



## Another remarkable year done and dusted – with 2018 shaping up to be a cracker

The past year has been challenging yet rewarding on so many fronts. I know that many of you are counting down the days until you have a break to re-charge and take a breather as there's been little let-up this year.

For those of you working through, thanks for ensuring that our health system doesn't miss a beat and that services remain accessible to those who need them.

The 2017 year has been another big one for the Canterbury Health System. Despite the unrelenting pressures on so many fronts, the Canterbury Health System has continued to meet every challenge that has been thrown at it. "It takes a whole system to work for the whole system to work!"

We have made progress on a number of big projects. Those of you who have been in central Christchurch recently will be well aware of the major construction projects underway around 'Hospital Corner' with the Acute Services Building and new Outpatients building taking shape. The adjacent Health Research Education Facility (HREF) and MedCar buildings are also coming along quickly. Across the Alps new facilities are underway for our Trans-Alpine partners in Greymouth. We also celebrated the opening of new facilities in Ashburton. On the drawing board are new facilities to be based at Hillmorton for our specialist mental health services currently at The Princess Margaret Hospital. This includes the mothers and babies service, eating disorders, child and youth inpatients and long-term rehabilitation for adults.

Our new facilities are important to help with our whole-of-system performance, particularly when it comes to elective services: surgery and outpatient clinics. We have more people receiving urgent care in the community thanks to our health-system partners in primary care and Non-Government Agencies (NGOs).

The outcomes we've achieved by supporting more people to live well independently have caught the attention of many overseas health leaders and this year we've hosted visitors from around the world. The second [Kings Fund report](#) *Developing accountable care systems – lessons from Canterbury* generated a lot of interest in how we are working across the system in alliances. The Canterbury Clinical Network is leading various work-streams as we continue to change and improve the way we work to ensure the resources available to us are put to best use to improve the health and wellbeing of people in Canterbury and the Chatham Islands as well as supporting other District Health Boards.

We've made good progress with the transformation of our IT (or ISG) service, as we move closer to becoming a digitally-connected health system. Our international reputation has grown, with HealthPathways now in use in more than 40 health jurisdictions in New Zealand, Australia and earlier this year, the first NHS Trust became part of the HealthPathways community.

HealthOne, our electronic shared care record, was a runner-up in the IPANZ Awards and won the NZ Hi-Tech Awards this year. All credit to the individuals and teams who have worked tirelessly since 2011 to develop and enhance this system, which we know is directly contributing to better health outcomes, by ensuring up-to-date health information is available in a range of health settings.

We're still supporting the well-being of those living in North Canterbury who were impacted by the November 2016 quake.

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In February this year we had the Port Hills fires, followed by the floods in July. Both of these events involved and affected people in our health system.

In February, the South Island clocked up more than one million Electronic Requests for Service via ERMS.

In July, we brought our food service back in house and on 1 July, WellFood came into being. It was a seamless transition and has continued to go from strength to strength.

In the last quarter of the 2016/17 year we were one of only three health systems to achieve five out of six national Health Targets.

Planning is underway in earnest for the moves to our new facilities, and for new ways of working for all of the teams who are counting down to having new purpose-built facilities to work from.

## Improving our Occupational Health Service

Next year, 2018, is shaping up as a big one for the way we put people at the centre of all we do. A review of our Occupational Health Service has just been completed which has identified a number of ways the service could be improved. In a nutshell, the review suggests we need to be more proactive in preventing injuries and ill health so we can better support our people to be and stay well. On page 7 of today's *CEO Update* Michael Frampton, General Manager of People and Capability, provides a bit more detail on what the Review found.

## Season's Greetings

Finally, thank you for the part you played in making 2017 another successful year for the Canterbury Health System. You have made such a difference to your community through the compassion and quality of care that you have provided. If you are able to take a break over the Christmas/New Year period, enjoy spending time doing things that make you happy and slot in some down-time to recharge, as 2018 is promising to be another big year for us as we work to sustain and improve our exemplary health system performance.

Stay safe, and remember to look out for family, friends and neighbours who may be alone at this time of year, and finding it hard-going. If you need someone to talk to there's a new free service where you can **text or call 1737** any time of day or night to talk to a counsellor.

## Call your own General Practice team 24/7

Remember that wherever you are over the holiday season, you can still call your own General Practice team for free health advice after-hours or when they're closed. After-hours you'll be put through to a registered nurse who can give you free health advice over the phone. If it's urgent and you need to be seen, they will advise on where to go and what to do – wherever you happen to be in New Zealand.

Have a great week



**David Meates**  
CEO Canterbury District Health Board



# Facilities Fast Facts

## Acute Services Building

Work has started on preparing the site for construction of the Central Link that will connect Christchurch Women's Hospital and the new Acute Services Building (ASB). Once the scaffolding is in place outside Christchurch Women's, work will begin on opening up the theatre area to create space for the link. The baby bus has been repositioned on the lower ground floor. Everyone directly affected by the move will be kept informed of the changes.



### 'Tis the season to be generous

CPB contractors on the ASB site, and the CPB/Southbase joint venture working on the convention site held a toy drive among their staff, contractors and subbies to collect toys for the children spending Christmas in hospital.

CPB Project Manager for the ASB Bill Hill said last year's toy drive, which was started as an idea from Fitzroy Engineering Group contractor Damon Shotter, had proved really popular and people were keen to do it again.

"Everyone on site is aware that the kids in the wards in Riverside are close to the construction zone. It's nice to know that we can contribute someway to providing a distraction from the noise, and add some fun to the children's day."

Accepting the toys on behalf of the Hospital Play Service, Rachael Clarke said the toys were well received. "Not only for Christmas, but also to keep our toy library stocked. They are gifts that keep on giving, and we appreciate it so much."



### Contractors on campus

There is a significant volume of construction work taking place around the Christchurch Hospital Campus. We managed to catch some of the contractor project managers and get them to pose for a photo between jobs. In the photo are members of the teams from the Pegasus Arms, Southbase (Health Research Education Facility), Max Projects (Chapel restoration), Leighs Construction (Outpatients), Downer (Oxford Terrace work), CPB (ASB), Thinc/Turner/Townsend (ASB), Hanham & Philp (MedCar) Johnstaff (Outpatients and Vaccum Insulated Evaporator tank), Dominion (tunnel and link corridor), and Canterbury DHB Site Redevelopment and operational management.





## Bouquets

### Ngā Ratonga Hauora Māori (The Māori Health Service) and Acute Medical Assessment Unit (AMAU), Christchurch Hospital

I am a "frequent flier" with an Acute Plan. I am very pleased with the care I get. I would like to make mention of the wonderful support I always receive from Ngā Ratonga Hauora Māori, especially Uncle Ted, Theo and Helen. Also Clinical Nurse Specialists Thysje and Cherie; Dietitian Laura; Stoma Nurse Jackie. The advocacy skills and care shown by Alison (AMAU Charge Nurse) is legendary and really appreciated and the AMAU team are empathetic and caring. Also Doctors Jenny Butler, Iain Melton and Michael Burt are wonderful. Thank you Canterbury DHB.

