

Working together for a **SAFER NAPIER**



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Please share with your colleagues and networks.

Look out for your Neighbour

Goal 4. People in Napier keep themselves safe

Many people got to know their neighbours better after New Zealand's COVID-19 lockdown last year, and Safer Napier wants everyone to keep up those good habits. The 'Look out for your Neighbour' campaign encourages people to reach out and connect with their neighbours, especially those who live alone or who are older. We have posters available if you'd like to share this message too.

Safe Routes to Schools

Goal 3. Napier roads are safe for all

Napier Girls' High School, Sacred Heart College, Napier Central School and Napier City Council are working together to improve student safety when travelling to school on Napier Hill and to encourage more students to walk, scooter and cycle. Alterations are being made to three busy intersections on the Hill to keep young people safe. Waka Kotahi is supporting the project through their 'Innovating Streets for People' fund. The fund encourages safer streets by making modifications to create more people-friendly spaces and trialling these before designing any permanent changes.

Nymbi: In-home falls prevention app for the over 65s

Goal 1. People are injury free in Napier

The new free Nymbi app was released by ACC during the COVID-19 lock down. Nymbi uses a combination of simple balance exercises with fun brain games to maintain or improve balance in the comfort and safety of a person's home. All you need is 10 minutes a day and a smartphone or tablet.

The new app aims to improve strength and balance. In 2019, more than 160,000 Kiwis over the age of 65 had a fall that required medical care, and ACC spent \$216 million helping them to recover. Face-to-face Strength and Balance classes operate across New Zealand and in Napier, approximately 14,450 people aged over 65 years have attended classes.

To register for a free trial of the app go to:
www.fallsfree.co.nz



Safer Napier Strategic Group member, Colin Goble from AA giving Nymbi a go.

Safer Napier is a collaboration of over 40 different organisations and community groups working to improve community safety in Napier.
For more information visit: www.napier.govt.nz / keyword #safernapier

Annual Safer Napier Workshop 2021

This is a key event in our Safer Napier year where representatives from all our Safer Napier partners come together to share information, look at opportunities to work together and be part of Safer Napier annual planning.

When: **Wednesday 5 May, 2021**

Your organisation should have received an invitation but if not please contact: **communityservices@napier.govt.nz**

Safe as Houses

Goal 1. People are injury free in Napier

Goal 2. Napier is free from crime

Goal 4. People in Napier keep themselves safe

Napier City Council, Police, Fire and Emergency NZ, Hawke's Bay Civil Defence and Napier Neighbourhood Support are working together providing door to door home safety assessments in targeted streets followed by a street BBQ. The aim is to raise awareness of safety issues and encourage physical and behavioural changes in the home environment to reduce risks of falls, fire, crime, to be ready for an emergency, as well as increasing community connections.

Safe as Houses has been run in Napier streets since 2013 and was recently held in Colenso Ave, Napier Hill, and the Napier City Council Carlyle Flats. More than 50 households participated and some great conversations were had to get people thinking about safety in their home and neighbourhood.



Check in and say

hello!

to your neighbours

Stop and say hello. Reach out for a friendly chat to share gardening tips and swap some plants or produce.

- Ask if they need help with anything
- Swap phone numbers
- Check in if they don't open curtains, turn on lights or empty the mailbox.

*Worried about your neighbour?
Contact NZ Police or Age Concern.*



Safer Napier

