

# Healthy Christchurch

Newsletter #78, Pipiri (June) 2010

Healthy Christchurch is sponsored by Canterbury District Health Board, Christchurch City Council, Environment Canterbury, Ministry of Health, Pegasus Health, Te Runanga o Ngai Tahu, and University of Otago, Christchurch. 189 organisations are currently signed up to the Healthy Christchurch Charter.

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## From the Healthy Christchurch Coordinators

### **Alcohol: The Ripple Effects – Public Forum**

#### **Is alcohol an issue? Where do you sit in this conversation? What can you do?**

We are pleased and excited to tell you all that there is to be a repeat of the recent forum for MPs hosted by the Champion's.

The Very Reverend Peter Beck, Dean of Christchurch asked whether there was a possibility of holding a public forum. After some quick consultation with the presenters they have all agreed to give a repeat performance at a Public Forum in the Christchurch Cathedral.

#### **Christchurch Cathedral 10 June 2010 from 7pm – 9pm.**

Presentations from:

- Professor Doug Sellman, Youth Specialty Services, Canterbury District Health Board
- Dr Jan Bone, Emergency Department – Christchurch Hospital, CDHB
- Professor Peter Joyce, Dean of the University of Otago, Christchurch
- Dr Martin Seers, Pegasus Health
- Gilbert Taurua on behalf of Tuari Potiki, a Ngai Tahu perspective.
- Sgt. Alistair Lawn, Christchurch Police
- Glenn Dobson, Safer Christchurch, CCC.
- Craig Stockdale, St John
- Martin Ferguson, on behalf Tri-agency Group: Community and Public Health liquor licensing representatives on behalf of the Medical Officer of Health, Christchurch City Council Liquor Licensing Inspectors and the Christchurch Police Alcohol Strategy and Enforcement Team.

The presentations are not to be missed.

You'll hear things you've never heard before. You'll learn things you didn't know. You may even be surprised by your reaction.

### **Champions meeting with Hon. Simon Power**

The Champions received a late notification from the Ministers office postponing their meeting with him on 2<sup>nd</sup> June 2010.

The reason given for the postponement was that the Minister has undertaken not to meet with any group or parties' regarding alcohol until the Government has responded to the Law Commission's report.

Back in 2008 the Healthy Christchurch Champions identified alcohol and its related harms as an issue of concern. Recently they re-confirmed their intent to continue to add their collective voice to the many concerns being raised about the issue of alcohol misuse and related harm, and more importantly, to the solutions.

Alister James, Mayor Bob Parker, Mark Solomon and Martin Seers had agreed to fly to Wellington to speak with the Hon. Simon Power on this national issue.

Needless to say we are all very disappointed. The Ministers office has indicated that he will be happy to meet with Healthy Christchurch once the government has responded.

Your coordinators will maintain contact with the Ministers office to get a meeting in place.

Contact: Healthy Christchurch Coordinators

Robyn Wallace: 03 378 6838

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Maria Pasene: 03 378 6778

Email: [healthychristchurch@cdhb.govt.nz](mailto:healthychristchurch@cdhb.govt.nz)

## Christchurch City Health & Wellbeing Profile Update



The consultation process for the City Health & Wellbeing Profile is well and truly underway. We have had enormous support from you the signatories helping us with our networking - Thank you!

- Youth consultation is underway with 8 Secondary schools, 2 alternative integrated Secondary schools (Rudolf Steiner & Unlimited) plus a Baptist Youth Group and the White Elephant Trust involved.
- Two very successful Older Persons consultations at Age Concern and Presbyterian Society have taken place, with one to take place next week at Alpine Retirement home.
- Consultation with the Pacific Community is nearly completed and Maori consultation is still ongoing.
- We are also currently meeting up with the Disability Advisory Service and the Methodists Mission.
- Asian consultation is due to take place on the 19<sup>th</sup> June.

