



Healthy Christchurch

Newsletter #83, Hakihea (December) 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. 193 organisations are currently signed up to the Healthy Christchurch Charter.

Christmas message from your Healthy Christchurch Coordinators

We can all agree it has been a disastrous time for the South Island over the past few months.

In the midst Canterbury recovering from a 7.1 earthquake and coming to terms with the knowledge that "getting back to normal" could be months or years away, our neighbours on the West Coast were struck by tragedy.

Our hearts and our aroha went out to the 29 miners who lost their lives, their whanau, friends and the whole community devastated by the Pike River Coal Mine disaster.

Community spirit is the thing that has and continues to support us – humanity and humility are our constant companions and sit open for all to see. In today's society these things are often undervalued but it has been obvious to us that in times of greatest need our basic instinct is to help in any way possible.

As coordinators we feel privileged to be part of the Healthy Christchurch whanau, to have played some small role and been witness to the generosity of spirit shown over the past few months. More than ever it shows how important connection to community is.

Wishing you and your whanau a happy, healthy and safe Christmas.



Meri Keremeti!



***He aha te mea nui o te ao?
He Tangata, he tangata, he tangata
What is the most important thing in the world?
It is people! It is people! It is people!***

Healthy Christchurch Signatories Hui

Thank you to those signatories who attended the hui on 7 December 2010 at the Hagley Netball Centre. It would have been great to see larger numbers but those who attended enjoyed the korero from our speakers.

Evon Currie, Chairperson of the Healthy Christchurch Steering Group, welcomed everyone and opened the hui. Evon spoke about the recent Champions review with Healthy Christchurch now having four additional Champions from Partnership Health, CCC, NZ Police & CDHB.

Healthy Christchurch Champion Andrew Hornblow gave a very interesting presentation on alcohol related harms, the Champions support of work in this area and encouraged all organisations to submit on the new Alcohol Reform Bill currently before Parliament. Your Healthy Coordinators will be sending out a submission early in the New Year for Signatories

to opt-in, if they wish. You have until 18 February 2011 to put forward your view on whether the government should strengthen its response.

Dr Anna Stevenson has been one of the advocates behind the City Health and Wellbeing Profile. She presented an overview of the profile and emphasised that one of the drivers for this Healthy Christchurch project was to get a real picture from the community about what works well for them and what they would like to see across all areas. To assist with gathering the data a model developed by Sir Mason Durie called Te Pae Mahutonga was used. This model encompasses Waiora - environmental protection, Te Oranga - participation in society, Mauriora - access to culture, Toiora - healthy lifestyles, Ngā Manukura - leadership, Te Mana Whakahaere - autonomy. A huge amount of data was collected and is still being collated. Results will be available in the New Year.

Chris Ambrose has been overseeing the re-development of the Healthy Christchurch Website and Information Base. The new and improved versions will use the graphics depicted at the top of the newsletter which were developed and used for the City Health and Wellbeing profile. So in future, any projects with Healthy Christchurch involvement will use these graphics. The website will be more interactive and user friendly and will be up and running in the New Year. We will let you know when it goes live!!!

Health Impact Assessment was next on the programme with project officer Alison Bourn giving an update on her work so far including work on transport planning with CCC and ECAN. Another component of Alison's work is to increase the capacity of staff within organisations around HIA. The aim is to health proof our policies and projects.

The morning concluded with karakia from Te Runanga o Ngai Tahu Steering Group representative Wendy Dallas-Katoa, beautiful kai and an opportunity for networking.

Earthquake Recovery Update

159,059 claims had been lodged with the Earthquake Commission by the 4 December claims deadline.

Rates Relief Package

A rates relief package is being offered by the Christchurch City Council for residential and commercial property owners worst affected by the September 4 earthquake and aftershocks.

The new policy is aimed at those most adversely affected, particularly those residents required to vacate their homes during EQC or insurance-related rebuilding and land remediation.

Information and application forms are available via <http://www.ccc.govt.nz/homeliving/ratesvaluations/ratesrelief.aspx>

Rebuilding our Communities after the Quake

Work to recover from the quake is picking up speed as we get to know more about what is needed and work together to achieve this.

We know from overseas and New Zealand experience that real recovery needs to be community owned and driven. COSS is contributing to community recovery by working with Healthy Christchurch to organise a series of meetings for grassroots and local community groups to come together in order to think about how they can support their communities through the challenges that lie ahead.

