

Tasman District Council Draft Motueka Ward Reserve Management Plan feedback

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Submitter details

1. Nelson Marlborough Health (Nelson Marlborough District Health Board) (NMH) is a key organisation involved in the health and wellbeing of the people within Te Tau Ihu. NMH appreciates the opportunity to comment from a public health perspective on the Tasman District Council Draft Motueka Ward Reserve Management Plan.
2. NMH makes this submission in recognition of its responsibilities to improve, promote and protect the health of people and communities under the New Zealand Public Health and Disability Act 2000 and the Health Act 1956.
3. This submission sets out particular matters of interest and concern to NMH.

General Comments

4. NMH supports the changes to the current management regime as proposed in the Plan that will improve ecological health, build partnerships with local iwi, and increase people's enjoyment of parks and reserves, this will facilitate people's mental and physical health.

Specific Comments

5. The availability of public open space provides the opportunity for people to gather and socialise which has many health and wellbeing benefits.¹ NMH supports the enhancement of recreational amenities such as toilets, shade sails and information panels across Motueka Reserves.
6. NMH notes that TDC's Street Furniture Inventory Summary (Transportation Asset Management Plan, pg. 17) shows that there is only one drinking fountain in the Tasman Region. Given that the district is one of the sunniest in the country, NMH was encouraged to see that TDC is considering increasing drinking fountains in Motueka reserves. Adequate hydration is important especially in the warmer months. Increasing the number of drinking fountains is a way that TDC can contribute to the health and wellbeing of its citizens by giving people the option of free easily accessible water in public places.

¹ Regional Public Health (2010) *Healthy Open Spaces: A summary of the impact of open spaces on health and wellbeing*. Regional Public Health, Wellington. Retrieved from <http://www.rph.org.nz/content/d893f45e-9d35-4906-bde7-c4912036c97e.cmr> 27 July 2017

7. NMH supports initiatives to provide more plantings in reserves for shelter and shade. There are only three shade structures in the District (identified in the Transportation Asset Management Plan) and it is important that consideration is given to increasing either the number of structures or suitable trees that will alleviate the effects of extreme heat by providing shade and allow cooler air to accumulate and circulate at ground level.² This will enable more people to get refuge from the sun.
8. NMH supports the extension of walkways and cycleways in the reserves. Investment in these type of paths deliver a range of social and environmental benefits which increase health and wellbeing.
9. NMH supports Council's decision to install more seating in Kahu Close Recreation Reserve, Motueka Museum Reserve, Decks Reserve and the Sanctuary Ponds. Seating in public spaces is important because it gives people a place to rest and socialise. Seating spaces need to have a plain design and be easily recognised as chairs to help those people with sight impairments and dementia.³ Public benches need to include a centre handrail so that people can easily get in and out of seats. Given Tasman's ageing population, it is important that the Council assesses the level and standard of public seating.
10. NMH supports the installation of new play equipment. Playgrounds are an important community asset in terms of social connection and increasing physical activity. NMH encourages the Council to continue to invest in playgrounds across the district, including placing playground and fitness equipment into new subdivisions. Such equipment can help people improve balance, strength, flexibility and coordination as well as providing people with the opportunity to exercise with others. Given that Tasman District's population is ageing, consideration should also be given to installing adult-friendly play equipment into parks such as wider slides and swings. This enables older caregivers to be active alongside children.⁴

² Ministry of Health (2018) *Heat Health Plans* <https://www.health.govt.nz/system/files/documents/publications/heat-health-plans-guidelines-dec18.docx>

³ Alzheimer's Australia Vic (2016) *Creating Dementia-friendly communities: A toolkit for local government* Commonwealth and Victoria Government's Home and Community Care program

<https://www.fightdementia.org.au/files/NATIONAL/documents/Dementia-friendly-communities-toolkit-for-local-government.pdf>

⁴ <https://www.health.harvard.edu/staying-healthy/the-benefits-and-risks-of-multigenerational-fitness-parks>

11. In addition, consideration should be given to the level of smokefree signage in Council parks and reserves particularly in playgrounds. Smokefree signage helps to protect people from exposure to tobacco smoke, reduces littering, and denormalises smoking. Smokefree signage can also reinforce fire risk messaging during drought periods.
12. In terms of the uses for the area in front of Motueka Museum, NMH notes that Council is proposing that this area is used for outdoor dining associated with the museum café. TDC's Reserves General Policies states that TDC Reserves are smokefree. NMH encourages the Council to make this area Smokefree, and consider adapting this Smokefree policy to make all outdoor café areas in Motueka smokefree. The Nelson/Tasman Fresh Air Project showed that 95.8% support for venues to have smokefree dining areas.

Conclusion

8. NMH thanks TDC for the opportunity to comment on the Draft Motueka Ward Reserve Management Plan.
9. NMH **does not wish to be heard** in support of its submission.

Yours sincerely



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