You will also find us at the following Library with a display stand and staff available consulting with members of the community from all walks of life:

Tuesday 1 <sup>st</sup> June	Upper Riccarton
Thursday 3 <sup>rd</sup> June	New Brighton
Friday 4 <sup>th</sup> June	South/Beckenham
Tuesday 8 <sup>th</sup> June	Papanui
Thursday 10 <sup>th</sup> June	Shirley
Wednesday 16 <sup>th</sup> June	Sumner
Thursday 24 <sup>th</sup> June	Linwood
Friday 25 <sup>th</sup> June	Hornby

In addition to this we now have our online survey up and running for anyone who cannot make a consultation Hui... It would be fantastic if you could get this website address out to as many of your contacts as possible and all completed surveys go in to win a 6 month multi membership leisure pass for Christchurch City Council's recreation facilities:

Have your say at: [www.whatsworking.org.nz](http://www.whatsworking.org.nz)

If you would like any further information about the profile please contact:

General Enquiries - Trudy Hedges 03 3786731 or [trudy.hedges@cdhb.govt.nz](mailto:trudy.hedges@cdhb.govt.nz)

Asian Consultations - Nicola Ogden 03 3786789 or [nicola.ogden@cdhb.govt.nz](mailto:nicola.ogden@cdhb.govt.nz)

Maori Consultations - Olivia Papuni 03 3786866 or [olivia.papuni@cdhb.govt.nz](mailto:olivia.papuni@cdhb.govt.nz)

Pacific consultations - Maria Pasene 03 3786778 or [maria.pasene@cdhb.govt.nz](mailto:maria.pasene@cdhb.govt.nz)

Youth Consultation - Richard Wisnesky 03 3786833 or [Richard.wisnesky@cdhb.govt.nz](mailto:Richard.wisnesky@cdhb.govt.nz)

Older Persons and Disability Groups - Nicola Ogden 03 3786789 or [nicola.ogden@cdhb.govt.nz](mailto:nicola.ogden@cdhb.govt.nz)

### Pacific Consultation

Healthy Christchurch Coordinator Maria Pasene, with Edith Ieremia from Community & Public Health, have led this consultation for the Pacific community. Several fono were held with key people from the community as well as presenting at various meetings within this community. Maria is finishing up with some telephone interviews and will be involved in the final reporting.

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### Free HIV Testing for Pregnant Women

Pregnant Canterbury women are now being offered a free HIV test along with their other routine first antenatal blood tests.

Most women with HIV do not know they have the disease because there may be no symptoms. Early diagnosis and treatment for pregnant women with HIV can reduce the risk of their baby becoming infected with the virus from as much as high as 32% to less than 1%.

The other tests that are offered include rubella (German measles), syphilis and hepatitis B. Tests to determine a woman's blood group, antibodies and blood count are also offered at their first antenatal visit. All these tests including the HIV test are free to most pregnant women.

This comes as the number of heterosexual women being diagnosed with HIV (Human Immunodeficiency Virus) in New Zealand continues to rise. Several babies a year in New Zealand are also diagnosed with HIV as the virus can be passed on to the baby during pregnancy, the birth or by breastfeeding. Without treatment, HIV affects the body's ability to fight infection and can lead to AIDS.

All pregnant women are now offered and recommended to have an HIV test as part of a national screening programme, which is confidential. It is hoped that women will be encouraged to protect themselves and their baby by agreeing to the test. Canterbury women, who have received treatment for HIV and have not breastfed, did not pass on HIV to their babies.

In Canterbury it is estimated that two women each year will be expected to be diagnosed with HIV. A doctor or midwife will discuss the results of a woman's HIV test when they see them about their pregnancy care. Pregnant women who are diagnosed with HIV are offered counselling and are monitored closely during their pregnancy by a specialist. Treatment includes taking antiretroviral medication, which aims to keep the levels of HIV in the blood very low, in fact so low that it can't be measured. This ensures most people with the disease can lead long, healthy lives and babies are very unlikely to become infected during pregnancy or birth.

The HIV screening is part of a national programme.

For more information see [www.nsu.govt.nz](http://www.nsu.govt.nz) and go to screening programmes/antenatal screening.

### Canterbury Mental Health Services Go Fully Smokefree

From Thursday 1 July 2010, Canterbury District Health Board's Specialist Mental Health Services, including all inpatient and outpatient units, will become completely smokefree. This is being done to ensure these services are safe and healthy for everyone, including staff, consumers and visitors. It also brings these services in line with the CDHB's smokefree policy.

