

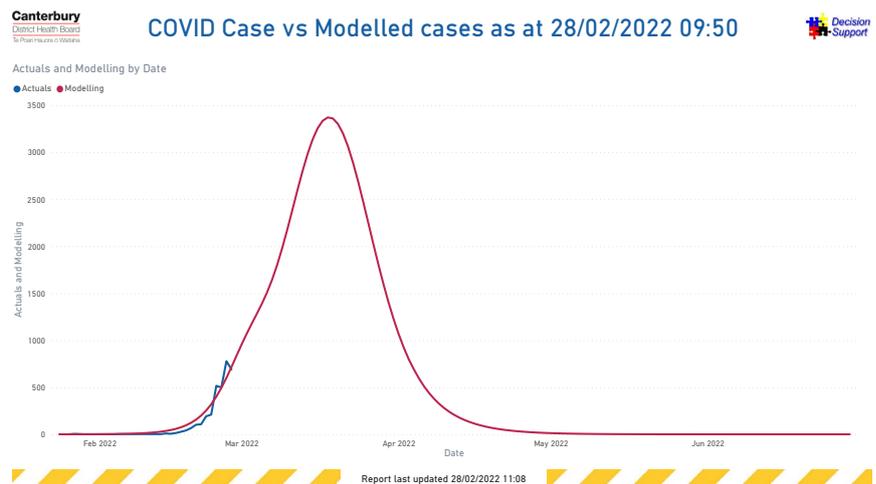
## Things evolve quickly in a pandemic

**A week is a long time in health and I'm sure I'm not alone in struggling to keep up with the latest changes and advice.**

For Canterbury DHB staff, the [information portal on Prism](#) is updated throughout each day, so please check there for relevant information, and the daily ECC email update always has the latest advice.

The Ministry of Health website [www.health.govt.nz](http://www.health.govt.nz) is also an excellent go-to, along with the Unite Against COVID-19 site [www.covid19.govt.nz](http://www.covid19.govt.nz). They too are updated daily, so I advise you to keep checking back for information on testing, RATs and data on cases.

In Canterbury, our cases are rising rapidly, just as we anticipated. Our modelling estimated that at COVID's peak in Canterbury we will see around 3,500 to 4,000 new community cases per day. We are a way off that yet at 574 new daily cases, but we are currently tracking along as projected.



Modelling done by our Emergency Coordination Centre Intelligence and Planning shows we are tracking as projected

Our integrated system has been working as one agile team and, on a daily basis, resources are being moved to where they are needed most. Thank you to everyone who is working hard to minimise the impact of Omicron on the 589,390 people who call Canterbury and the Chatham Islands home.

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As we've said before we expect 85 percent of the people who get COVID-19 to have mild to moderate symptoms and be able to recover safely at home. Collectively our focus is on those who will need extra care and support. Those who are unvaccinated, older people, pregnant people, those with underlying health conditions such as diabetes, obesity, asthma, heart and lung diseases, those who are immunocompromised and people having cancer treatment are more susceptible to developing a serious illness requiring a higher level of support. General practice and our Care in the Community teams are supporting increasing numbers of people who are isolating and recovering at home.

## Getting Through Together, Coping with COVID-19 at home – coming to a mailbox near you soon

We've produced a handy go-to guide for those who are isolating at home recovering from COVID-19.

The content includes information on where you can get health, welfare and other support, information and advice during the current Omicron outbreak. There are also tips on self-care, mental wellbeing, and useful information about when you should call for health advice, and where you can go for Urgent Care and what to expect when you get there.

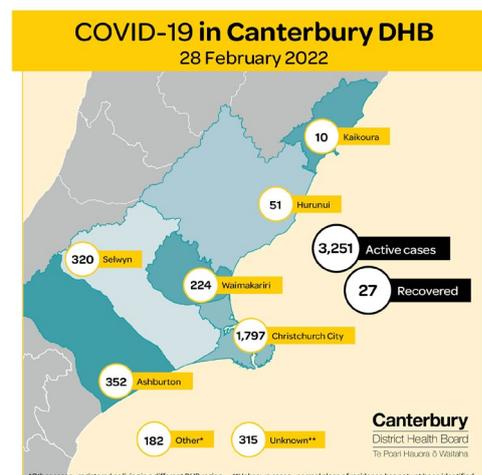
Our councils have provided information on their online services to support those isolating at home, and there's useful information on accessing welfare support, looking after tamariki if your whānau is self-isolating and some ideas to help keep them entertained. This publication will be delivered to every household in a couple of weeks, in the meantime, it's available [here online](#).

