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Issue 121

When Pride Goes Before a Fall — A Personal Account

A note from NPiS programme manager, Teresa Gordon.

On February 23rd my world turned upside down. I'd had a busy day and pulled up to my children's school to pick them up from cricket practice. The normal school entrance to the sports grounds were closed for construction but I was in a rush... I made a decision to take a quick short cut through a forest area to the sports ground and paid the price by rolling my ankle on a unseen log and hearing my ankle snap.

Many people have shrugged their shoulders in the weeks since saying "accidents happen" but this is rarely the case. In my case I was rushing, which led to poor decision making. I had also suffered an ankle sprain several months earlier for which I had ducked out on fully completing physiotherapy (because I was too busy!). That meant I hadn't done all the work to regain my balance (proprioception) that was lost in that first injury.



So instead of saying "accidents happen" I would say I was "an accident waiting to happen". The personal impact of a fractured ankle in a household with young children has been massive.

A huge thanks to my husband and friends who have really stepped up to help out. The impact of the injury on sole-employee organisation has been huge. Some work just didn't get done, hence the

cancellation of a number of meetings and newsletters. My ACC case manager has been very helpful and my trust board have most understanding

Thanks for your understanding everyone. I am now back at work and rearing to go! And I promise to finish all my physiotherapy appointments this time. There may even be a video produced of my efforts – watch this space!

Waitara says "It's Not Okay" with Champions Stepping Up



Taranaki Safe Families Trust has been working with the Waitara community and the national It's Not OK team on the Waitara Champions Campaign, a campaign aimed at raising awareness and preventing family violence in Waitara. Local champions have been selected from the community and trained to recognise and respond to family violence.

Our Champions recently attended a 'champions evening' organised by Taranaki Safe Families Trust where they were visited by Colin Gardiner, a well-known champion from the Te Puke and Papamoa Champions Campaigns. The evening aimed at inspiring our champions to get out in their community and take pride in spreading the message that family violence is not okay in Waitara, but it is ok to get help.

What's Happening Out There

- Midland Trauma System welcomes delegates to register for the Midland Trauma Symposium, 25 May 2017 (pre symposium workshop 24 May 2017), Hamilton. Click [here](#) for more details.
- Attitudes towards Alcohol focus groups. If you are the parent or guardian of a 12-17 year old and you would like to help with research this month in exchange for a \$50 grocery voucher please contact Teresa Gordon at manager@npis.org.nz or 027 4860545
- What are you missing? Daylight Savings campaign encouraging pedestrians to wear bright and reflective clothing—throughout April. Watch out for your chance to win giveaways and chocolate.

Notes from Roadsafes Taranaki Coordinator - Marion Webby

Fatigued Driver Stops

Roadsafe Taranaki ran 15 fatigue stops over the summer with some early morning, evening and all day stops trying to encourage drivers to take more breaks and stay fresh when driving to and from work or to and from the province. The last of the summer fatigue stops was held at Uruti Hall on Monday 6 February where both Opunake Dairy coffee cart and Kats gelato van provided drinks and gelato to weary travellers. The stop started at 10am and finished at 6pm and with Police taking the time to talk to travellers at the stop and other Police out the roads monitoring behaviour and speed.



Young Driver Training

The annual Roadsafes Taranaki Driving course was held in New Plymouth over the weekend of 4 & 5 March. Thanks to Jumpstart preschool for their venue and Sacred Heart Girls College for their grass fields the course attracted over 90 people with 74 aged between 16-25. Two local driving instructors Lance Munroe and Rodney Earp supported the young drivers answering the road safety questionnaire and instructors from NZ Advanced Driving delivered the practical component of the driving course. NPBHS SADD and Senior students erected and dismantled a 180 mtr long safety fence which was certainly appreciated as they made light work with around 40 Year 13 study students coming along on Monday morning to help load the fencing back onto pallets. The fence created a safety barrier between pedestrians using the Waiwahakaiho walkway and the young drivers using the Sacred Heart fields for cornering.



Sex Education in New Zealand - by Pornography?

Taranaki Safe Families recently hosted Australian researcher Maree Crabbe, who presented a workshop on the risks and realities related to young people's exposure to Pornography. Maree highlighted that pornography is now the most prominent sex educator for young people with the average age of exposure to pornography at 12.3 years of age.

The workshop covered the various messages that youth are receiving from pornography, messages such as 'consent isn't necessary for intimacy', 'unprotected sex is sexy', and 'violence towards your partner is pleasurable'. The workshop was well received by those in attendance.

For further information about the work of the Taranaki Safe Families Trust you can contact Katy Wilson at tsft@xtra.co.nz or 06 7591492 ext 5 or check out their Facebook page at www.facebook.com/taranakisafefamilies



Your local family violence collaborative