### Surgical Assessment and Review Area, Christchurch Hospital

I wish to thank all the staff involved in my care for the removal of my gall bladder. From admission, to departure, the staff, including reception and porters, were most caring and professional. The nurses, doctors, anaesthetists and surgeon were most caring, and understanding. For older people undergoing any surgery there is always going to be some anxiety. However the professionalism and caring approach by all the staff helped me get through this operation with flying colours. Once again my sincere thanks and gratitude.

### Respiratory Laboratory, Christchurch Hospital

Today I had lung function tests scheduled at the Respiratory lab. Somehow I got confused about its whereabouts and a passing orderly asked me where I wanted to go. He said it was on the other side of the hospital and it was a fair long way. So he got a wheelchair for me and took me over. After my tests the technician asked the receptionist to get an orderly to wheel me to Christchurch Women's reception where I had some knitting to drop off and they called a taxi for me. Just wanted to say thanks for all that kindness – made my afternoon a lot easier.



## Last week to Shout Out!

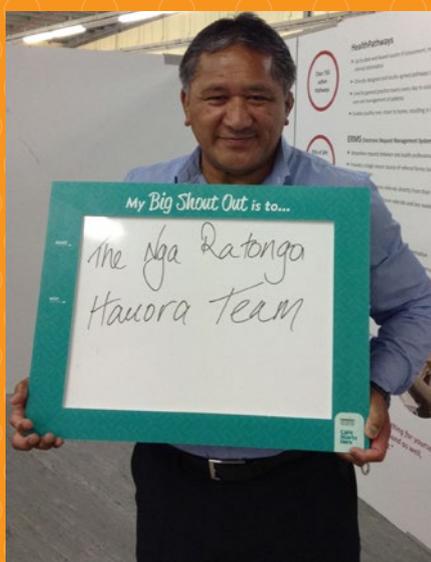
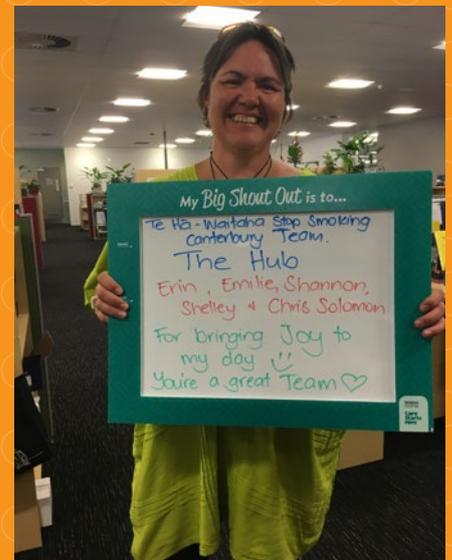
More than 500 Shout Outs have whizzed around the organisation in the past two weeks spreading thanks and the nicely chuffed feeling you get from doing something nice for someone else.

Research suggests that [committing acts of kindness](#) can have a major influence on your happiness (and makes the recipient feel pretty good too).

There is one week to go to give a Shout Out – check the [intranet](#) for locations. Alternatively, contact [carestartshere@cdhb.health.nz](mailto:carestartshere@cdhb.health.nz) if you want to request a Shout Out opportunity at your ward, meeting or area.

And while time is limited to do your Shout Out, there is no closing date on keeping the Shout Out spirit going by continuing to celebrate and thank for your colleagues for their awesome work. You can see the Shout Outs and keep the conversation going by joining the staff-only Facebook group: [www.facebook.com/groups/CareStartsHere](http://www.facebook.com/groups/CareStartsHere).

If you 'like' your Shout Out picture in the Facebook group you are in the draw to win one of two My Food Bags for a week. Winners will be drawn on Friday 22 December.



# Choosing Wisely in Radiation Oncology

The Choosing Wisely campaign has been widely accepted and adopted worldwide since it was launched in 2012 by the American Board of Internal Medicine (ABIM).



The initiative of the ABIM Foundation, in partnership with consumers, was aimed at advancing a national dialogue on avoiding wasteful or unnecessary medical tests, treatments and procedures.

Today Choosing Wisely is a systematic effort to make a measurable difference on some of the most pervasive examples of waste or overuse in our health care system. It encourages clinicians and patients to discuss which medical tests and procedures may be unnecessary for their condition, and in some instances, can cause harm.

Various medical specialties have come out with their own list of tests and procedures which are overused and/or are inappropriate.

The Royal Australian and New Zealand College of Radiologists has also adopted Choosing Wisely.

“With this in mind, we in Radiation Oncology here at Christchurch Hospital are gradually trying to implement evidence-based international guidelines across most of the cancer sites”, says Radiation Oncologist Avtar Raina.

Radiation oncology is a highly complex specialty which has had tremendous technological growth over the last two decades.

“It’s an ‘investment heavy’ medical specialty with the cost of machines and planning equipment running into millions of dollars.”

Given that New Zealand is a small country with limited public health budgets, it is important to use resources appropriately and at the same time deliver international standard, evidence-based care for our patients, she says.

The Ministry of Health recently released the National Radiation Oncology Plan (2017-2021), which stresses reducing the Variations in Practice across different cancer centers to increase the intervention rates for radiotherapy treatments and improve equity of access of radiation treatment across all ethnic groups.

Over the last few years we have been adopting newer treatment guidelines, which are based on the results from multi-institutional randomised trials, Avtar says.

Some examples include:

- » Canterbury DHB breast cancer treatments have reduced from 25 treatments over five weeks to 15 treatments over three weeks, which has shown similar outcomes and much less toxicity. Treatment for bone metastases has similarly reduced from five to 10 treatments, to a single treatment. With the introduction of Stereotactic Radiotherapy (a type of external radiation therapy that uses special equipment to position the patient and precisely deliver radiation to a tumour), similar reduction in treatments times have been put in place for lung cancers and brain tumours.
- » For most cancers, such as anal, prostate, brain and gynaecological, the Volumetric Modulated Arc Therapy (a new type of Intensity Modulated Radiotherapy, where the linear accelerator rotates around the patient during treatment) has been adopted. This helps to give high doses of radiation localised to the cancer. It improves outcomes and reduces doses to normal structures and organs and in turn decreases side-effects and improves quality of life. This technology also makes treatment delivery much quicker, saves time and increases throughput on the machines.
- » More recently shorter treatments have been put in place for certain categories of prostate cancers. The treatments have reduced from 38 treatments over seven to eight weeks to just 20 treatments over four weeks, with similar outcomes.
- » Canterbury DHB is the sole Brachytherapy provider for whole of South Island and since 2010, when it was introduced in Christchurch, the service has been mainly for gynaecological cancers. From December 2016 the use of High Dose Rate (HDR) Brachytherapy has been extended for prostate cancers, increasing its utilisation. High-dose rate (HDR) brachytherapy is a type of internal radiation therapy that delivers radiation from implants placed close to, or inside, the tumour in the body. This technique ensures the maximum radiation dose is given to cancerous tissues, while minimising exposure to the surrounding healthy tissue. A single treatment localised to the prostate gland is given as a boost to the external beam radiotherapy, reducing the number of treatments and the overall treatment time.
- » Prostate and breast cancers form the bulk of cancers and putting in place evidence-based treatment guidelines has helped in matching international standards and at the same time creating more space on the machines and increasing throughput.