Traditionally, mental health staff and consumers have had higher rates of smoking than in the overall population. To help people to be smokefree when they are visiting or staying at Specialist Mental Health Services, Nicotine Replacement Therapy (patches, lozenges, gum and other medications) will be provided. This will be readily available to all smokers when they are on site including patients and staff. From 1 July, no smoking will be allowed on the Hillmorton Hospital and The Princess Margaret Hospital grounds by patients, visitors or staff. Visitors will be asked to help patients remain smokefree by leaving cigarettes off site.

Dr David Stoner, Clinical Head of Canterbury's Alcohol and Drug Service says, "While it will be difficult for some SMHS patients and staff not to smoke on site, it's something that can no longer be ignored. You can't smoke in cafes, bars or restaurants now and it just doesn't fit in our hospitals where we are encouraging people to do all they can to lead healthier lives. It's important to remember that smoking related illness kills half of all smokers."

Case managers and clinicians will be working with each mental health service user who smokes to develop a plan to help them feel comfortable about being smokefree in hospital.

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Smokers wanting to quit should talk to their family doctor or nurse, or telephone Quitline on 0800 778 778. Further information about the SMHS smokefree policy will be available on the CDHB website: [www.cdhb.govt.nz](http://www.cdhb.govt.nz).

### **Women's Mental Health Respite Services**

The Canterbury District Health Board (CDHB) understands the importance of women's only mental health respite services and has been working with providers to ensure this type of service continues to be available, following the sudden announcement that Newell House is closing on 28 May. It is hoped that as far as possible, women and their families are not impacted upon by the closure of Newell House. CDHB is pleased to announce that as of 31 May 2010 Stepping Stone Trust and Pathways will be offering additional respite services for women. Pathways will offer one additional planned respite bed and Stepping Stone Trust will have a women's only facility with places for planned and crisis respite.

Women who think they may require planned mental health respite services should raise the issue with their case manager or needs assessor.

### **The Healthy Christchurch priority to improve the physical activity and nutrition of people living in Christchurch**

#### **Healthy Choices: Cook up a plan for eating out**

The more that you turn to restaurant and cafe food for your snacks and meals, the more attention you need to pay to what you are eating. Restaurant food has its roots in festive fare and special treats, where nutrient balance is typically put aside. The hidden costs of frequently eating out include risks of eating much more than you need, of including too much saturated fat, sugar and salt in your food, and missing out on fibre, vitamins and minerals.

At a restaurant it's easy to eat a lot more than you usually do. Large servings feel like "value for money", but are likely to be way out of line with what we need. A "healthy" portion of meat or chicken is about the size of a deck of cards. For pasta, rice or potato it is about the size of a tennis ball.

If you find yourself confronted with far too much food, don't be afraid to ask to take what you can't eat home. If you want a dessert, think about choosing an entrée with a side serve of vegetables or salad to take the place of a main dish. Fresh fruit, sorbet or coffee with biscotti are good choices for a dessert, but if you really can't resist something rich like a crème caramel, consider sharing with a friend and ask for some fresh fruit to go with it. Don't be shy about asking - the businesses want you to enjoy their service and hopefully return.

It's also easy to order up too much saturated fat, sugar and salt. Menus are written to entice, and the language used to describe a dish may not make it easy to understand all the ingredients and cooking methods. For instance if the menu description includes a term such as béarnaise, beurre blanc, creamy, crispy, crumbed, confit, fritter, gratinee, hollandaise, alfredo, crème, or pasty in the menu description, it is a signal that the dish is high in fat. Even a vegetable risotto can be finished off with cream or butter. It always pays to ask the serving staff about these things.

If the dish you are thinking of ordering comes with a sauce, check if it is creamy. Even tomato sauces sometimes have cream stirred in just before serving. A quarter cup dash of cream adds an extra five teaspoons of fat to the sauce. If you like curries, check it hasn't been made with coconut cream as this adds lots of saturated fat. With sweet and sour dishes, check to see that the meat hasn't been pre-battered and fried as this also adds extra fat.

You can miss out on fibre, vitamins and minerals too. Meals are often light on vegetables. Sometimes they are an 'extra' not included in the price of the dish. Check this out before you order to avoid disappointment. Stir-fried dishes with extra vegetables are great.

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Eating out is wonderful for celebration, and for having a break. If you are a frequent diner, be mindful about what you choose, and help yourself to a healthier choice. *Article contributed by Liz Cutler.*

### **Shift Workers - what you eat and when you eat it can affect your alertness on the job, your ability to sleep, and your risk of illness.**

Our bodies naturally follow a daily rhythm of activity, led by an internal body 'clock' which runs on a cycle of about 24 hours. It guides our normal pattern of reduced alertness and sleeping through the night and being alert and active during the day. This daily rhythm also shows up in many other processes in our bodies, including ones that are outside of our awareness. Heart rate and body temperature peak during the afternoon and are at their lowest at around 4 - 5 am. Acid levels in our stomachs change in a daily cycle, and our digestive systems 'go into neutral' through the night.

A shift worker doesn't have the luxury of 'going with the flow' of these rhythms. They have to eat and be alert and active to fit with work schedules rather than the signals from their body clocks. Shift workers can have trouble keeping alert at work and difficulty with sleeping afterwards. They also have higher rates of unhealthy weight gain, diarrhoea, constipation, peptic ulcers and heartburn.

Reduce your risk of these problems by being more thoughtful about your body and its natural rhythms when choosing what and when to eat.

When working afternoon and evening shifts, try eating your main meal in the middle of the day instead of during the middle of the shift. When working night shifts, try eating your main meal in the later afternoon or early evening before your shift starts, rather than in the middle of the night. Your digestive system will be more active then than later in the night, reducing the chances of constipation or diarrhoea. Acid levels in the stomach will be better, meaning less chance of heartburn or ulcers. Also, your body uses up food more effectively during the day and you are less likely to gain weight.

To stay alert when your body is programmed to sleep, include protein foods in your meals and snacks to provide some sustained energy. Make a sandwich with peanut butter, tuna, grated cheese or cold meat. Other possibilities from home are cheese with some fruit, chicken in a pasta salad, or a pottle of yoghurt.

Carbohydrates can make you sleepy, so have these after a shift. A bowl of cereal with milk and fruit or toast and jam may help you fall asleep. Crackers, bread, rice, or pasta are other options that might help.

Be careful with caffeine because it can affect sleep. It stays in your system for up to eight hours. Have caffeine drinks before or early in your shift or at least four hours before you are heading home to bed. Don't stop drinking other fluids though. Constipation is made worse when you don't drink enough, as is the chance of getting a headache.

To meet the extra challenges of shift work make food choices that will leave you feeling your best both on and off the job.

## **Items of Interest**

### **Food Security Seminar**

Krystal Somner from the Cancer Society recently hosted a Food Security Seminar supported by Healthy Christchurch. Fifteen people from all different organisations came for the morning session. The overall outcome was that the stakeholders would like to be kept informed about what other service providers are doing. They would like to continue networking, but would like to attend an already established group (as we are aware that these already exist). There was a suggested need to pool resources more appropriately (which will require further discussion). Krystal was pleased by participants input for her proposed project to provide nutrition support at Linwood Link. She will keep people informed as her proposal and project progresses.

### **Commission releases Benchmark Survey - Trust and Confidence in the Charitable Sector**

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The Charities Commission has published a benchmark survey of the level of public trust and confidence in the New Zealand charitable sector. The Commission undertook the research as part of its mandate to promote research into matters relating to charities and to promote public confidence in the sector.

It provides useful information about the way in which the New Zealand public currently views charities, and gives us a benchmark against which we can measure changes in perceptions of the charitable sector over the longer-term.

Just over 2,000 respondents took part in the survey, conducted by UMR Research.

As well as testing the current level of trust and confidence in charities, the survey also looked into how the public saw the characteristics and behaviours of charities, what influenced their decisions to support a charity, the amounts they donated, and the level of involvement the public has in charitable organisations and activities.

