

Hurunui Wellness

A New Unifying Vision for the District

WHAT IS “WELLNESS”?

“Wellness” is a well established holistic concept of integrated and balanced human existence comprising several core dimensions and values. It is not a commonly used term, nor is it just a medical or directly a simple health concept. It is wider than that, and draws in our lifestyle, our relationships with each other and the environment, and our total sense of community. “Wellness” has a commonality with the four wellbeings of the Local Government Act, but extends much further as a totally integrated and holistic approach.

A DEFINITION OF “HURUNUI WELLNESS”

Paraphrasing one of the best academic definitions, “Hurunui Wellness” is both a way of life and a planning foundation, oriented towards optimal wellbeing in which the body, mind and spirit are integrated by individuals (be they residents or visitors), by communities, and by the Hurunui District at large to live more fully within the human and natural environments”.

Or, in everyday language “In Hurunui, we live the lives the rest of the world would love to live”.

In this way, wellness as a planning foundation becomes a “grass-roots up” approach. Wellness becomes the robust framework for sustainable development, community spirit, and tourism planning; completely integrated. Further exploration of this concept is to be done before the final vision and meaning is locked in.

DIMENSIONS OF WELLNESS

For practical purposes, Hurunui Wellness can be divided into 9 strategic planning dimensions:

Social (wellbeing)

Cultural (wellbeing)

Economic (wellbeing)

Environmental (wellbeing)

Landscape & Outlook

Individual and Community Lifestyle

Education and Skills Development

Heritage & Tradition

Infrastructure

The first 4 of these are the “wellbeings” prescribed by the Local Government Act 2002 as key factors to be considered in council planning. The remaining 5 are drawn from common theoretical approaches to wellness, adapted to highlight areas that are of particular importance to the Hurunui District.

Together these dimensions provide a framework for planning which integrates the distinctive character of our community with the legislative directives for local councils and the opportunity for sustainable and non-intrusive economic growth through enhancing each of the 9 dimensions.

We draw upon this framework throughout this plan - it will serve as a test of the compatibility of our activities and policies with the character and potential of the District.

Firstly, however, we need to demonstrate the compatibility of this framework with the “community outcomes” - the key ideals identified by Hurunui residents through Council surveys.

WELLNESS AND COMMUNITY OUTCOMES

The community outcomes are described in detail in the following section. The dimensions of wellness can be seen to encapsulate these community outcomes as follows:

Social Wellbeing – a healthy, safe place to live, with strong community spirit, involvement and opportunity for all.

Cultural Wellbeing – opportunities in arts, cultural and social diversity.

Economic Wellbeing – a thriving local economy with prosperity at all levels: individuals (residents), businesses, and communities.

Environmental Wellbeing – comprehensive and continuous focus on all environmental responsibilities and sustainable planning.

Landscape & Outlook – recognising, enjoying, and treasuring Hurunui’s rich landscape values: alpine, coastal, rural, townscapes, fresh air & clean skies.

Individual and Community Lifestyle – lifestyles balanced across work and play, residents and visitors, with emphasis on health, happiness and wellness, openness and freedom.

Education and Skills Development – enhancing skills and education for work and life for all.

Heritage and Tradition – treasuring and promoting our traditional rural values and heritage that make Hurunui special and unique.

Infrastructure – Strong emphasis on service delivery across all core infrastructure, including roading, water quality and quantity for drinking and development, waste water, solid waste and telecommunications.