**Canterbury/West Coast region New Zealand College of Midwives**

**Wellness Committee**

**Terms of Reference**

**Purpose:**

To provide support, in whatever form is required, to individual Canterbury/West Coast New Zealand College of Midwives (NZCOM) regional members. This could be in the form of peer to peer debriefing, mentoring, financial hardship grants, support in the situation of an unexpected outcome or gifts.

**Aims:**

That individual members feel supported by the midwifery community through times of stress and hardship.

To strengthen collegial relationships throughout the midwifery community.

**Responsibilities:**

* Confidentiality of members and the issues raised is upheld at all times.
* To uphold NZCOM Code of Ethics and Standards of Midwifery Practice.
* To uphold Midwifery Council Core Midwifery Competencies.
* To guide individual members to seek assistance from the appropriate source, if required. This could include advice from NZCOM Midwifery Advisors, NZCOM lawyer or counselling services.
* To be financially responsible for the budget approved by the Canterbury /West Coast region of NZCOM.

**Membership:**

* Committee will be made up of 5 NZCOM midwife members.
* Ideally the midwives on the committee will have been Midwifery Standard’s Reviewers, mentors or preceptors.
* The committee will be made up of both core and LMC midwives.
* 1 member to be nominated as the co-ordinator of the committee.
* A quorum will be 3 members.
* The committee will have the ability to co-opt other members as appropriate to provide support.
* The committee membership will be reviewed and ratified at every Canterbury/West Coast region Annual General Meeting (AGM).

**Accountability:**

* Accountable directly to the Canterbury/West Coast NZCOM regional Chair.
* A quarterly report to Canterbury/West Coast regional NZCOM Business meeting.
* Annual report to be presented to Canterbury/West Coast region NZCOM AGM.
* To women and babies of Aotearoa.
* To the wider midwifery profession.

**Review:**

The Wellness Committee’s function and purpose will be reviewed annually at the time of the Canterbury/West Coast NZCOM regional AGM.

**Meetings:**

* Meetings will occur as necessary dependant on requests for support.
* These meetings may occur face to face however correspondence via email or phone is equally acceptable particularly in situations requiring a quick response.
* All requests and decisions need to go via the committee co-ordinator or their proxy.
* Any shared information is to be destroyed/deleted by the other committee members once the situation has resolved. The co-ordinator will keep information for purposes of reporting only and then destroy/delete it.
* The only information reported on will be trends, statistics and budget.