

# Haere Mai and Welcome to your **Healthy Workplaces Update** for July 2018 ...

Have you met the **Glitterbug**?

**It's a visual, interactive tool to help people understand the importance of hand hygiene.**

Participants apply a UV gel to their hands and then go to wash and dry their hands.

They then place their hands in the Glitterbug box and look through a small opening to see which parts of their hands they missed during hand washing.

If any part of the hand glows under the UV lights in the box, then this area is still dirty, so it's back to the sink!



## Why bother washing hands?

Infectious diseases can be transferred from one person to another and are a significant cause of lost productivity for a workplace. New Zealanders are most likely to be absent from work because of illness or injury *unrelated to the workplace* (Wellness in Workplace Survey Report 2015).

By not washing hands properly, infectious diseases (such as the common cold and the flu) and food-related illnesses (such as Salmonella, E.coli and Campylobacter) can be easily passed on.

So, promoting good workplace hand hygiene is one (\*) of the best ways to keep your employees healthy over the winter months (\* immunisation is another). Check out <https://www.health.govt.nz/your-health/healthy-living/good-hygiene/hand-washing> for information about when to wash your hands.



Some workplaces have taken the challenge, with great results. Have a look at Fulton Hogan's Hand Hygiene Challenge <http://www.workwell.health.nz/vdb/document/1773>

**Interested in running a Glitterbug Challenge at your workplace?**

Book the resource **free of charge**, from Community and Public Health.  
Call Ann on (03) 378 6781.

## Fruit and Vege in winter

During winter, it may be more difficult for your employees to afford a healthy variety of fruit and vegetables. Given that an average adult will spend 1/3 of their life at work and consume about 1/3 of their daily food during work hours, workplaces can help staff eat well and stay well over the winter months by promoting (access to) healthy food.



Do you know about the

Interested buyers (your employees) contact the AFVG on <https://affordablefruitvegegroup.wordpress.com/> and it's **free to join!**

**How does it work?** Buyers pay a week ahead for a week's selection of fresh fruit and vege (\$6 for a half pack or \$12 for a whole pack). The AFVG buys wholesale fruit and vegetables, their volunteers pack the produce and then buyers pick it up from their closest distribution centre. Easy recipes can be found on their website too, or on [www.cph.co.nz](http://www.cph.co.nz)

## Warmer Kiwi Homes

For any of your employees who are having difficulty keeping their homes warm over winter, the new **Warmer Kiwi Homes programme** may be helpful:

From 1 July 2018, those who are on low incomes (\*) who own and live in their homes (not landlords) are eligible for grants covering two thirds of the cost of ceiling and underfloor insulation, as well as ground vapour barriers.



(\*) *have a Community Services Card, or live in a New Zealand Deprivation Index decile 9 or 10 area, or families referred through the Ministry of Health's Healthy Homes Initiative.*

For more information about Warmer Kiwi Homes, have a look at <https://www.energywise.govt.nz/funding-and-support/funding-for-insulation/warmer-kiwi-homes/>

In **Canterbury**, the providers are:

-  **Community Energy Action** 0800 GET WARM (0800 438 9276) or [info@cea.co.nz](mailto:info@cea.co.nz) This service includes the [CEA Curtain Bank](#).
-  **Energy Smart** 0800 777 111 - [christchurch@energysmart.co.nz](mailto:christchurch@energysmart.co.nz) - [timaru@energysmart.co.nz](mailto:timaru@energysmart.co.nz)
-  **Kensair** 0508 197 197 or [communications@kensair.co.nz](mailto:communications@kensair.co.nz)
-  **Smart Energy Solutions** 0800 888 766 or [info@smartenergysolutions.co.nz](mailto:info@smartenergysolutions.co.nz)

# Upcoming dates for your calendar

## July – Hōngongoi

**1 – 31** Women's Refuge Awareness Month [www.womensrefuge.org.nz](http://www.womensrefuge.org.nz)

**28** World Hepatitis Awareness Day  
<https://www.hepatitisfoundation.org.nz/news/world-hepatitis-day-friday-july-28/>

## August – Hereturikōkā

**1 – 7** World Breastfeeding Week and The Big Latch On  
[www.womenshealth.org.nz/programmes/breastfeeding-activities/big-latch-on/](http://www.womenshealth.org.nz/programmes/breastfeeding-activities/big-latch-on/)

**24** Cancer Society 'Daffodil Day' [www.daffodilday.org.nz](http://www.daffodilday.org.nz)

Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

Be Active is an eight-week programme for people wanting to increase their level of activity and have fun along the way.

 **sport**  
canterbury

**BE ACTIVE**  
Term 3 2018



### **Bishopdale**

Bishopdale YMCA  
13a Bishopdale Court, Bishopdale  
Thursday 1.30pm – 3pm  
Starting 26 July

### **Mairehau**

C3 Church  
269 Hills Road, Mairehau  
Tuesday 1pm – 2.30pm  
Starting 24 July

### **Spreydon**

South West Baptist Church  
244 Lyttelton Street, Spreydon  
Tuesday 6.15pm – 7.15pm  
Starting 24 July

For more information and to register please contact:

Anna Wilson  
P 03 373 5045

E [anna.wilson@sportcanterbury.org.nz](mailto:anna.wilson@sportcanterbury.org.nz)  
[www.sportcanterbury.org.nz](http://www.sportcanterbury.org.nz)

Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, e.g. circuit, badminton, Tai Chi and Zumba. Discuss ways of maintaining a healthy lifestyle, and enjoy the support of others in the group. Cost is \$3 per session.