

Safer Central Hawke's Bay wishes you a safe and happy Christmas



Safer Central Hawke's Bay brings together a diverse group of agencies, organisations and community groups who all work together to improve community safety. We would like to take this opportunity to wish you all a Merry Christmas and share the following wellbeing and safety messages from our working groups:

Road Safety

GOAL: Zero harm on Central Hawke's Bay roads

Wishing you a very happy and safe holiday season.

Travel safety across our beautiful district and beyond...

- Arrive Alive • Always wear your seatbelt • Drive sober • Check your speed
- Put your phone away • Plan to take breaks • Share the driving

Road safety is everyone's responsibility www.roadsafehb.org.nz



Safer Homes

GOAL: Central Hawke's Bay homes and families are safe and healthy

Summer fire safety messages from our FENZ partners.

Don't wait to buy a smoke alarm. One in every bedroom, hallway and living room could save your life. For more information check out www.fireandemergency.nz/home-fire-safety/home-fire-safety-visits/

Before you light a fire this summer, and to see if you need a permit...

Check the local fire danger level at www.checkitsalright.nz



Community Resilience and Wellbeing

GOAL: To create mental wellbeing and resilience for all in Central Hawke's Bay

Now is a great time to be thinking about the Five Ways to Wellbeing. These are simple strategies that are well proven to lift mental wellbeing - connect, give, take notice, keep learning and be active. www.mentalhealth.org.nz/five-ways-to-wellbeing

And remember that good sleep and a healthy diet are like wonder-drugs for your physical and mental health.

If you need to talk, call 1737 – it's free, confidential and available 24/7.

If you're concerned for someone's mental health, support them to visit their GP, or phone Emergency Mental Health on 0800 112 334.

For more information visit www.mentalhealth.org.nz



Violence Free CHB

GOAL: To reduce the harm caused by Family Violence. Through our events and activities we:

- Create and raise awareness
- Build safety
- Educate and empower

You have the right to feel safe and respected in your home, at work, among family and friends. Violence and abuse is not OK, but it is OK to ask for help - 0800 456 450.

It takes courage to say NO to violence and abuse. It takes one minute to dial 111.

If you're worried about your safety or the safety of someone you know call 111

For more information visit www.areyouok.org.nz



If you're interested in being involved with Safer Central Hawke's Bay or would like more information please email christine.renata@chbdc.govt.nz

SAFER CHB PARTNERS: ACC, Age Concern, BEL Group, Breathe Hawke's Bay, Central Hawke's Bay District Council, Central Connect Where Manaaki, CHB Budget Services, CHB Pregnancy and Parenting Hub, CHB Vets, Civil Defence Emergency Management, CONNECT Youth and Community Trust, Corrections, DOVE HB, East Coast Rural Support Trust, EPIC Ministries, Farmstrong, Fire and Emergency NZ, FMG, Hawke's Bay Regional Council, Health Hawke's Bay, Te Whatu Ora, Kainga Ora, Ministry of Social Development, Napier Family Centre, NZ Police, Oranga Tamariki, Red Cross, Road Safe HB, Sport HB, STAROS, St John, Te Ahurangi Services, Te Puni Kokiri, Te Rangihaeata Oranga Trust, Te Taiwhenua o Heretaunga, Te Taiwhenua o Tamatea, Vet Services.



CENTRAL HAWKE'S BAY
DISTRICT COUNCIL