**Wellness Committee AGM report 2018**

Over the last year the Wellness Committee has been slowly establishing itself. We have had the terms of reference ratified by the business committee of the region and have been working on what will be the content for the new website. We have had sporadic meetings with much of our communication being via email.

The current membership consists of 4 LMC midwives who are committed to stay on for the next 12 months. The ToR requires us to have a membership of 5 and it would be ideal to have a core midwife on this group.

Over the last 12 months we have supplied financial support through the Wellness Committee funds for 2 midwives and 3 students who have had unusual life events and stresses to a total of $1762. We have also sent out on behalf of the committee 3 vouchers for midwives who had babies this year, care packages or remembrance trees to 9 midwives who have either a bereavement or illness themselves. We have been supplying birth suite with tea and coffee monthly so that all midwives when in there can have a hot drink.

We have also established a 3rd year midwifery student grant that will be administered annually with a total of $3000 being divided equally amongst the 3rd year regional member students who apply. This was set up as it had been a challenge trying to decide which applications from the students were eligible for the Wellness Committee discretionary fund and how much to fund for each application. This year we have distributed this grant to 15 third year midwifery students.

We have also been members of the continuing knitting groups both in Chch and North Canterbury.

With the development of the website we envisage that there will be more contact made to the committee and hopefully more positive connecting events for midwives to promote via this.