# Partnerships creating Healthier Communities

# [Taha hinengaro - Mental and emotional well-being]

Our partnership delivers effective, accessible and influential behaviour change programmes.  Customers are given easy and personalised access to key information, enabling individual travel choices, supporting physical, mental and emotional health, and aligning with the [**Winning Ways to Wellbeing**](https://www.allright.org.nz/articles/five-ways-to-wellbeing). Tangible benefits include pre-loaded public transport cards and other incentives, removing barriers and empowering individuals to commute in different ways.

Christchurch’s devastating earthquakes of 2010/11 led to major central city redevelopment, and an opportunity for stakeholders to design and deliver active travel-friendly environments. The Christchurch **City** Council **Travel Planning Programme** (CTPP) was developed by the Greater Christchurch Partnership in 2016 to collaborate with central city workplaces, supporting staff to use active and public transport options for journeys to work. The programme is extremely successful, engaging with over 50 workplaces to date, with around 5000 staff being assisted. Over a quarter of people surveyed on the programme changed from driving alone to using public or active transport.

**Te Whatu Ora Waitaha** (TWOW - formerly Canterbury District Health Board) is the largest employer in the South Island. The majority of its staff commute to the Central Hospital Campus. The CTPP has worked closely with TWOW on a ‘Healthy Commute Programme’ since 2016’s pilot with Intensive Care staff provided proof of concept. Following well-established principles of behaviour change, programme staff concentrated their efforts and resources towards integration with TWOW’s orientation programme.  This involved in-person engagements at fortnightly intakes with 50-60 new staff.  This type of delivery highlights the importance and efficacy of individualised support, catering to customers’ unique personal needs and circumstances.

The last two years have been extremely challenging for the programme. COVID-related constraints have interrupted in-person orientations. However, recent engagements with specific divisions have proved highly successful. The challenge now is to rebuild and engage with TWOW in ways that provide clear and visible benefit to management, staff and patients.