# Care Starts Here: Supporting our People to Be and Stay Well

*From General Manager People and Capability Michael Frampton*

A lot has happened in the People and Capability space this year. To better enable and support our people, we've been working hard to deliver on the key priorities that more than 4,000 of you told us about in our last Wellbeing Survey. That work has involved many hundreds of people from right across the Canterbury DHB in workshops and focus groups. As a result, we've released a **People Strategy** to guide all of our efforts across the organisation, and we're down at the business end of making stuff better.

We've begun to implement new and improved HR processes, we've opened our new Service Portal - Max - for business today, we've launched our *Care Starts Here* programme, and we're about to kick off a whole-of-system conversation about growing leaders and leadership.

I'll be sharing more about all of this work in the New Year.

As David indicated in his opening message, we've also completed a review of our Occupational Health Service. As we close the year, I wanted to share a little bit about the review and where it's landed. It's a core component of how we're going to continue to put people at the heart of all we do.

The review was undertaken by Nursing Director Kate Gibb, and it was supported by a steering group of:

- » Dr Mark Jeffrey, Clinical Director Medical Capability Development
- » Heather Gray, Director of Nursing CHC Campus and Chair, Health Workplace Governance Group
- » Dr Ramon Pink, Physician/Medical Officer of Health – Community and Public Health
- » Tony Gutschlag, GM Mental Health and Chair, Staff Wellbeing Action Group
- » Mark Lewis, Manager Wellbeing Health and Safety.

Because we also wanted some perspectives from outside the sector, the steering group was facilitated by Terry Buckingham, Health and Wellbeing Manager for Fonterra.

The review was informed by a variety of sources including the 2016 Staff Wellbeing Survey and subsequent focus groups, our recent HR process review, an occupational health survey that more than 1,400 of you recently completed, and subsequent in-depth interviews.

A major theme to emerge was the need to better balance our current focus on the assessment, treatment and rehabilitation from workplace injuries to an increased emphasis on proactively supporting our people to be and stay well. What was also clear is that there are a range of services we currently provide that people right across the organisation really value and that we can't lose.

Opportunities to improve the ways we work which the review identified included:

- » Increasing our focus on prevention and health promotion, while also providing support for our people who are experiencing ill health or injury
- » Changing our approach to supporting those with ill health (be that physical and/or mental health) so it's similar to how we support those with a workplace injury
- » Further integrating the service so there's a joined-up approach to supporting our people across public health, primary care and occupational health
- » Increasing the visibility and awareness of the service and what supports are available to our people
- » Using workforce data to better inform strategy.

In other words, there's a real opportunity to take the same population-based approach to our work to support and enable people at work as we take as a District Health Board to the way we plan, fund and provide services to the people of Canterbury.

In the new year the recommendations of the review will be considered and a plan of work commenced to bring an expanded service to life. In the meantime, more information on the review and its findings [can be found on the intranet](#).

Between now and then, I hope you have a great Christmas and if you're going away, a safe and happy holiday. To all those working through the Christmas break – thank you so much for all that you do. Our Health System and the people of Canterbury are lucky to have you!

# Every little kindness counts

*This story is from a health care professional working in Canterbury DHB, aged over 50 (quite a bit!!) and male.*

I was diagnosed with prostate cancer in August after a routine prostate specific antigen (PSA) blood test at my General Practice. This was a surprise as I had very minor symptoms. A follow up prostate biopsy was arranged. An uncomfortable procedure but made very easy by the superb biopsy team, nurse and registrar, in outpatients.

When the diagnosis was confirmed, and the extent of the cancer assessed, I was seen by the Urology Team and a radiation oncologist.

The decision to have surgery (radical prostatectomy) or radiation therapy was then left to me to decide. This was one of the harder life choices I have had to make. Radiation therapy was my choice based on information given, my personality and lifestyle, and far too much from Doctor Google (don't go there)!!!

Radiation treatment was to be 20 sessions (fractions), one session every weekday for four weeks. Each session to be about 15 minutes. At the initial assessment session the team in Radiation Oncology asked what times suited me best for work and days off and prepared a timetable. Throughout my treatment the whole Radiation Oncology team were fantastic. Professional, accommodating to my personal needs and work schedule, informative when side effects presented themselves, supportive and all my appointments were on time!!!

I have now finished the radiation therapy and await a blood test to assess the effectiveness of the treatment. There have been side effects but nothing too onerous and I was encouraged to discuss these with the team.

What is the purpose of this message?

1. If you are male and over 50 talk to your GP and discuss a PSA blood test.
2. If you are diagnosed with cancer assess all your options and do what is best for you.
3. Be prepared for some lifestyle changes but not to change your life.
4. The public health system in Canterbury has worked very well for me.
5. And most importantly – Christchurch Radiation Therapists (especially T3 team) rock!!!!!!

Finally a huge thanks for the tremendous support I have had from colleagues and the managers I work with and for.



Radiation therapists Kimberley Gallagher, Penny Willocks and Annie Sievers are part of the T3 radiation therapy team

# Newborn hearing screening programme “a success”

Canterbury DHB’s Universal Newborn Hearing Screening and Early Intervention Programme (UNHSEIP) has been congratulated by the Ministry of Health for the quality of its service.

The latest quarterly and financial report was described as “very detailed” by Programme Leader Antenatal and Newborn Screening, National Screening Unit, Ministry of Health, Samantha Everitt.

“There’s lots of great stuff happening at Canterbury DHB and it is good to see all the networking, engagement and ongoing development that is happening,” she says.

“This all helps to ensure you continue to deliver an excellent, high quality and well-connected pathway of care for families.”

Samantha thanked the UNHSEIP for sharing the story of a Christchurch mother Jaime and her daughter Kimerah’s experience of the programme which she said “really exemplifies what a great service you are all providing”.

Kimerah’s story featured in the *CEO Update* last year. After failing two newborn hearing screenings she was referred to Christchurch Hospital for an auditory brainstem response (ABR) test.

It confirmed Kimerah has profound hearing loss.

Jaime says that on hearing the news she immediately felt like all ties with the baby in her arms had been cut.

“She hadn’t ever heard my voice while in my womb, and she hadn’t heard me or anything in fact, since being born nine weeks ago. I felt completely helpless. Like a failure. How could I not know? How could I not notice anything?”

Within three days a Deaf Adviser had been in touch and met up with Jaime and Kimerah and Jaime says the support from everyone involved “just totally overwhelmed me and exceeded any expectation”.

Newborn hearing screening transformed her daughter’s life and she has already achieved well and truly above expectations. Kimerah has since had bilateral cochlear implants and has a good vocabulary.

Samantha says the success of the programme in Canterbury is because of the commitment to the programme “you all show”.

“Special thanks to you Angela for all your insights and contributions that you have shared with me over the year. I really appreciate you support which has helped make my job that little bit easier.”



Kimerah

UNHSEIP Co-ordinator Angela Deken says the programme makes a huge difference to the outcomes for those diagnosed with a hearing loss.

“We know that these babies/children/adults lives will be better off with this early diagnosis so that choices can be made and development is not impacted upon, giving a future full of opportunities. Our service has close links to all the early intervention services that are also part of the programme but which are often not mentioned.”

It is these links that makes our programme successful and keeps the care we all provide family/whanau and baby focused as they traverse the new experience of having a baby with a hearing loss.

Thanks also has to be given to the National Screening Unit (NSU) as they are totally committed to the programme and “getting it right” for families.

It has been an interesting and enjoyable experience working closely with them and Canterbury DHB and the NSU have very strong collegial links, Angela says.

General Manager Christchurch Hospital Pauline Clark says well done to Angela and the team.

“I am immensely proud to be associated with service that is engendering such positive comment from the Ministry of Health.”

# Christmas around the Campus – spreading the joy

With just a week to go until Christmas, the festive spirit is alive and well around the Canterbury Health System. Christmas trees glow brightly, tinsel abounds and staff in their festive season-themed scrubs add colour everywhere.

The spirit of giving is also on display. In Ward 17 a Christmas raffle promises to raise \$400 which will go towards buying books or other items needed by patients in the ward.

The Duty Nurse Managers are collecting for Women’s Refuge and in Ward 20, Charge Nurse Manager Sharon Minchington has created a healthy option advent calendar for staff on the ward – one that features L’Occitane beauty products instead of chocolates.

At Burwood, resident Mail Man Michael Turner donned his Santa outfit to bring some Christmas joy to the wards, and there are a couple of spectacular light shows at the Adult Community Referral Centre of the Heathcote Building at The Princess Margaret Hospital, and on the lower ground floor in Maintenance and Engineering.

Duty Nurse Managers at Christchurch Hospital have swapped their traditional secret Santa for a collection with purpose.

Duty Nurse Manager Lesley Henderson says for the last couple of years people have wanted do something more meaningful at this time of the year.

“We approached Women’s Refuge who gave us a list of items they really needed,” she says.

“Now we can give gifts that exemplify the true meaning of Christmas and know that someone will really benefit. The items they need, like women’s underwear and sleepwear, children’s shoes, deodorant, and combs or baby wipes, are just everyday things that we all take for granted, and yet for the clients at Women’s Refuge they can make a huge difference,” she says.



Michael Turner is Santa



Tinsel, bunting and lights deck the halls of Maintenance and Engineering



Lesley Henderson and Anne-Marie Evans with the boxes of goodies that the Duty Nurse Managers at Christchurch Hospital have collected for Women’s Refuge



The Adult Community Referral Centre has brightened up Level 4 of the Heathcote building at The Princess Margaret Hospital



On cooking duties at the Canterbury Health Laboratories Christmas barbecue. From left, Programme Manager Dave MacKay, Specialist Service Manager Matt Hayman and Operations and Commercial Support Manager John Osborne



Warm Christmas welcome from W2 at Burwood Hospital



Laura Franks and Jane Edens from Ward 19



Felize Tampos, Polina Valieva, Geoff Brew, Claire Ward, Erika Schmidt, Christine Waterman, Donna Edgeworth, Anna Scott, and Sue Rinsma of Ward 17



Ali Stringleman, Marigold Pacatang, Gabrielle Kerdemelidis, Sara Kircher and Lera Jo Antasuda from Ward 20



Kate Stirling, Stacy Butts, Caitlin Constable, Sarah Kahu, and Chloe Andrew of Ward 18

# Art of Recovery

The Burwood Academy for Independent Living (BAIL) launched its first book, *The Art of Recovery: Six Personal Journeys* last week. The event celebrated a 10 year journey to chart personal stories of recovery from illness or traumatic spinal injuries through self-determination and courage.

*The Art of Recovery* was commissioned by the late Alan Clarke, executive director of the New Zealand Spinal Trust, who sadly passed away hours after writing the introduction for the book in 2007.

Alan's philosophy was that "rehabilitation is about taking charge of one's return to full participation. Rehabilitation can't be 'done to you'. It is not a treatment or a therapy. It is a learning process, educational not medical. One must set one's own goals and make sure one gets there."

Alan, who suffered a spinal injury when he fell off the roof of his house, was also a keen proponent of Gerben DeJong's independent living paradigm, which emphasises the need for the consumer to be in control of and responsible for his or her recovery.

Edited by Bernadette Cassidy and Carolyn Beaver, the book is an opportunity to step into the rehabilitation process through the eyes of those who have lived it. Whether recovering from a spinal cord or brain injury, drug/alcohol addiction or congenital condition, each of the six stories are about the art of reinvention – about reimagining and reinventing one's life and knowing that one can never go back completely to what once was.

Among those whose stories feature is Shane Thrower who survived testicular cancer and a traumatic brain injury; Ken Hird who was paralysed in the aftermath of the Christchurch earthquake, and Roydon Gibbs who's battled addiction and depression.

The book also features a story about Rihare Wellfare (Ngati Porou) who designed Mātāmua, the Oamaru stone carving that dominates the atrium of Burwood Hospital and embodies the heart and soul of the hospital.

Co-editor Carolyn Beaver says the book will appeal to people in all forms of recovery and to health professionals with an interest in rehabilitation.

The book is available at <http://burwood.org.nz/BAILResources>.



Celebrating the launch of *The Art of Recovery* by cutting the cake is Ken Hird who suffered a broken neck after falling off his bicycle into a crack in the road during an aftershock on 22 February 2011

## ‘The Green Team’ on a mission

At the back of The Princess Margaret Hospital (TPMH) campus, on the third floor of the Heathcote Building, there is a small team of health professionals with a mission.

They call themselves ‘The Green Team’ and formed at the beginning of this year by Clinical Assessors Miriam Shaw and Jill Lee to focus on environmental sustainability and put in place easy ways to improve workplace wastage and recycling.

It is easy to see in our everyday work how much waste is occurring simply because we are all very accustomed to our routines, methods of working and the workplace resources on hand, says a member of The Green Team, Clinical Assessor Chris Hunter.

“We meet once a month to discuss ways in which we can remind/educate the wider team about recycling opportunities both at home and work.”

They also try to bring attention to workplace wastage such as needless use of printing when documents are online and easily accessible and cutting down the use of fax machines in favour of email attachments.

It is disturbing that 12 million tonnes of plastic enters oceans every year, the equivalent of a rubbish truck full every minute, Chris says.

“Over 60 million cigarette butts are discarded into our environment every year, they make up over half of our littered objects and take a grand total of 10 years to decompose.”

According to the Packaging Council of New Zealand Kiwis consume about 735 thousand tonnes of packaging every year and recycle only about 58 per cent of it.



The Green Team picking up rubbish around the Heathcote River. From left, Clinical Assessor Janice Butcher, Administrator Kay Byers, and Clinical Assessors Jill Lee, Miriam Shaw, Belinda Dunne and Chris Hunter

The Green Team’s initiatives include:

- » Active promotion of the Canterbury DHB-provided recycling bins for all plastics, cardboards and glass.
- » Its own “soft plastics” bin that they empty regularly at the recycling points located at The Warehouse, Pak ’n Save or Countdown. They also have a bin for used teabags and coffee grounds for composting.
- » Streamlining the use of fax machines for referrals and promoting online referrals/follow-me printing to reduce paper wastage.

Recently they organised a riverbank clean-up along the Heathcote River outside TPMH.

“It really made us appreciate how much rubbish is all around us but which we might not necessarily see until we look for it,” he says.

All initiatives and information gets sent to the whole team in the form of a Green Team newsletter.

“Why not start up your own “Green Team” at your workplace and connect with us as to your ideas?” Chris says.

Chris can be contacted on 3377765 or [christopher.hunter@cdhb.health.nz](mailto:christopher.hunter@cdhb.health.nz)

# Spreading the cheer in hospital on Christmas Day

No-one intends to spend Christmas Day in hospital but sometimes life just works out that way.

Patients spending 25 December in Canterbury DHB hospitals can rest assured they won't miss out on festivities altogether, with a team of staff determined to make it "as nice as possible."

WellFood Service Manager Neville Patrick and his hard-working group began co-ordinating the Christmas Day menu many weeks ago and at Christchurch and Burwood Hospitals alone, they're expecting to feed around 700 patients per meal on the day.

This year patients will dine on hot baked ham with pineapple glaze, and roast chicken with cranberry sauce. Dessert offerings include Christmas pudding with brandy sauce, strawberry mousse and fruit mince pies.

Neville says, "Those patients on restricted diets won't be forgotten, and neither will staff who've given up Christmas Day with their loved ones to care for the ill and the injured."

Platters will be delivered to those working in the wards overnight on Christmas Eve, while hospital staff are catered for in the cafeterias with Christmas lunch and dinner.

"Patients can also expect to see our WellFood ward personnel in festive dress to reflect the day," adds Neville.

The WellFood personalised meal service at Christchurch and Burwood Hospitals means the person who takes each day's orders directly from the patient is also responsible for delivering that order to the patient at mealtimes.

The Christmas Day menus at Hillmorton, Ashburton and Princess Margaret Hospitals will cater for up to 250 patients per meal.

Along with Kaikoura, Lincoln, Waikari and Darfield, these Canterbury DHB hospitals also enjoy the festive atmosphere so important to patients on the day.



Julie Nati, Floor Supervisor, says she loves working on Christmas Day: "I'll be in the café from 10-2, so that allows me to spend time with family in the morning and evening."



WellFood Catering Assistant Nitasha Fisher will be working a full 12 hour shift on Christmas Day and says she's "looking forward to bringing some cheer to the wards".

# Retiring social worker's "outstanding contribution"

Social Worker Lorraine Sutherland leaves Canterbury DHB on Friday after 47 years' service in the organisation.

Last week Lorraine's drive for continuing education saw her give what she called her "Swan Song" presentation to the social work team at the Christchurch Hospital campus.

The theme was making links between the principles of dancing the tango and working with someone who has cancer, allowing the patient to lead and set the pace of the engagement.

Lorraine started her social work career in 1970 at the Child and Family Guidance Service at Whakatata House. She worked there as a senior for nine years. During that time she was part of the development of the service using a range of individual, couple and family group work.

In the 1990s Lorraine was employed as a research assistant for the Health and Development Study attached to the University of Otago and lead by David Ferguson.

At the same time she worked part time at the Mothers and Babies Unit and was involved in broadening the social work role as part of that service.

In 1994, Lorraine joined the Social Work Service at Christchurch Hospital working alongside Doug Sexton to advance the provision of social work in the Oncology Service.

Together Doug and Lorraine introduced the concept of including family and close significant others in the patient's journey through treatment for cancer.



Lorraine Sutherland and her brother Paul who came over from Sydney for the occasion

Lorraine is a foundation member of Psych-Oncology New Zealand (PONZ) and was instrumental in setting up the Canterbury branch.

She was granted an award in 2014, by PONZ, for her contribution and outstanding service in promoting holistic care to people who have cancer.

In recognition of her contribution to the promotion and development of the Social Work Service at Christchurch Hospital Campus, over the past 27 years, the Social Workers presented her with a sculpture of a pair dancing the tango.

# Farewell for Julia Fomison

It was standing room only when, after almost 29 years working for the Canterbury DHB, Julia Fomison, Customer Services Coordinator extraordinaire, bade farewell, sewing up a long and fruitful career.

Julia initially trained as an Occupational Therapist (OT) in Auckland, in the grounds of the Oakley Hospital, which was re-named Carrington Hospital by the time Julia began working there as an OT in Mental Health.

In 1989, Julia started work here at Sunnyside Hospital as acting Charge Occupational Therapist, later becoming a Project Officer in Healthlink South in 1994. In 1995, Julia established the Customer Service Coordinator role in the Child and Family Division within Healthlink South, ensuring quality services were provided through the development and monitoring of clinical protocols for health service professionals and continual improvement activities, including audit and customer surveys. Julia was also the Privacy Officer for the Division and monitored the food preparation and delivery of meals on wheels.

By 2000, the Customer Service Coordinator role was extended to cover all of Healthlink South Limited, including both Older Persons Health and Specialist Mental Health Services, both of whom Julia has continued to work for until recently.

Over the past 10 years, complaints management including privacy concerns has been Julia's predominant task. Julia was the go-to person for any queries about the Code of Health and Disability Consumers rights and the Health Information Privacy Code. She established and maintained very effective relationships with both Health Advocacy and the Health and Disability Commission and represented both the Specialist Mental Health Service (SMHS) and Canterbury DHB in a range of national committees and initiatives, including being chair of the National Privacy Officers forum for many years.

Julia always kept the best interests of service users and their families at the forefront and was influential and effective in guiding and coaching clinical colleagues to respond to feedback from consumers in a way that we ourselves would expect to be responded to had we made the complaint.

On a personal note, Julia was also known for her quilting expertise and culinary skills and assisted quilter colleagues to get their quilts finished, shared excellent recipes, and could be relied upon to bring excellent food to staff gatherings.

Julia has achieved a tremendous number of firsts in our service and will forever be interwoven into the fabric and history of the SMHS.



Julia Fomison



Laughter and stories abound at Julia's farewell

# Māori Health notice board – Great Escape cafe

At Christchurch Hospital they have their own 12 Days of Christmas – Kiwi style – one that starts with a pukeko in a Ponga Tree. Don't miss the Maori Health Service's great display of Kingi M. Ihaka's verse, at Christchurch Hospital on the stairs on the way to the Great Escape Café. It's a fun take on an old classic that features eels, poi, huhu bugs, big fat pigs and of course a pukeko.



The Māori version of the old classic – The Twelve Days of Christmas

## 'Tis the season?

The festive period is meant to be a time for getting together, enjoying each other's company, exchanging presents and having a good time. Unfortunately, this time of year can also be the most stressful for all manner of reasons (Stressmas). For many of us the holiday season is the season of stress.

Finding ways to take care of yourself is always important, but even more so at this time of year where we need to plan strategies to look after our mind, body and emotions.

- » Remember to moderate alcohol consumption within safe limits.
- » Consider your festive diet and balance it with moderate exercise.
- » Pick and choose activities that you want to do versus what you feel obligated to do.
- » Plan and prepare by using lists for activities like gift shopping and cooking.
- » Start early and avoid cramming those Christmas tasks into the last week.
- » Delegate and get others to help with the preparation and entertaining.
- » Pre-plan your driving journeys to avoid busy roads and extra trips.
- » Slow down and manage your day so you can spread out tasks and ease the load.
- » Take time to relax and enjoy the festive season by doing things that inspire you and nourish your spirit.
- » Remember to make the holiday season a time of slowing down the pace and removing un-needed distractions so you can recharge, rest and rejuvenate.



# Information Services Group “institution” retires

Purchasing Co-ordinator and Information Technology (IT) Hardware Specialist Geoff Prosser has witnessed vast change in the IT industry in his 34-year career.

Geoff, who retires from Canterbury DHB on Friday, began working in the Resource Management Services Unit at the then North Canterbury Hospital Board in October 1983. He was a Temporary Employment Project (TEP) assistant on a two-year project to assess nursing workloads across the four Christchurch hospital sites.

“The goal was to provide baseline data for a new Nursing Dependency System, running on Wicat 155 and 1250 super minicomputers which, by today’s technology, would not be adequate to drive the dumbest of smartphones,” he says.

He was then appointed to a permanent role as a Management Services Assistant in a part-accounting, part-computer systems support role, incorporating the role of acting Canterbury Hospital Board Statistics Officer.

Geoff was “lucky” enough to be allowed to use one of four IBM XT PCs (one of the early personal computers) in his team, he says. The role later morphed into a more IT-focused one circa 1988 when the first iteration of the Information Services department came into being.

When Canterbury Area Health Board split into Canterbury Health Ltd and Healthlink South Ltd, Geoff remained in the Information Services team at Canterbury Health Ltd. However his role focused more on coordination of all non-telecommunication IT purchasing, hardware and software vendor relationship coordination, RFI/RFP documentation, and procurement negotiations.

“With the creation of the Software and Asset Management team in March 2011, my role was brought within that but more focused specialising in desktop and laptop PC technology and related peripheral and server hardware procurement.”

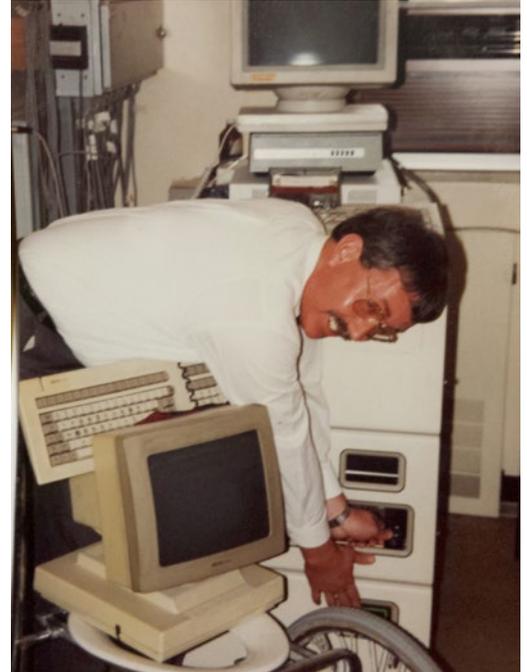
He derived a lot of satisfaction in producing quality outcomes in terms of the hardware solutions he developed and the challenges that ensued from often very exacting requirements.

“I have always been mindful of the need to extract the best cost-effective and beneficial outcome,” Geoff says.

Software and Asset Management Team Leader Julie McGing says: “I really did think this day would never come, I thought Geoff would just keep on going and outlast us all. I do think Geoff’s retirement will be a great surprise to many, he has become a bit of an institution here in ISG.”

However all good things must come to an end.

“Thank you Geoff for sharing your great wealth of knowledge, you have been a hugely valued member of the team, and you will be missed. Enjoy those lazy morning lie-ins!”



Geoff Prosser in the early years of his Canterbury DHB career

# Leadership skills vital in volunteer co-ordinator role

After 12 years as the Coordinator of the Christchurch Hospital Volunteers, Jan Danrell is retiring.

Jan came to Canterbury DHB with a background in teaching. She was also the former National secretary for Guiding New Zealand Jamborees.

The most visible face of the volunteers' programme she managed is the 'shop' in the main concourse of Christchurch Hospital. Staffed solely by a roster of keen volunteers, the shop has grown under Jan's supervision from selling a small selection of goods and sweets to selling gifts of all kinds, masses of flowers, drinks and sweets.

Sales from goods provide thousands of dollars annually for patient comforts and nursing study grants.

Although most of the volunteers' grants are directed at Christchurch Hospital projects, they have also provided funds for much needed improvements at Christchurch Women's Hospital, Hillmorton Hospital, The Princess Margaret Hospital, and Ashburton, Burwood and Kaikoura Hospitals.

Jan says she could not have managed without the support of her Liaison Committee members and her managers during her time here - Gerard Thomas, Shona McMillan and George Schwass, who have been there steadily "behind the scenes" providing continuity and advice.

Gerard says the success of Jan's Volunteers' programme, relied strongly on her leadership skills and experience in harnessing the goodwill and talents of her volunteer workforce, and her ability to match skill sets with the personalities and preferences of the 100-plus workforce, all of whom she has become very fond of.

Jan says achievements that stand out as highlights include the installation of 50 "way finder volunteers" in conjunction with the Park and Ride initiative, and the refurbishment of virtually every patient lounge and waiting area at Christchurch Hospital – some two or three times.

"Another project dear to my heart is the recent and beautiful refurbishment of the Mortuary viewing rooms and family rooms at Christchurch Hospital. The special requirements of these areas to support grieving families gave special meaning to this project."

Jan says of her time at Canterbury DHB:

"I have loved every day of this role and will never forget the support we have given and the strong friendships I have made".

Jan is planning to spend more time travelling around New Zealand with family and friends, with her two beloved dogs in tow as well as travelling to the United States and visiting her brother in the United Kingdom.

A special Christmas lunch with the volunteers marked Jan's farewell and a staff morning tea was held last week to say goodbye.



Jan Danrell

# New doctor welcomed at Te Puna Wai ō Tuhinapo

New doctor at Te Puna Wai ō Tuhinapo (Te Puna Wai) Michael Thwaites was welcomed with a Mihi Whakatautu earlier this month.

Te Puna Wai is a Youth Justice Residence in Rolleston operated by the Ministry for Vulnerable Children, Oranga Tamariki (formerly known as Child, Youth and Family). It's in its 11th year of operation.

Pegasus Health holds the Canterbury DHB contract to provide primary health care services to Oranga Tamariki. This includes services at Te Puna Wai Youth Justice Facility and the Te Oranga – Care and Protection Facility in Burwood.

Michael will visit twice each week and see the young people in the onsite health clinic.

The Mihi (a formal way of respecting people by acknowledging their mana and tapu - dignity and sacredness) was led by one of the young men at Te Puna Wai.

The Mihi was supported by Te Puna Wai Site Manager Russell Caldwell and guided by Residential Youth Worker Kahi Tipene. It was followed by a waiata and a powerful haka performed by nine of the young men.