Community group meetings

If you are a community group coordinator, manager, chairperson, secretary or have any other role in your community group that involves planning or organising, we hope you will be able to come to one of these meetings. Dates, times and venues are as follows:

Spreydon: Hohepa, 23 Barrington St. Tuesday 7th December, Cancelled

Queenspark: Parklands Community Centre, 75 Queenspark Dr. Thursday 9th December, 9.30am – 12.30pm

Bishopdale: Bishopdale Community Centre, 129 Farrington Ave (above library). Tuesday 14th December, 5.30pm – 8.30pm

Woolston: St John's Church, cnr Ferry Rd & St John's St. Thursday 16th December, 9.30am – 12.30pm.

Where possible, it would be most useful if you could attend the meeting in your area. We realise that due to other commitments some people may not be able to do this, and meetings are open to people from other areas.

RSVP to Sharon, email ccoss@ihug.co.nz, ph 366 2050. Please let us know which meeting you're coming to, and any access, dietary or other particular needs you have. If you can't make any of the meetings but would like to know more, please contact Sharon.

Meetings in the northwest of the city, the southwest, and on Banks Peninsula are being organised for the New Year. Details of these will be sent out as soon as arrangements are confirmed.

Stage 2 Geotech report released 1 December

The Stage 2 geotechnical report was released on Wednesday 1 December. Each affected suburb is divided into three zones:

Zone A: This is the Zone that has no identified land damage issues and work can proceed on a property by property basis.

Zone B: This is the Zone that does have identified land issues, but there is no need to co-ordinate the repair/rebuild activity with neighbouring properties. Again work can proceed on a property by property basis, as in Zone A (above).

Zone C: This is the Zone that needs a co-operative approach to repairing/rebuilding the homes, either because of the severity of the land damage or the proximity of the homes to each other, along with the infrastructure that needs repairing at the same time. Co-operation agreements will link the insurance companies, their contractors, the council contractors and the EQC contractors in co-ordinated activity around perimeter treatment (where required), demolition & rebuilding of houses and reinstatement of roading & other infrastructure. This may extend to houses adjoining these areas as they may be affected by the surrounding remediation & repair work.

Advocacy Services

The government is arranging for community advocates to support people to negotiate their way through the repair/rebuild process and relocation while this is happening. People requiring this support can register by calling 0800 779 997.

Recovery Centres

Don't forget the four Recovery Assistance Centres are still open, providing information, as well as access, to a number of services, including; Victim Support, Inland Revenue, Housing New Zealand, City Housing, Work and Income, as well as providing access to counselling and budgeting services. The Government Help Line will also continue to run - 0800 779 997. The centres can be accessed Monday to Friday, from 9am to 4:30pm at:

- Department of Labour, 144 Kilmore Street
- Linwood Community Link, 154 Aldwins Road
- Heartland Services, Hornby, 25 Shands Road
- Work and Income, New Brighton, 26 Beresford Street

Info website

Government Portal for up-to-date information www.canterburyearthquake.govt.nz.

Christchurch City Council Earthquake Rates Relief

The Christchurch City Council has agreed a rates relief package for property owners worst affected by the quake. Residential relief are only available on application, which are available on the CCC website: www.ccc.govt.nz or by phoning the CCC on 941-8999.

One Stop Shock ...

Contact: Healthy Christchurch Coordinators
Robyn Wallace: 03 378 6838
Michelle Whitaker: 03 378 6820
Email: healthychristchurch@cdhb.govt.nz

is a very useful sheet of essential contacts, put out by Healthy Christchurch. Download it from <http://www.cph.co.nz/files/OneStopShock.pdf>

Profiling three of our newest Healthy Christchurch Champions

Professor Andrew Hornblow, Chairs Partnership Health Canterbury PHO (www.partnershiphealth.org.nz), NZ's largest Primary Health Organisation (PHO), which funds much of the primary health care in our region, with close to 400,000 enrolled patients and oversight of a wide range of programmes targeted to improving health in Canterbury. He is also deputy chair of the Transitional Leadership Board, which is working to strengthen health care in our region under the government's "Better, Sooner, More Convenient" policy initiatives. Andrew's previous roles have included chairing the Alcohol Advisory Council (ALAC), the Health Workforce Advisory Committee, the Mental Health Foundation, and the Public Health Association. A psychologist by training, Andrew is an Emeritus Professor of the University of Otago, a former Dean of Otago's Christchurch School of Medicine and Health Sciences, and an Adjunct Professor of the University of Canterbury, where he established Canterbury's Health Sciences Centre. He was appointed a Companion of the NZ Order of Merit (CNZM) in 2002.