## Check in with neighbours and those who live alone

As a community we will get through this together. I have a request for each of you - if you have neighbours who live alone or who are older or have disabilities, please make a point of checking in with them and seeing how they are doing, and what you can do to help them.

Now's a good time to meet them if you haven't made contact before. Facing a pandemic alone can feel overwhelming and it's reassuring to know someone is looking out for you. You could help them work through the [checklist](#) and help them make a plan. You can also point them in the direction of where they can access support should they need it. There are handy lists of support agencies in Getting Through Together, Coping with COVID-19 at home – see page 22 of the brochure.

We are now providing daily updates on our daily active COVID-19 cases in Canterbury. You can see this information on our Facebook page [here](#).



## Shout out to the Supply team

This week I want to give a shout out to the Supply team, who have now become the South Island distribution centre for RATs. Last week they took delivery of 214,000 and rapidly sent them off to other centres throughout the South Island.

I know there were some extremely late nights and early starts meeting trucks, packing, stacking and redistributing to get the precious cargo to where it needed to be. And if you want to know more about RATs the [Unite Against Covid website](#) has some useful information about who they're for and who should be getting tested.

## Minister's visit to Hillmorton last week

Last week the Minister of Health the Hon. Andrew Little was in town. He took a close look at progress on our new facilities under construction, to connect with our new NESP (New Entry to Specialist Practice) nurses and meet with some of the mental health primary care practitioners to listen and understand fully the challenges of supporting front line mental health care both in hospital and community settings.

Check out the photos and find out more about these new facilities for patients/tāngata whaiora of our Specialist Mental Health services on [page 7](#).

## Don't be scared, be prepared

Our Pacific Advisor Amanaki Misa, has some great advice for anyone feeling anxious about catching COVID-19, 'Don't be scared, be prepared' – having a plan and knowing what to do when you get COVID-19 can go a long way towards easing your anxiety.



Canterbury DHB's Supply department received 27 pallets of RATs yesterday which were then dispatched to other South Island DHBs as required



		Fri 25th Feb	Mon 28th Feb
	Tests	Pallets	Pallets
<b>Nelson Marlborough</b>	22,950	3	3
<b>West Coast</b>	7650	1	1
<b>Canterbury</b>	84,150	11	11
<b>South Canterbury</b>	7650	1	1
<b>Southern</b>	91,800	12	12
	<b>214,200</b>	<b>28</b>	<b>28</b>

**Don't be scared, be prepared!**

Reach out, connect and have a plan in place.

Create a plan and share it with those who can support you, and if you have to isolate keep in touch with friends and whānau.

## Jane Cartwright steps down from vaccination response

Today is Jane Cartwright's last day as COVID-19 Vaccination Immunisation Programme Lead. I would like to take this opportunity to thank Jane for her hard work and amazing contribution to this important piece of work protecting the Canterbury community.

Jane has continued to champion equity to protect our vulnerable populations by leading innovative ways to engage with different communities. I would like to thank her and wish her well.

Finally, please, please take time out when you can as this outbreak is still in its infancy, and we have some weeks to go yet. Importantly if you are feeling overwhelmed, talk about it with a trusted friend or family member, and seek help via the wellbeing options available to all staff on [max](#).

Kia pai tō koutou rā



**Peter Bramley, CEO**  
Canterbury District Health Board

I would also like to acknowledge the work of two other leaders in the programme, Kim Sinclair-Morris and Baden Ewart. The three all started in early 2021, with Kim and Baden leaving the team last month.

Jane will continue to contribute in other roles across the Canterbury Health System with a strong focus on pae ora, communities, keeping people well.



**Let's work together  
to take on Omicron**

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

Te Kāwanatanga o Aotearoa  
New Zealand Government

Unite  
against  
COVID-19

Please email us at [AskPeter@cdhb.health.nz](mailto:AskPeter@cdhb.health.nz) you have any questions for Peter.

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz). Please note the deadline for story submissions is midday Thursday.

If you're not a staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).

## WHERE ARE YOU ON TODAY'S EMOTIONAL ROLLERCOASTER?

Feeling tired, hōhā, relieved, happy or just over it?

There's no playbook on feelings as we go through a global pandemic.

However you're feeling, know that you're not alone.

