 - 8.30pm, 19 Templetons Rd, Aidanfield
Qigong is a peaceful flowing movement practise, which could be described as a mixture between Tai Chi and Yoga. This exercise enhances body, mind and spirit. Socialise with free refreshments after class. To register sandyjisky@gmail.com or 03 260 1256

YMCA Lifefit Circuit Class, 11 June from 11am - 12pm, YMCA, 13a Bishopdale Court, Bishopdale
This circuit class involves intervals with weights and cardio stations to enhance strength and stamina. It is suitable for all fitness levels. Come and give it a go. Socialise with free refreshments after class. To register paul@ymcachch.org.nz or 03 359 8320

Outdoor Circuit Class, 12 June from 11am -12pm, Centennial Park, Lyttelton St, Somerfield

Small group personal training in the great outdoors. This class is focused on fitness, fun and friendship. Socialise with free refreshments after class. To register manuela@myfitlife.co.nz or 021 865 882

Seniors Circuit, 15 June from 10 - 11am, Physical Sense Gym & Physio, 300 Colombo St, Sydenham

Increase your mobility and strength while socialising with others. No need to register for this class.

Breast Screening Mobile Bus, from 11 to 15 June at Nga Hau E Wha Marae

It is a great chance for women in east Christchurch to have a screening mammogram without the hassle of travelling to the other side of town.

Call 0800 270 200 or 3655 287 to book or find out more information. First appointment starts on 8:45am and the last appointment is at 3:30pm.

Matariki in the Zone, 17 June, 11am - 2pm, Avebury House, 8 Evelyn Couzins Ave, Richmond.

Matariki is the Maori New Year to farewell the old and welcome in the new season. The highlight of harvest activities will be a shared feast with a traditional hangi by mana whenua and Richard Till's nourishing hot soups. Please drop off your garden or pantry goods for the meal into Avebury by 11am. Activities include Maori crafts, live music, children's amusements, blessing of the Native Edible Garden and completion of the Avon-Otakaro Network Stormwater Exemplar. Please register on www.aveburyhouse.co.nz

Solstice – Matariki Bike Ride, 21 June at 5pm

Meet inside the Armagh St gates in North Hagley Park June and make sure your bike's kitted out with lights for a magical bike night-time ride around Hagley Park. Everyone welcome!

Free Youth Dance Workshop, 23 June, from 10am – 3pm, Bromley Community Centre, 45 Bromley Rd Ravenhill Dance are a hip hop and contemporary dance duo from the UK who run fun physical workshops that use break dance, contemporary dance, spoken word and physical theatre to explore mental health and well-being. Anyone aged 13 years and over is welcome to attend for free. No dance experience needed. <https://www.facebook.com/events/196172071180677/> Spaces are limited so register today via bromleycentre@gmail.com or text 027 716 8476.



Want more information about the **Healthy Workplaces Update?**

Please contact **Ann Vanschevensteen** at Community & Public Health (a division of the Canterbury DHB) on **378 6781** or ann.vanschevensteen@cdhb.govt.nz