

Living Streets Aotearoa



OCTOBER 2003 Footprint Newsletter

www.livingstreets.org.nz

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**We hope you will be able to join us at our
next meeting;**

Monday 20th October, 6pm

Wellington City Council Meeting Rm, Wakefield St, Wellington

Guest speaker: David Clelland will discuss the

Wellington City Council Open Spaces Tracks Strategy

The Open Spaces Access Network comprises the roads and tracks which provide access to and within, our parks, reserves and open spaces. Access and track management issues encompass a variety of physical scales, public and private lands, design and classification issues, social, recreational and environmental benefits and effects, and maintenance issues.

This document will be released for consultation shortly.

The Living Streets meeting will be a great opportunity to give some feedback;

- Which tracks should be upgraded or downgraded?
- Which areas should be wheelchair-friendly?
- Suggested signage improvements?
- New connector tracks... and more...

Issues referred to in

[http://www.wcc.govt.nz/council/committees/2003/pdf/
Built_and_Natural_Environment/1334_07.pdf](http://www.wcc.govt.nz/council/committees/2003/pdf/Built_and_Natural_Environment/1334_07.pdf)

Submissions on the Draft NZ Walking and Cycling Strategy close on the 19th December. A copy of the draft strategy can be found at www.transport.govt.nz

Wellington Consultation Workshop

21st November 10am-2:30pm, GWC Offices, 142 Wakefield St, Wellington.

For other regional workshops <http://www.transport.govt.nz/business/land/getting-there/workshops.shtml>

"Getting there - on foot, by cycle"

Celia Wade-Brown welcomes the long awaited Government draft strategy to increase walking and cycling in New Zealand transport. She says a particularly positive aspect is the focus on collaboration and co-ordination between sectors and across agencies.

"At last politicians are recognizing that walking is a key factor in how liveable our towns and cities are." More people walking will improve public safety, health and the independence of both children and the elderly. In Manukau, only 2.2% walk to work, in Wellington it's 13.5% - a lot better but far less than it is in some Scandinavian cities with worse weather.

Make sure you have your say - Submissions close on the 19th December. www.transport.govt.nz

For Your Interest - The full 'Quality of Life in New Zealand's Eight Largest Cities' report is available at www.bigcities.govt.nz.

WALK AWAY WITH LIFE - MARCH TO PARLIAMENT AND SUPPORT OSTEOPOROSIS AWARENESS WEEK

Date: Wednesday 22 October

Time: 11:45am-1:00pm

Where: Civic Square to Parliament

Why: This is the story of one Wellington woman with osteoporosis

- At 49 she had a full hysterectomy, reducing her oestrogen level; slowly her bones began to weaken.
- Six years later she fell over and hurt her neck - it wouldn't get better.
- In her late 50s she broke several ribs falling over a box.
- In her early 60s she broke several ribs when she turned suddenly
- Then she fell off a small ladder and broke her leg, fractured her sternum, cracked her collarbone, chipped an elbow and again broke four ribs.
- Her little finger snapped lifting a bag containing two litres of milk.
- She's shrunk over 5cm.

For her osteoporosis means not being able to run around with her grandchildren – she's the person sitting on the beach minding the shoes and socks instead of exploring the rock pools -that hurts. Finally she was diagnosed as having osteoporosis. Her bone density scan showed that she was at extreme risk of a serious fracture.

The good news is that with ongoing treatment her bone density has increased and she still lives a full active life – but very carefully.

In some ways she is lucky, she found out before she suffered a major traumatic fracture, which could have affected her mobility and independence. Is this going to happen to you?

Walk to Parliament highlights osteoporosis as being a women's issue and therefore a family issue. It also highlights exercise for prevention of osteoporosis.

This is a fundraising event – ask your friends and family to sponsor your participation, raise funds for Osteoporosis NZ Inc. to increase public awareness and improve access to both the diagnosis and treatment of this debilitating condition.

For more information contact Julia Gallagher , Executive Manager, Osteoporosis NZ Inc.

Phone: (04) 499 4862

Email: julia@bones.org.nz

International Walk to School Day

Wednesday 8th October



Last year, nearly 3 million walkers from 28 countries walked to school together - all hoping to create communities that are safe places to walk.

For more information visit the web-site; <http://www.iwalktoschool.org/>

In Wellington, Seatoun School, Normandale School and Titahi Bay school are launching their first WSB during this first week of term. Other schools that are taking part include;

Ngaio School, Island Bay School, Cashmere Ave, Discovery School, Westpark School, Wainuiomata School, Boulcott School, Johnsonville School, Miramar North School, Te Aro School, St Annes' School.

For more information on Walking School Buses contact Penny Tapper (04) 570 9022, penny.tapper@huttvalleydhsb.org.nz



COMING SOON: Weekday Walks

Living Streets Wellington obtained funding in 2002 from the former Hillary Commission to produce a brochure of central city walks. The brochure is aimed at local Wellington business people, as a resource of walks that could possibly be undertaken within a lunch hour. It is also hoped to compliment the Green Prescription program, by providing activity options for green prescription clients. They aim to be easy routes with attractive parks and less trafficked streets and provide an opportunity for 'un-interrupted walking.' Regional Public Health is supporting this initiative as an aid to promoting safe and pleasant physical environments for activity.

National Push Play Day - Friday 7th November



You've probably heard the message -that you will benefit in so many ways by being active for at least 30 minutes a day. On Friday November 7th you are invited to get off the couch and be active for 30 minutes as part of National Push Play Day.

There are many events being planned for the week 3rd-9th November. These events are being run by the push play partners of Sport Wellington region, the territorial local authorities with support from key health agencies. Come and join the fun!

For more information contact:

Veronica Thomson, Sport Wellington Region, (04) 920 4200

More People, More Active, More Often!

Lower Hutt Event: Lunchtime Stroll

Meet at Hutt Valley Hospital Clocktower Entrance, High Street, 12:30pm, for a 30minute walk

OR Hutt City Council Offices, Laings Road, at 12:30pm for a 20minute walk.

A marshalled course finishing at the Riddiford St gardens with snacks, refreshments, prizes and give-aways

Living Streets Aotearoa



www.livingstreets.org.nz

Membership Forms

Join us or renew— fees due from 1st April for 2003/04 financial year.

Please fill in the form below and return to :
The Treasurer, LivingStreets, P O Box 11-663 Wellington
or bring it along to the next meeting.

Very reasonable fees:- \$5 unwaged, \$10 waged, \$15 family or \$25 organisation.

WHY NOT PERSUADE A FRIEND TO JOIN TOO!

Please make your cheque payable to Living Streets Aotearoa

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Member name (please print)

Organisation (if applicable)

Member address:

Home phone: _____

Work phone: _____

E-mail: _____

Particular interests e.g. national lobbying, local crossings, road safety, recreational walking:
