

## Healthy Families South Auckland: reduce alcohol harm in Manurewa

Healthy Families South Auckland (The Cause Collective) works with local communities for better health in the places where we live, learn, work and play.

Our goal is for all South Aucklanders to enjoy social and physical environments that enable healthy food and physical activity choices, being smoke free and drinking alcohol in moderation as well as increasing mental health, resilience, and wellbeing.

Our latest project aims to work with the community to figure out how we might reduce alcohol related harm in their local area.

### Talanoa session - 19 July 2023

HFSA will host a talanoa (discussion) session on Wednesday 19 July 2023, 5:30pm at The Cause Collective, 13 Ronwood Ave, Manukau, for local people to talk about the positive and negative effects of alcohol on them, their whānau and/or community (Gagana Samoa / Lea Fakatonga speakers will be present).

By understanding the lived experience of whānau and communities, we can determine together how best to address the conditions that lead to experiencing alcohol related harm.

HFSA needs participants that are 18+, drink or no longer drink alcohol, and live in Manurewa ([local board area](#)) to participate in our talanoa session. Each participant will receive a \$50 gift card as koha.

### For more information

If you have any questions about Healthy Families South Auckland (The Cause Collective), this community project or alcohol related harm. Don't hesitate to email [justis.k@thecausecollective.org.nz](mailto:justis.k@thecausecollective.org.nz) or call 0275977995.

Yours sincerely

Justis Kamu, The Cause Collective, 0275977995

*Additional information - what is alcohol related harm?*

Excessive drinking can lead to several alcohol related harm effects including:

- Intentional injuries such as violence and self-harm
- Unintentional injuries resulting from accidents
- Relationship problems
- Problems at work/study
- Neglect of family responsibilities
- Embarrassment from indulging in unusual behaviours
- Alcohol-related diseases or health-conditions at later stages in life