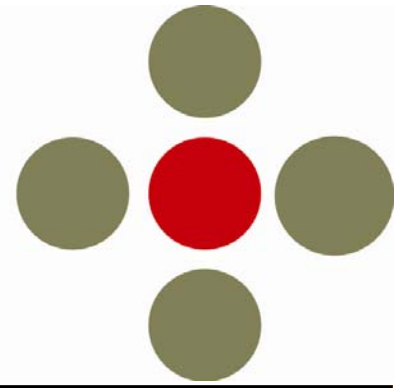


heartbeat



February 2008

Project Town Centre

A new initiative has hit our town centre. Landlords have been asked to participate in Project Town Centre. Project Town Centre is all about painting the top level of our town centre in a consistent quality and colour. The Papakura District Council is supplying the paint with the help of Colour Plus Trend Décor and landlords are expected to supply the professional to apply it. So keep an eye out for a fresh new look in our town centre with Steve Waddams and Amcal Pharmacy kicking us off to a great start!

Ooops

In the last edition of Heartbeat a mistake was made with Councillor Mark O'Connor's mobile number. It should be 0274 933 080.

Christmas Decorations

A gentle reminder to those who borrowed Christmas decorations, we'd like them returned so we can lend them out again next year. Many thanks.

Email Address

If you aren't receiving Heartbeat via email then we don't have your email address! If you would like to be added to the email distribution list please email dbrannagan@papakura.govt.nz with your email details.

Good news

Donna loves to publish any good news about your business in Heartbeat. Your business may have won an award, blitzed your sales target, outperformed your contemporaries or have a staff member who has achieved amazing results. If so, pass it on! Lets keep spreading the good news!

Parking

As you will be aware there have been a few changes to the parking. A comprehensive review of the existing public parking provisions in the Town Centre was undertaken. Capacity, accessibility,

security and time restrictions was looked at and a strategy developed to ensure the optimum use of the available car parking in the Town Centre. Parking is an essential component of a successful town centre and of any revitalisation proposal. The actions that will be undertaken early this year are:

- The application of new time restrictions on O'Shannessey St (30 min parking) , Broadway (30min parking) Elliot St (60min parking)
- The application of a 180min time restriction is in the O'Shannessey Street Public Car Park
- The provision of additional signage to the O'Shannessey Service Lane Car Park
- The implementation of the adopted mobility plan—the provision of additional mobility spaces

The new time restrictions will allow for a greater use of car parks located on the key retail streets. However it still amazes me that there are some of our retailers parking in the area directly outside their shop!

Bikewise Week - Go By Bike Day

The Papakura Town Centre businesses and retailers are encouraged to participate in Go by Bike Day as a part of the national campaign Bikewise Week. So, dust off the bike and ditch the car. Encourage your staff to bike to work. Papakura District Council is holding a special breakfast to mark this event. At 7.30am there will be a half hour mystery bike ride around Papakura, followed by breakfast. As long as you bike to work and join the ride, then we will give you and your staff a FREE brekky.

When: 27th February

Where: Bike to the Village Green - corner of Queen Street and Great South Road

Start Time: Be at Village Green by 7.30am (and be ready for bike ride)

RSVP: nhayhow@papakura.govt.nz or phone 295 2333

"Make it idiot proof and someone will make a better idiot"

Donna Brannagan at dbrannagan@papakura.govt.nz or 295 2339

Business Profile

Physio Sports and Rehab Papakura is one of the Glenn Gallagher Physio Sports & Rehab clinics. We have been open in the Selwyn Centre since 2005 and have grown such that we now have 3 full time Physiotherapists and a specialist Rehab Trainer.

Leah Pearsall, is the clinic manager and lead physiotherapist with over 20 years experience in Sports Medicine, Manipulation, Musculoskeletal Injuries, Orthopaedics, Women's health, Work Injuries and Conditioning and Paediatrics. You could say, she has been around the block a few times and been involved with National Sports Teams such as New Zealand Touch and New Zealand Woman's Rugby League.

Leah is still involved locally with Gymnastics at the Gym Sport & Rec Centre at Bruce Pulman Park, BMX out at Redhill and Papakura Wasps Junior Rugby. It is at these clubs that Leah has got to experience the great wealth of talent in Papakura and to appreciate the fantastic facilities that we have in our Town.

Other staff members include Jamee Hamilton, who

last year was the team physio for the Junior Kiwi's, U18 and U16 NZ Rugby League sides. Jamee has an interest in sports medicine and is completing her Post Graduate Diploma in Sports Medicine this year. Nick Meffin is the newest member to join the team last year and also has an interest in sports and work related injuries.

Lynette Jackson is the Rehab Trainer who has over 5 years Personal Training experience with a focus on exercise rehabilitation and injury prevention.

Physio Sports and Rehab are fortunate to have their own Gym on site so that they can oversee the rehabilitation and exercise programmes personally. Clients get the full benefit of our hands on Physiotherapy approach.

Appointments available between 7.00am and 7.00pm Monday to Thursday and 7.00am to 6.00pm Friday. Saturday mornings are available by appointment. Phone 298 3060.



Pictured, Leah Pearsall, Clinic Manager and Client

Events for February

Business Breakfast

Date: 7 February

Time: 7.30am

Where: Papakura Club

First Wednesday Club-Sponsored by Knight Frank

Date: 13 February

Time: 5.30—6.30pm

Where: Boodles Restaurant and Bar



Go By Bike Day

Date: 27 February

Time: 7.30am

Where: Village Green

Kiwi Made Market

Date: 29 February

Time: 3pm—7pm

Where: Broadway

The Underarm

Dates: 16th - 20th Feb

Where: Hawkins Centre

Booking: Papakura Paper Power



Town Centre Security Update

Happy New Year to you all.

We had a busy year last year and most initiatives that we put in place working well and with a little tweaking will help us through '08.

The following excerpt is from the Police Business Crime Prevention manual handed out at the end of last year. I do recommend it as a great read and an awesome training tool for your staff.

Robbery

- Your life and safety are worth more than money.
- Make sure every staff member knows and has thought about what they would do in the event of a

robbery.

- Develop a set of procedures to follow.
- Aim to ensure that the offender leaves without harming anyone.

Remember, most robberies take less than a minute.

Survival Tips:

- Don't play hero
- Don't resist
- Don't make sudden movements, talk to or stare at the offenders
- Don't chase the offenders
- Don't touch anything the offenders may have touched.