Find out more at [allright.org.nz](https://allright.org.nz)

**ALL RIGHT?**





## Bouquets

### **Maui COVID-19 vaccination clinic**

I received my COVID-19 booster vaccination at Maui Clinic South City and I just wanted to let you know how fabulous the staff there are. As soon as I walked in the door they were so warm, welcoming, kind, and efficient. They took me through the process with patience and empathy. I've never had such a positive and caring healthcare experience and it was honestly such a delight. I feel so lucky to be treated to such a high-quality level of free care. Keep up the fantastic work, it must not be easy for you all at the moment.

### **Emergency Department (ED), Christchurch Hospital**

I arrived at ED early today and was well cared for. I appreciate all the care and expertise that was given.

### **Ward B3, Christchurch Hospital**

I have had a number of tests and procedures done while here and have experienced nothing but the best of care. I was kept informed at all stages which made the stay here much easier. I have been wowed by the staff who work here – everyone from orderlies, support staff, technical staff, nurses and doctors. I was especially impressed by the nursing staff on Ward B3, their care and attention while I was here made a painful experience much easier to cope with. You see people at their worst and usually in pain, but nurses were all lovely, sympathetic, knowledgeable and very helpful. I'm going to miss some names out as I can't remember them all, so apologies for that as I was impressed by the level of care from all nursing staff, but a big thanks to Tina, Fiona, Abi, Johanna, Kookee and Catlin. Also, a big shout out to the surgical recovery ward nurses. I think we are lucky to live in a country that provides such great healthcare. It's important to acknowledge when we do things well, and in my experience, you have. Thanks to all for the exemplary care.

### **Caroline Mahon, Dermatologist, Christchurch Hospital**

My name is Dr Cheryl Tallon, I am a GP/Director at the Methven Medical centre, Methven. I want to offer my support to Dr Caroline Mahon, Dermatologist. I must say that despite the huge amount of workload she has, the advice I (and my colleagues) have received from her is of a consistently high standard and always incredibly prompt. We think she is wonderful.

### **Urology, Christchurch Hospital**

I was very impressed by the way staff went about their work, especially when they are under pressure in these challenging times.

### **Ward B1, Christchurch Hospital**

Words alone cannot convey our sincere thanks and gratitude to all the staff of Ward B1 for their care of Mum. You all showed such professionalism and compassion, and the nurses displayed wonderful nursing skills to get her better and back home. As a retired nurse I can say that with confidence! Once again, thank you. Haere ora, haere pai, go with wellness, go with care.

### **Ward 15, and Day of Surgery Admission, Christchurch Hospital**

I would like to compliment and thank Surgeon Mr Ranjan, on his skills and his polite, kind, manner. Thank you to all the staff, on admission, in Recovery, and on the ward following surgery. One particular nurse in Recovery, Emily, was a kind, dedicated, and professional. I am most grateful to all your staff. Everyone who crossed my path was so kind, lovely and went the extra mile. How wonderful we have a such amazing, dedicated people in our DHB. Thank you.

## Ward B7, Children's High Dependency Unit (HDU) and Paediatric Surgery

The staff in the Paediatric Surgical Unit, along with the nurses in the Children's HDU and Ward B7, were exceptional during our recent stay with our son. He was very well looked after by all his nurses and we were treated with care and respect. Our surgeons were brilliant and so patient with all our questions. Waipapa and its facilities made our stay as comfortable as possible. Thank you!