"The Healthy Christchurch initiative allows health providers, local government, a wide variety of organisations concerned about health issues, and the people of Canterbury to engage in debate and action to promote the health and wellbeing of our community", said Andrew. "Recent engagement with the policy and control issues around alcohol misuse is an excellent example of this. More broadly, there is overwhelming epidemiological evidence that environments which are unhealthy, socially or physically, shared lifestyles which result in preventable illness and death, and increasing inequality between the rich and the poor, impact significantly on all of us. Healthy Christchurch is an important tool we can use together to help shape the world we want future generations to inherit".

Rex Williams, Commissioner, Environment Canterbury:- Educated as a Civil Engineer I worked in the cement, concrete and quarry industries for many years. Since retiring from full time executive roles I have been involved with governance on the West Coast District Health Board, the University of Canterbury, a private construction materials company and as an appointed Environment Canterbury Commissioner.

In my executive career I became increasingly aware of the importance of safe work sites and the benefits to individuals, employers, communities and the country of healthy lifestyles.

I believe that a culture of improvement in Safety and Health matters can be developed by good leadership and communication. I was pleased to be given the opportunity to join Healthy Christchurch on behalf of the Regional Council.

Superintendent David Cliff, Canterbury District Commander for the Canterbury Police District:- Canterbury is the largest of New Zealand's twelve Police Districts with 1008 staff and has the responsibility for the safety of 540,000 persons residing in the District which essentially covers the same area as the province of Canterbury less the Kaikoura Territorial Local Authority in the north. Canterbury Police District is divided up into four policing areas which are principally aligned to respective Council Wards/Local Authorities.

Superintendent Dave Cliff has previously been the National Road Policing Manager at Police National Headquarters in Wellington and spent periods relieving as the Acting Assistant Commissioner Crimes and Operations. In 2007 he also worked in Argentina providing advice to local Police and the Government on road safety issues in Buenos Aires.

We recognise that the public desire for three fundamental policing functions remain key to maintaining public reassurance. These are;

- prompt and professional response to emergency calls for service
- highly visible police presence through foot patrol
- high profile road policing

One of our key strategic goals for Police is 'Community Reassurance' with an outcome of 'Confident, Safe and Secure Communities with less actual crime and road trauma and fewer victims'. To achieve this we have embraced the partnership with the community to prevent crime and enhance public safety. Our philosophy of using commonsense initiatives and the placing of more emphasis on preventing crime and crashes means we will be embracing the Healthy Christchurch initiative which focuses on causation and promotes the health and wellbeing of our Community.

The Canterbury Police District has a strong focus on enforcement around the abuse of alcohol in public places, in our homes and on our roads. We recognise that to improve the quality of life for the community of Canterbury we need to work together and we are committed to a healthy and safe Christchurch.

Reducing Alcohol Related Harm

Government is now inviting public submissions, and the closing date for submissions is Tuesday 18 February 2011. This is where you come in. Now is the time to begin your submission writing if you want your politicians to know that communities want change?

Your Healthy Christchurch Champions met with Minister Simon Power on 8th November 2010 and voiced their concerns. In summary they were:

- Alcohol consumption is a public health issue (dry nights v wet nights show up a marked difference in hospital admissions, alcohol related injuries are displacing other patients in the health system)
- The availability of cheap alcohol is one of the biggest contributors towards alcohol related harm - because people preload before entering the CBD.
- On-licences in the city are pretty well run. Harm is occurring outside the licensed premises.
- Local and central Government leaders must show leadership - we must not condone irresponsible drinking behaviour.
- Blood alcohol limits need to be lowered.
- Legislation is not an end point for alcohol reform; we need public education and treatment as well.

You can make a submission. It's easy and doesn't need to be long and involved. Remember a submission is one way of letting government know what you think about what matters to you.

The NZ Drug Foundation is keen to support communities and organisations prepare both written and oral submissions for the Select Committee process on the Alcohol Reform Bill. They have developed a toolkit consisting of 7 separate factsheets. As well as a general background, the toolkit focuses on 6 key areas including: pricing; marketing; community input; drink driving; social supply and purchase age.

