



Wellington Branch Newsletter –January 2021

Monthly Update

Happy New Year everyone! I am still adjusting to 'normal' after a lovely break in Martinborough over Christmas. Hence the late notice of our next event on Tuesday 2 February 2021. See further information below.

While in Martinborough I walked the Patuna Chasm on Patuna Farm. The geography and scenery is amazing. Photos do not do it justice, but here is a taster for anyone that has not visited yet.



You need good walking shoes, a reasonable level of fitness that will cope with some steepish climbs and about an hour walking through the river (up to thigh deep in parts). It is recommended to take a picnic to enjoy either during the walk or at the end. You have 3 hours to complete the adventure, which is plenty of time.

Next event

Suzie McDonald of NZ Rugby will give an overview of HeadFirst, NZ Rugby's mental health and wellbeing programme.

Established in April 2017 the programme currently supports both the professional rugby environment alongside a presence in community rugby through its clubs.

Suzie has a background in mental health nursing and sees her job as being to constantly learn and listen to what the rugby communities need in terms of their wellbeing and mental health.

Rather than reinventing the wheel the programme is using the platform and cut-through that rugby has, to reach groups that would otherwise be difficult to connect with.

What: HeadFirst - NZ Rugby Union's mental health and wellbeing programme

**When: Tuesday 2 February 2020
12.00pm – 1.00pm
(the talk will start at 12:10pm)**

**Where: NZRU
100 Molesworth Street, Wellington**

RSVP: For COVID-19 recording purposes, please pre register for this event using [this link](#). If you are bringing a guest, they must be entered separately to ensure we have all names.

2021 Planning

The calendar is filling up nicely so please keep an eye on the website for details. If you would like to hear about a particular topic or would like to give a presentation, please get in touch through well.nzism@gmail.com. We would love to hear from you.

Wellington Branch Committee – succession planning

At least 3 new Committee members are needed to ensure a seamless transition at the AGM in May. The amount of work required is minimal with little administration required now that NZISM manage the finances. If you would like to find out more or register your interest, please contact the Committee well.nzism@gmail.com.