

## Otara Health History 2005-2011

- **Physical activity and healthy eating programmes** – through its delivery on PHO health promotion contracts and gaining additional contracts from relevant funders, Otara Health implemented the following programmes:
  - Management and delivery of the Getting Started physical activity and healthy eating programme for adults
  - Management and delivery of the Active Families physical activity and healthy eating programme for children and their families in Otara and Manurewa
  - Support and resources for the Otara, Mangere and Glen Innes Healthy Kai programmes
  - Support and resources for the CM Active project and the Green Prescription community programmes in Mangere and Glen Innes
- **Oral health promotion** – Otara Health delivered an internally-funded pilot oral health promotion project in 2009. A partnership approach was taken with the community and with Otara kohanga reo. Otara Māori Forum contributed significantly to the development of the model of service development and delivery. Local Māori with strong connections in the community were recruited and trained to work with kohanga to educate tamariki and whānau on good oral health and to link tamariki into the School Dental Service. A positive evaluation of the pilot led to a 9-month contract being secured with Counties Manukau District Health Board for an identical approach which extended into Manurewa and included training kaimahi to deliver a sustainable oral health promoting environment in the kohanga setting.
- **Kaitohutohu Reducing Inequalities project** – since late 2009, Otara Health delivered the Kaitohutohu project. Referrals are sent to the service from PHOs & schools, community agencies, police and other providers of health and social services for high-needs clients and their families / whānau. Assessments are carried out for the primary client and for the wider whānau and goals are set in partnership with whānau, using strengths-based approaches. A wide range of health issues are addressed through the service and linkages are made back into essential services such as primary care, education, Well Child, income support, employment, and mental health, to name a few.
- **Neighbourhood Support Co-ordination** – through grants provided by the Manukau City Council during 2009 to 2011, Otara Health had a lead role in setting up and co-ordinating neighbourhood support groups in and around Otara. Over 30 groups have been established as a result of the project, with increased residential involvement in identifying and resolving local issues. Relationships with agencies such as the Police, schools, the Community Board and Council have strengthened through project strategies.
- **Youth Development Projects** – from mid 2008 – 2011 Otara Health had a youth development co-ordination role in Otara. The central aim of the project is to facilitate community and youth input into projects and initiatives for young people. The project also aimed to increase levels of youth participation in their community. Many initiatives have been developed through the project including establishment of the Otara Youth Collective and supporting them to deliver projects such as the “I Choose” DVD, setting up the Otara Youth Providers Forum and bringing training into the Forum for youth workers and supporting young people to lead local events such as the FOBO (For Otara By Otara) event to raise awareness about alcohol-related harm and the Right To Write event.

- **Community projects** – a number of other community projects are delivered by Otara Health including the following:
  - Leadership of and resource for smokefree initiatives including Smokefree Otara Town Centre project
  - Facilitation and management support for the Otara Maori forum
  - Delivery of a Pacifica health improvement project for Otara
  - Support for health awareness events for Otara
  - Production and dissemination of the Directory of Health Services for Otara (updated each year and distributed free of charge to all local groups and agencies)
  - Hosting of fortnightly BCG clinics
  - Otara Alcohol Action project to reduce alcohol-related harm.