Each young person at the event stood in turn and spoke their name and where they are from or connect to. Visitors from Pegasus Health and the Canterbury DHB also stood and gave their Mihi.

Michael says he felt privileged to be able to provide health care and meet the health needs of young people in residence at Te Puna Wai.

Pegasus Team Leader, Residential Youth Health Service Annie Hofmeester works clinically with her team of three nurses across both Te Puna Wai and Te Oranga sites providing health care and health promotion.

She says that the health needs of young people who live at Te Puna Wai are often urgent, complicated and chronic.

“It's great that we can address their physical and mental health needs while they are here. Often such basic needs as dental care, personal hygiene and good nutrition have not been met for some considerable time.”



Michael Thwaites in front of the Whare at Te Puna Wai ō Tauhinapo



The Pegasus Health Residential Service Nursing Team. From left: Kym Delahunty, Annie Hofmeester, Sarah Hadley and Femke Hilbink

# One minute with...

## Jessica Tabke, Graphic Designer, Medical Illustration

### What does your job involve?

Working to help staff members turn their ideas into finished designs. Usually this is for things like logos and branding, patient information booklets, staff teaching resources, clinical forms, ward posters, reports, brochures, flipcharts, maps and signage, public health campaigns, patient bedside boards, newsletters, anatomical illustrations for teaching or research papers, conference posters... the list goes on. I also work on the *CEO Update* every Monday!

### Why did you choose to work in this field?

I studied Graphic Design at the University of Canterbury, but I wasn't sure where that would lead after I graduated. I ended up applying for a job in Medical Illustration, not knowing a lot about the public health system – so it's been a learning curve, but I've enjoyed it.

### What do you like about it?

I find it really rewarding to take a concept and see it through to the finished product. I like problem solving, a large part of graphic design, so using creativity and working around restrictions feels satisfying.

### What are the challenging bits?

Managing expectations around deadlines and how much I can get done in the time available. I generally have a consistently heavy workload, so sometimes there are delays regarding when I can start a new request.

### Who inspires you?

Rather than a single person, I find I get more inspiration from talking with other designers, looking at design and art sites online, listening to podcasts about design, visiting art galleries and getting outdoors.

### What do Canterbury DHB's values (Care and respect for others, Integrity in all we do and Responsibility for outcomes) mean to you in your role?

- » Care and respect for others – understanding other staff members' backgrounds and being aware of each other, being considerate and helpful wherever possible;
- » Integrity in all we do – producing work that I'm proud of, improving the patient journey wherever possible, and working to a high quality;
- » Responsibility for outcomes – managing my time effectively so that patient-related work comes first, and being conscientious about projects and making sure I'm allocating my workload efficiently.



### One of the best books I have read was...

*In Cold Blood* by Truman Capote, but my favourite series would still have to be Harry Potter.

### If I could be anywhere in the world right now it would be...

Back in Italy. I was there for three weeks this year in July - August. It was amazing! Either Italy or in Melbourne.

### What do you do on a typical Sunday?

As little as possible – spending time out in the sunshine, or curled up on the couch listening to podcasts. Spending time with friends or family.

### One food I really like is...

After visiting Italy, I'd have to say authentic Italian pizza. Nothing here compares to that.

### My favourite music is...

Radiohead, Beach House, Tame Impala, Kendrick Lamar, Mac Demarco, Kurt Vile, Run the Jewels, Solange, Grizzly Bear. But I definitely listen to more podcasts than music, favourites include: 99% Invisible; Casefile; Common Sense; Criminal; Embedded; Hardcore History; Invisibilia; Last Podcast on the Left; On the Media' Page 7; Radiolab; More Perfect; Stuff You Should Know; The Guardian's Audio Long Reads; and This American Life.

(If anyone reading this has podcast recommendations for me, please email them through)

If you would like to take part in this column or would like to nominate someone please contact Naomi.Gilling@cdhb.health.nz

# Opening of playground at Child Development Service

An ordinary garden has been turned into an extraordinary playground thanks to generous donations of time and money from individuals, community groups and organisations.

Clinical Manager Child Development Service Kay Boone says the service wanted to make its Montreal Street premises much friendlier and welcoming for children and their families.

“We also had a vision of having an accessible playground, hence the ramps around the playground and into the building.”

After a couple of years of planning, last week saw the official opening of the new pirate ship – a themed playground complete with blessings from the chaplains and Māori Health Service, a musical item and a treasure hunt for all the children.

Ellie Truscott and Nicola McDonald sang the theme song from Moana – *How far I'll go* – before Ellie and Lauren Trubshoe, representing The Warehouse, cut the ribbon to declare the playground open.

Branches of The Warehouse from Canterbury, South Canterbury, Mid Canterbury and The West Coast ran a dollar drop campaign that allowed the project to get off the ground.

“We had so many people contribute their time energy and supplies we were just so lucky from the fencing to concrete and wood and over 30 working bees to make this happen,” says Kay.

“We see this as a place for intervention and therapy but also for children to just have fun while they are waiting.”

‘Aargh me hearties’ – it was celebrations all round for the brand new playground at the Child Development Service in Montreal Street. Staff, visitors, contractors, donors and clients gathered for grand opening of the pirate ship playground



Clinical Manager Child Development Service Kay Boone looks on as Ellie Truscott and The Warehouse Rolleston Store Manager Lauren Trubshoe cut the ribbon to officially open Child Development's new playground



The Child Development Service team celebrate the opening of their new playground



# Primary school pupil's work experience in health

The South Island Alliance Programme Office (SIAPO) is always looking for the right person for the right job.

Most recently, the right person was 11-year-old Kyan Prince, who worked with the Child Health and Well Child Tamariki Ora team for a few hours last month.

The Year Six Thorrington Primary School pupil, and son of their own Information Services Service Level Alliance (ISSLA) Facilitator Sonya Morice, brought with him enthusiasm and a fresh perspective as he completed a number of tasks relating to SUDI (Sudden Unexpected Death in Infancy) prevention in the South Island.

Kyan's work also helped him to achieve a gold badge as part of his school's leadership programme, which encourages students to offer their time to the wider community and reinforces the school values of empathy, responsibility, excellence, endurance and community.

After researching safe sleep and the National SUDI Prevention Coordination Service, Kyan provided insight to determine how key messages around safe sleep can be improved and tailored for children and teenagers.

He packaged and sent promotional resources to each hospital in the South Island for Safe Sleep Day on 1 December. Kyan also discussed inquiry learning and how the tasks he completed at SIAPO around safe sleep for babies linked to what he had learnt in class about making a change to improve something.

"As well as being able to learn, I had lots of fun too," Kyan says.

Director of Midwifery at Christchurch Women's Hospital Norma Campbell came across a letter from Kyan and was impressed by his initiative.

"With a lot of promotional work for Safe Sleep Day happening all over Canterbury DHB, we received the most delightfully worded request from this young man asking to help us promote it, which I thought was a really lovely story."

Well Child Tamariki Ora Project Manager Anna Foese says Kyan remained focused and completed all tasks at a high level during his time at SIAPO.