Go to <http://www.drugfoundation.org.nz/your-turn-to-shout/alcohol-toolkit>

In addition to the toolkit NZ Drug Foundation are holding a series of workshops across New Zealand in November/December, and again in February 2011.

This year's dates and places are:

- Monday 29 Nov – Porirua
- Thursday 2 Dec – Whangarei
- Friday 3 Dec – Auckland
- Tuesday 7 Dec – Gisborne
- **Friday 10 Dec – Christchurch**

Venues to be confirmed.

A skilled team will be on hand to provide training: Ex Green MP Sue Bradford will offer extensive political expertise and the team from Communiqué will provide media tips and tricks.

The workshops will help you:

- understand the issues in the Bill
- write your submission

Contact: Healthy Christchurch Coordinators
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Michelle Whitaker: 03 378 6820
Email: healthychristchurch@cdhb.govt.nz

- tell your story to the Select Committee
- get your point across to local media
- work with your MP to understand/influence local liquor issues.

If you would like to attend a workshop in your area please contact Kate Hammond or Ross Bell (04 801 6303, kate.hammond@drugfoundation.org.nz or ross.bell@drugfoundation.org.nz).

Toothing the horn of Healthy Christchurch Steering Group Organisations

It's at this time of year when we give our Steering Group organisations an opportunity to tell Healthy Christchurch Signatories about some of the work they have been involved with over the year.

At this years Canterbury District Health Board Quality Improvement and Innovation Awards there were a record number of 24 entries received. The awards are designed to recognise, reward and publicly acknowledge the excellent quality improvements and innovations generated by staff of the CDHB and community based health services in three categories – Community Based Service, Hospital and Specialist Service and Systems Improvement.

Partnership Health Canterbury PHO wins CDHB Quality Improvement and Innovation Award!!!

There were three times as many entries from community-based services than last year and this year's Community-based service award winner was Partnership Health Canterbury PHO for its **Appetite for Life Programme**.

The improvement of chronic health conditions is a major health target for New Zealand. Many of these conditions such as diabetes, cardiovascular and respiratory diseases, develop as a consequence of obesity. The estimated cost of obesity in 2003 was \$241.1 million per annum and more recently obese patients have added \$460 million to current health costs. The dramatic increase in these figures demonstrates an alarming upward trend. The main drivers behind this increase have been our changing dietary and physical activities, resulting in the promotion of energy-dense foods and drinks while limiting the opportunities for physical activity.

One of a continuum of whanau focused healthy lifestyle initiatives; *Appetite for Life* is a Canterbury-wide primary care-based initiative that tackles this issue head-on. A clinically-developed weight management and healthy lifestyle programme for women, the key outcome is to promote good health and reduce the burden of chronic disease through better nutrition and improved physical activity.

Appetite for Life has seen more than 2000 women throughout Canterbury lose weight in a healthy, controlled manner. Working through general practices in Canterbury, 120 clinicians (nurses, GPs and dieticians) were trained to teach and support women to identify nutritious foods, how to prepare and eat food, to maintain a balanced diet and how to improve their levels of physical activity in a way that was both manageable and sustainable. To date 108 six-week courses have been delivered and formally evaluated with patients reporting some weight reduction and a greatly improved understanding of health management. Women were chosen to be the target market for the project because they are considered most likely to influence the eating behaviours of their families, especially children. If you would like more information on the Appetite for Life Programme contact Bronwen King 378 6737 at Community & Public Health.

Community and Public Health, PHO's & CDHB collaboration

A people's choice award was also introduced to the Quality Improvement and Innovation Awards this year and the project that got the most thumbs up was **From Cooking Skills to Life Skills: Using the Great Little Cookbook to Promote Healthy Eating on a Budget**.

In October 2005, the CDHB, Community and Public Health (C&PH), and the five Canterbury Primary Health Organisations (PHOs) forwarded a proposal to the Healthy Eating Healthy Action (HEHA) innovation fund to provide funding for the Community Action to Increase

Nutritional Capacity (CATINC) project with the lead being taken by Partnership Health Canterbury PHO.

Through research, a Needs Assessment, and various community development opportunities, the CATINC Team developed the teaching resource "From Cooking Skills to Life Skills" programme, utilising "The Great Little Cookbook." *The practical cooking skills sessions are preceded by compulsory topics covering nutrition and eating guidelines, budgeting and supermarket shopping, and menu planning.* As in true community action, strategic people within a community or organisation such as the Salvation Army are trained to become Facilitators and deliver the course into their communities which has been shown to reduce inequalities, minimise social isolation and improve the wellbeing of participants and their whanau/families.

"From Cooking Skills to Life Skills" has been translated into Cantonese and several courses have already utilised this resource in order to address the increasing problem of poor nutrition amongst our Asian population. This resource has also formed the base for the development of Senior Chef – a resource developed to improve nutrition in older people based on the CDHB developed "Cooking for Older People." As a result of the "From Cooking Skills to Life Skills" programme, sustainable nutrition education programmes are now evolving in other communities in Canterbury, the West Coast, Timaru, Counties Manukau and Hutt Valley. Contact Janne Pasco, Community and Public Health 378 6821.

But wait – there's more

Community and Public Health

In the Systems Improvement category a C&PH project received a Highly Commended. **HealthScape: An Information Management and Accountability Tool for Public Health Services**

Healthscape was developed by Chris Ambrose for C&PH in response to the need to consolidate information management across C&PH's operations, in a sustainable, adaptable and easy to maintain manner. The aim was to use best-of-breed software tools and commonly accepted methodologies in a low-cost and low-impact manner which delivered greatly improved C&PH's information management capability.

Healthscape is an online relationship management, reporting, communications and collaboration system which integrates information management, accountability and reporting requirements across the range of C&PH activities, conceptually in much the same way as a patient management system integrates information about an individual patient's care. Contact Chris Ambrose, Community and Public Health 03 378 6716

Congratulations and well done for the huge amount of time and expertise that has gone into developing these innovative approaches and solutions.

The Healthy Christchurch priority to reduce health inequalities

Killer Legacy TV documentary to highlight smoking impacts on Māori

A new documentary, A Killer Legacy, will screen on Māori Television on 11 December. The project has been funded by Te Hotu Manawa Māori and the Heart Foundation of New Zealand.

"Even though we are seeing reduction in smoking rates amongst Māori, almost half our population continues to smoke," says Moana Tane, Chief Executive of Te Hotu Manawa Māori.

"We are especially concerned about the numbers of Māori women smoking. Sixty percent of Māori women between 20 and 24 smoke, although the rate decreases with age."

A Killer Legacy tells the stories of Māori women as smokers and as workers in the sector, in the context of the inquiry into the tobacco industry.

Watch the YouTube trailer for A Killer Legacy at www.youtube.com/watch?v=aVZEgxz67Qs.

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

Lighten the load of Christmas day!

More freedom and fun for the food preparers, and reduced digestion demands for the diners. Our traditional Christmas fare has its origins in the northern hemisphere. Over there at this time of year they're well into their winter. Diminished daylight hours mean more time for indoor tasks, and cold temperatures herald a hankering for heavy hot food.

Trying to transplant those habits into our southern summer situation doesn't seem sensible. We have already made some adaptations to the old festive fare, such as new potatoes, berryfruit, and even barbeques. These simpler and in-season choices point the way to happier and healthier feasting in our summer warmth and daylight. Cook for Christmas with a "KISS" - Keep it Simple and Seasonal

Keep the main meal to no more than two types of meat and add flavoursome salads and vegetables for an enjoyable and less stressful meal.

Try a whole baked salmon stuffed with lemon slices, dill and almonds and baked in foil for a real treat. Served with a bowl of light sour cream mixed with horseradish keeps it simple and easy to enjoy the delicate flavours. For a summer variation on the traditional roast try a butterfly leg of lamb or a lamb rack. This can be rubbed with cumin, paprika or pepper and put on the BBQ until medium rare. Meat kebabs, lamb cutlets or lean gourmet sausages done on the BBQ would also work well.

Including a dish based on beans, lentils or chickpeas will appeal to any non-meat eaters and goes well with any meat dish you choose. If your guests will include strict vegetarians, tofu or nut croquettes served with cranberry sauce is an option. These would work well for both vegans and lacto-ovo vegetarians. If these foods are unfamiliar, you could pick up a ready to go festive option from your supermarket. Keep in mind that some vegetarians love meat substitutes while others don't enjoy food that tastes like meat. Check first to avoid an unhappy guest!