Amongst the survey's key findings:

- 58% of respondents reported a high level of trust and confidence in charities.
- A majority of respondents expressed a high level of trust in charities to - make a positive difference to the matters they address (55%), and - ensure that their fundraisers are ethical and honest (51%).
- The most influential characteristic in the decision to support a charity was that 'they make a positive difference to the matters they address' (41%), followed by 'they ensure a reasonable proportion of donations get to the end cause' (18%).
- A majority firmly agreed that: - I feel more confident in charities that are open about how they use their resources (84%) - I trust charities more if I have heard of them (75%) - charities play a very important role in society today (74%) and - I trust charities more if they are clear about how they are managed (73%).

To download the results of the survey in full go to [www.charities.govt.nz/news/media-releases/CC-UMRsurvey.pdf](http://www.charities.govt.nz/news/media-releases/CC-UMRsurvey.pdf)

## **Matariki Art Exhibitions**

Once again Matariki gives us an opportunity to bring Whanau together to spend time reconnecting with loved ones and uplifting your spirit with the opening of two exhibitions in the next week at two renowned galleries.

**What:** Matariki- Pu Harakeke

**Where:** Our City Otautahi

**When:** Opening Tuesday 1<sup>st</sup> June, 5pm. Exhibition runs to the 10<sup>th</sup> July.

This exhibition explores the relationship between Whanau and Matariki through a variety of media. Opening will be Whanau friendly, so bring your tamariki along to see our pieces of art.

**What:** Te Pataka

**Where:** Little River Gallery

**When:** Opening Saturday 5<sup>th</sup> June, 11am. Exhibition runs to 30<sup>th</sup> June.

This exhibition is exploring the theme of mahinga kai and the relationship between kai and Matariki.

Further information is available at [www.movingart.co.nz](http://www.movingart.co.nz)

## **Training and Workshops**

### **Maori Cultural Workshops**

A series of educational wananga for anyone wishing to increase their knowledge of Maori Cultural aspects of:

- The Powhiri process
- Marae/ forecourt and its protocols and practice
- Wharenui / Meeting house protocols and practice.
- Christianity and Culture.

**Where:** Te Hui Amorangi o Te Waipounamu, 290 Ferry Road, Christchurch

**When:** 10am – 2.30pm

Session One: Saturday May 29<sup>th</sup>

Contact: Healthy Christchurch Coordinators

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Maria Pasene: 03 378 6778

Email: [healthychristchurch@cdhb.govt.nz](mailto:healthychristchurch@cdhb.govt.nz)

Session Two: Saturday July 24<sup>th</sup>

Facilitator: The Reverend George Ehau

**Cost:** \$50 per person, each session

*Morning Tea and light lunch provided*

Register your interest to attend by email to: [huia@hawaiipounamu.co.nz](mailto:huia@hawaiipounamu.co.nz) or 389 1683.

### **Mobilising Communities for Change**

Sharing our learnings from community action and research to prevent family violence.

- Preventing Family Violence – What's Working Well? - Cristy Trewartha and Sheryl Hann from the Campaign for Action on Family Violence will talk about what prevention is, and what we have learnt from successful community action projects around New Zealand.
- Engaging Men in Preventing Domestic Violence - Dr Alison Towns from Mt Albert Psychological Services and University of Auckland, will provide a workshop based on her research into the obstacles to getting men involved in the prevention of domestic violence and the ways men suggest overcoming these.
- Also, time for getting to know others and using what you have learnt - from your work and the day - to plan prevention action in your community.

**When:** 24<sup>th</sup> June, 10-4pm

**Where:** Cashmere Club, 88 Hunter Tce, Cashmere, Christchurch.

**RSVP:** [Dennis.Valentine001@msd.govt.nz](mailto:Dennis.Valentine001@msd.govt.nz)

**Free** – lunch will be provided

For more information contact [Sheryl.Hann005@msd.govt.nz](mailto:Sheryl.Hann005@msd.govt.nz) [www.areyouok.org.nz](http://www.areyouok.org.nz)

### **Applied Suicide Intervention Skills Training (ASIST) Workshop**

LivingWorks, part of Lifeline Aotearoa, presents the Applied Suicide Intervention Skills Training (ASIST) workshop.

This education programme is a great training opportunity for those of you who work in the community with a wide range of people. New Zealand, and in particular Maori, are overrepresented in international suicide figures. This is a problem for the entire New Zealand community; we all can play a role in making New Zealand a suicide-safer place to live.