"It was a real pleasure to have him come along and help us out."



Kyan Prince

# Merry Christmas from Burwood Hospital volunteers

The Burwood Volunteers would like to thank all the amazing staff for all their support over the past year and for making Burwood such a great place to work.

We wish all the staff a very Merry Christmas and a Happy New Year.

We would also like to wish Gaynor the very best for her move to Australia, we will miss having your smiling face around.

Best wishes from Rachael, Norma and the Volunteer Team.



## Library services during the Christmas / New Year holidays

The Canterbury Medical Library and the Burwood Hospital Library will be closed over the Christmas/New Year holidays from 4pm Thursday 21 December 2017 - Tuesday 2 January 2018. Library services resume on Wednesday 3 January 2018.

Staff or students may return library items up until 21 December to either library. Please request the renewal of library items if you are unable to return prior to 21 December either directly via the catalogue if you have set up an account, or by contacting library staff on ext 80500 or by email [librarycml.uoc.otago.ac.nz](mailto:librarycml.uoc.otago.ac.nz)

# Public Health Summer School register now for 25 percent early-bird discount – closes 20 December 2017

A reminder that there's just one week until the early-bird rate closes for our [2018 Public Health Summer School](#) programme, so if you haven't already registered, please do take a look at the new programme, including 18 new courses.

## Public Health Summer School

Where: University of Otago, Newtown, Wellington

When: 7-28 February 2018

What: 32 short courses (one to four days)

As well as offering a number of skill-based courses, there are opportunities to get an **update on critical issues** such as:

- » [Multimorbidity: The most common long-term condition of all](#)
- » [Indigenous people and cancer: A shared agenda for Aotearoa, Australia and Pacific nations](#)
- » [The 1918 influenza pandemic and its lessons](#)
- » [Global indigenous suicide prevention mental health and wellbeing research symposium](#)
- » [Electronic Nicotine Delivery Systems \(ENDS\) and the Smokefree 2025 goal](#)
- » [Managing public health consequences of natural hazards and disasters](#)

For more information and to register please visit the [Public Health Summer School website](#).

Don't get caught up in the rush to Christmas, remember **early bird rates close 20 December**.

# Fundraising golf tournament

Most families and businesses have been touched by cancer; we'd like you to help us provide a better future for those with cancer and their families.

The Canterbury Medical Research Foundation is joining forces with the Cancer Society Canterbury West Coast in a crusade against cancer. We are launching a new fundraising golf tournament to be held the afternoon of Friday 16 March 2018, at the Russley Golf Course.

The funds raised will go towards practical care for those with cancer, today, and for a more promising tomorrow by contributing funds to help Frank Frizelle and his bowel cancer research team to continue their vital work.



We hope you can help us with our mission of "Help for today, hope for tomorrow".

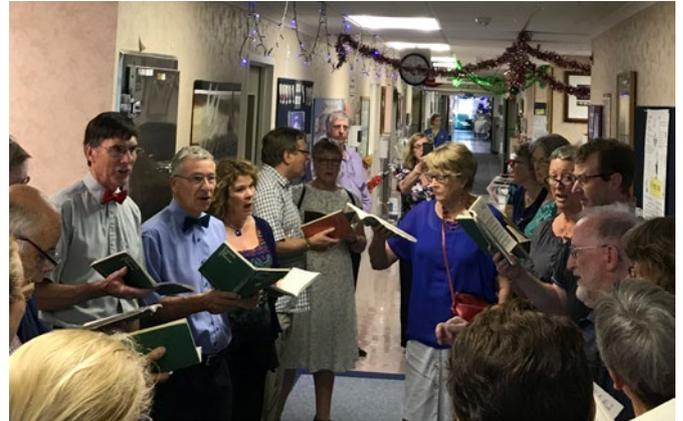
For more info registration details contact [caroline@cmrf.org.nz](mailto:caroline@cmrf.org.nz), phone 03 3531245 or go to [www.cmrf.org.nz/events](http://www.cmrf.org.nz/events)



## Songs of solace



Members from two choir groups, Global Voices and the Threshold Choir sang in wards around Christchurch Hospital on Sunday. From right to left: Valerie Wycroft, Jim Lovele-Smith, Jane Carter, Debbie Carter, Liz Bremen, Sandra Van Brucken, Eli Soothill



The Jubilate Singers brought some Christmas cheer to Christchurch Hospital last week

## Christmas Carols

Monday 18<sup>th</sup> December 2017  
7.00pm

Burwood Hospital

Starting from the Main Reception we'll sing carols and Christmas songs through the wards. We'll finish with supper in the café.

This is always an evening appreciated by patients and enjoyed by staff and families who participate.

We hope you are able to come and join us.

# DEMENTIA IS EVERYBODY'S BUSINESS

Working together to achieve a shared South Island model of care



December 2018

Many South Islanders are affected by dementia, either they are living with dementia (or will be one day) or they care about someone living with dementia – dementia is “everybody’s business”.

There are many great initiatives across the South Island that aim to improve health and social services for people affected by dementia; however, there are also gaps.

The South Island Health of Older Persons Service Level Alliance (HOPSLA) has developed a guide to help all of us improve our services for people affected by dementia. We believe we can make the best improvements by working together.

*Dementia is Everybody's Business* is available on the South Island Alliance website, here: [www.sialliance.health.nz/dementia](http://www.sialliance.health.nz/dementia)

## What can you do?

- Read [\*Dementia is Everybody's Business\*](#), get excited and start dreaming!
- Join a local meeting to start work on improvements you can make over the next 18 months.
- Share [\*Dementia is Everybody's Business\*](#) with anyone you think would be interested so we can work together to achieve a shared South Island model of care.

### Matthew Croucher

Psychiatrist of Old Age, Older Persons Mental Health  
Canterbury DHB

*“... an outstanding document which provided vision, inspiration and purpose to all in the South Island working in the Dementia field.”*

– Dementia Canterbury

*“We hope that this document can become the ‘map and compass’ to all service providers and funders in reviewing, developing and shaping services into the future to better meet the needs of those living with dementia.”*

– Dementia Canterbury

## More information

**Contact:** your local  
Health of Older People  
Portfolio Manager



# Māori and Pacific SCHOLARSHIPS

Māori and Pasifika Scholarships are for Christchurch-based tertiary institution student who is studying a health-related NZQA accredited course and has whakapapa with Maori communities and culture links with Pasifika communities, and is also planning to work in the Canterbury district.

- Applications close 5pm Friday 2<sup>nd</sup> March 2018

- Applications should be forwarded to:

Manawhenua Ki  
Waitaha Charitable  
Trust  
P.O Box 36363, Merivale, Otautahi

- Any queries, please contact :  
Ruth Chisholm – Kaiawhina, Manawhenua Ki Waitaha  
0274434532  
manawhenuakiwaitaha.kaiawhina@gmail.com  
mana 0274434532

For more information please visit:  
[www.cdhb.health.nz/maorihealth](http://www.cdhb.health.nz/maorihealth)

**Canterbury**  
District Health Board  
Te Pūari Hauora o Waitaha



Manawhenua ki Waitaha