If Christmas pudding is still on the menu, try brandy custard rather than brandy butter and rich creams and ice-creams. Sorbets, Greek yoghurt and frozen yoghurt are good alternatives. For those who love whipped cream, try beating it stiffly then folding in plain yoghurt.

Choose from the wonderful array of vegetables and fruit coming into season. Use them as a basis for desserts, salads and on platters. Nothing beats a dish of freshly dug potatoes and new peas, lightly cooked with a few sprigs of mint. Go for salads using lettuce, spinach, cucumber, courgettes, tomatoes, peppers, new carrots or mushrooms. Make a visual feast using fresh berries, carefully layered using contrasting colours on a white platter and topped with a handful of chocolate mints. This looks exotic and is a perfect dessert to avoid overfull guests and overstressed cooks. Otherwise try chocolate dipped strawberries, apricots or cherries -you get all the enjoyment of chocolate but with out the heavy overfull feeling.

Wishing you a happy and healthy festive season! *Liz Cutler, Public Health Dietitian*

Items of Interest

Call for Support for a Registration of Rental Housing Properties

Tenants Protection Association is seeking support to have all Canterbury rental housing properties registered. We propose that the registration of rental housing be administered by the Local Territorial Authority. TPA believes this would allow Council and others to track, identify and target specific housing and achieve a number of functions and outcomes:

- The ability to track rental patterns and trends throughout the city.
- Up-to-date contact information for property owners in case of emergency.
- The opportunity to provide educational programmes and outreach to rental housing owners and tenants including health, safety, building compliance and landlord/tenant responsibilities etc.

- The resource to locate and provide financial/technical assistance for rental-housing building owners.
- The possible creation and maintenance of a sub-registry of accessible housing that can be used by housing providers to help locate accessible housing units.

Please email your response to manager@tpa.org.nz

Food Costs For Families:-

Analysis of the proportion of the minimum wage and income support benefit entitlements that families need to purchase a healthy diet authored by *Vicki Robinson, Public Health Dietitian, Regional Public Health - November 2010.*

This analysis provides evidence of the inequity and financial difficulties faced by families on low incomes to purchase healthy food adequate to meet daily nutritional needs. The Otago University food costs survey was used to calculate the percentage of a family's income (received solely from either the national minimum wage or income support benefit entitlements) needed to adopt a healthy eating pattern based on Ministry of Health nutritional guidelines.

New Zealanders spend on average 16% of their income on food. An Australian paper suggests that no more than 25% of disposable income should be spent on food and 'food stress' is believed to be experienced when more than 30% of income is needed.

A range of low income family scenarios are presented in this paper. Findings suggest that most families on low incomes will need to spend a much higher percentage of income to purchase 'basic' healthy foods and many will experience 'food stress'. Families need to spend between 23-53% of their net income and 42-75% once rent is deducted, to purchase a 'basic' healthy diet. While the geographic access to food is not considered in this paper, this has the potential to increase costs and reduce accessibility of healthy food options further.

Food insecurity and its consequences of poor nutrition, obesity, and nutrition related health conditions are evident in families on low incomes. Tackling issues of income adequacy and the accessibility to lower cost healthy foods needs to be addressed more aggressively as part of the solution to achieve a reversal in these health trends. (*Executive Summary extract*)

If you would like an email copy of the above report please contact one of your helpful Healthy Christchurch Coordinators. (*See bottom of page for contact details*)

Healthy Christchurch Steering Group

At its final meeting for 2010 held on 8th December the Healthy Christchurch Steering Group:-

- Agreed to send a letter acknowledging Alister James for his support as a Healthy Christchurch Champion during his time as CDHB Chairperson.
- Arrange hand-over meeting between new CDHB Chairperson, Alister James, David Meates and Evon Currie.
- Place article for The Press regarding alcohol related harms and inform people of the timeframe for Alcohol Reform Bill submissions 18/02/2011.
- Accepted the following dates for the 2011 six weekly Steering Group meetings:
 - 16 Feb
 - 30 Mar
 - 11 May
 - 22 Jun
 - 3 Aug
 - 14 Sep
 - 26 Oct
 - 7 Dec

Your Healthy Christchurch Steering Group wishes all Healthy Christchurch Signatories
 "A Very Happy Christmas and peaceful New Year"

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