The ASIST programme is designed to support gatekeepers with skills to safely and responsibly fulfil their role in the community. A gatekeeper can be any person in a position of trust whose potential contact with a person at risk may be informal (friend, family member, sports coach) or more clearly associated with a professional helping role. Gatekeepers who are competent in suicide first aid and comfortable being a first responder with a person at risk play a vital role in the primary care network of a community.

Participants on the training gain a practical knowledge of the methods taught. This imparts a sense of confidence in each person's ability to make a difference, while increasing the likelihood of them recognising the signs and realising the risk present for the person in crisis, and of making a safe and effective intervention.

Some examples of those who have benefitted from ASIST training augmenting their roles are Victim Support, Counsellors, Call Centre Operators, Social Workers, Whanau Support Staff, Home-care Support Staff, Budget Advisors, Case Workers, PHO Staff, Occupational Therapists, Alcohol and Drug Specialists.

The goal of the training is to increase awareness of the signs someone may be in danger, and to provide skills to make an early intervention, thus decreasing suicide attempts and deaths. This is an issue for which everyone can make a difference.

**When:** June 14<sup>th</sup> & 15<sup>th</sup>.

**Where:** The venue is The Deaf Society, 232 Armagh Street, Christchurch.

**Cost:** \$360 incl. GST per person. Places are limited, so be in quick!

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**Registration:** Contact Ben Scott on (09) 909 9207 or [bens@lifeline.org.nz](mailto:bens@lifeline.org.nz), registration form available from Ben or the Healthy Christchurch InfoBase.

## Resources

### Collaboration

The following 10 resources are online. If you have any resources that would be useful to signatories, please post them on the InfoBase. If you have trouble posting please contact a Coordinator. If there are particular resources or tools that you would find useful in your work in partnerships & collaboration please let us know as we may have it or can find it.

- The Treaty of Waitangi: Questions and Answers.
- Assessing Strategic Partnership: The Partnership Assessment Tool, developed in the UK.
- Pacific Health Promotion Models: Fonua and Fonofale.
- Maori Models of Health: Te Whare Tapa Wha, Te Wheke and Te Pae Mahutonga.
- Bangkok Charter, 2005: The latest Charter from the 6th Global Conference on Health Promotion (an updated version of previous Charters from each conference).
- Ottawa Charter, 1986: The First Charter.
- TUHANZ a framework to assist health promoters to apply Treaty based thinking and planning to their health promotion practice.
- Te Tiriti o Waitangi.
- Six Principles for Collaboration – a Partnership Assessment Tool developed in New Zealand.
- Partnership Analysis Tool VicHealth – a Partnership Assessment Tool developed in Australia.

### Webhealth added to Community and Public Health website

A link to Webhealth has been added to the Community and Public Health website. You will find it under the heading Health Information, located on the left-side tool bar. Click and scroll down to Links at the bottom of the page.

<http://www.cph.co.nz/About%2DUs/Health%2DInformation/>

## Healthy Christchurch Steering Group

At its 12<sup>th</sup> May meeting the Steering Group –

- Confirmed Healthy Christchurch Champions Alister James – Chairperson CDHB, Bob Parker – Mayor, Christchurch City Council, Mark Solomon – Kaiwhakahaere, Te Runanga O Ngai Tahu and Dr Martin Seers – Managing Director, Pegasus Health, will be travelling to Wellington to meet with Minister Simon Power on the 2<sup>nd</sup> June to advocate for reducing alcohol harm.
- The Champion review is nearly completed with the positive outcome of all Champions recommitting (Dr Martin Seers, Mayor Bob Parker, Professor Peter Joyce, Mark Solomon, Alister James, Warren Lindberg, with ECAN tbc) and the possibility of two additional Champions David Meates, CEO CDHB and Tony Marryatt CEO CCC.
- Champions are keen and confirmed they want Alcohol to be their focus for next 2-3 years.
- Approved new signatory: Linkage Trust Webhealth [www.webhealth.co.nz](http://www.webhealth.co.nz)

The next meeting of the Steering Group is scheduled for 23<sup>rd</sup> June 2010, 11am-12.15pm at Community and Public Health, Poplar Room, 76 Chester Street East.

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