## ED and Acute Medical Unit, Christchurch Hospital

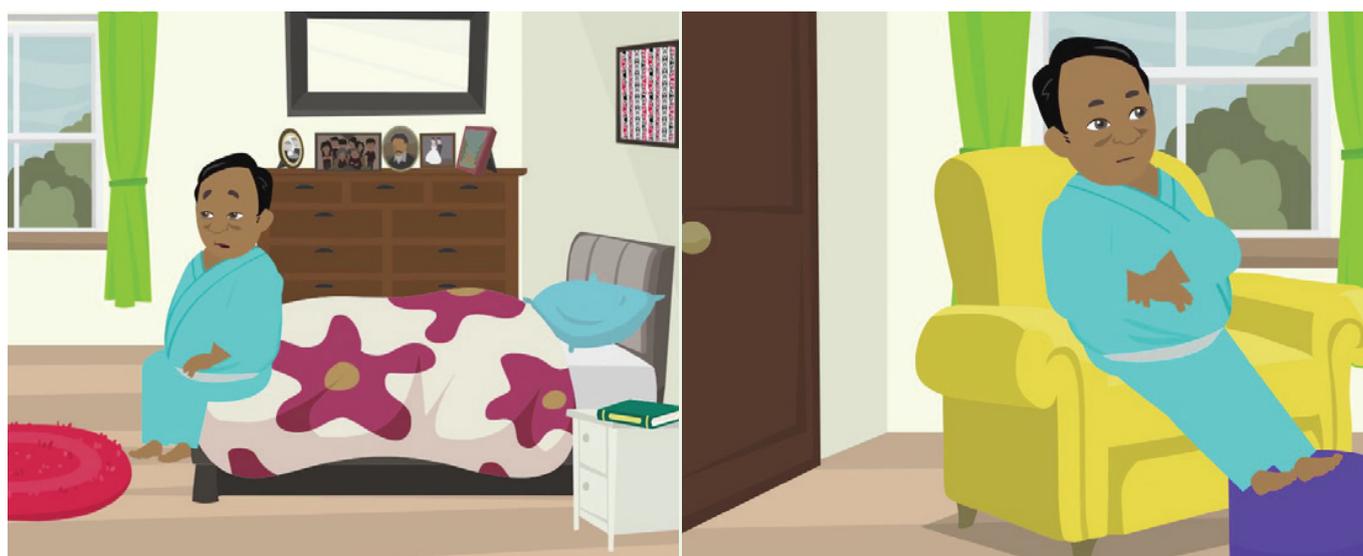
I would like to thank everyone involved who really made my overnight visit as smooth as possible. The doctors and nurses were very helpful and friendly under difficult COVID-19 working conditions. They never made me feel like anything was a bother and it was much appreciated. So, thanks team Gen Med 9.

## Radiography, Christchurch Women's Hospital

I've just had an ultrasound sound at Christchurch Women's and my sonographer was simply beautiful. Her level of respect and empathy were heart-warming. A truly respectful experience and I'd like her to be acknowledged for this. I believe her name was Maribel.

## Child Health Services, Christchurch Hospital

We took our two year-old daughter in for surgery and have been so impressed with the level of care and friendliness we received from all the staff we dealt with. It's greatly appreciated and helped put our minds at ease, so thank you to all the staff.



Consumer health website Health Navigator is rolling out a series of animated videos to help people look after themselves and others with COVID-19.

The need for easy-to-understand resources for people managing at home with COVID-19, and for those having to go to hospital, was identified in talks with the Ministry of Health late last year, says Auckland specialist GP and Health Navigator CEO Janine Bycroft. Check out the videos at <https://tinyurl.com/COVIDvideosNZ> or [healthnavigator.org.nz](https://healthnavigator.org.nz)

# Work progressing well at Hillmorton campus

Minister of Health Andrew Little joined a group of Canterbury DHB staff last Thursday to see how work is progressing on the new buildings at our Hillmorton campus and to meet with our staff to discuss frontline mental health care.

The current project onsite will see two new clinical buildings constructed --a long term, intensive rehabilitation unit and a facility that will house Child, Adolescent and Family, Eating Disorders and Mothers and Babies inpatient services as well as community outpatient services for the latter two. There will also be an Energy Centre building that will utilise ground source heat pumps.

"Canterbury DHB is committed to bringing our long-term master plan for mental health facilities to life," says General Manager, Specialist Mental Health Services Greg Hamilton,.

"Having a warm, welcoming and friendly environment, with spaces designed to enhance whānau interaction and healing, will benefit our consumers immensely. These buildings will support evidence-based models of care in a modern, therapeutic environment."

Construction began in January 2021 and both buildings should be ready for patients in early 2023.

"Roofing and cladding on the buildings is well underway with services also being installed. We will be able to move to the internal fit out soon," says Greg.

"On our visit we were able to take in the huge difference in space and light that the new buildings will have, compared to the current facilities at The Princess Margaret Hospital."

Minister Little also took the opportunity to meet with our some of our new graduate nurses who have joined the Specialist Mental Health Service (SMHS) through NESP (New Entry to Specialist Programme). We recently welcomed 33 new nurses and nine Allied Health professionals through the programme who came on-board in January.

Canterbury DHB's Hillmorton campus is on a journey that will see many of its buildings and facilities improved, modernised and transformed as part of a master plan for the campus. The campus is our centre for the SMHS in the region. The aim is to create an environment that makes it easier to deliver contemporary mental health care and support people's treatment and recovery.



The Minister's visit to Hillmorton campus last week

A Canterbury DHB-funded build was also completed last year on the new wing of the Whaikaha Unit (a secure unit for people with neurodiversity) on the Hillmorton Campus. Development is also underway for a modern, fit-for-purpose community outpatient facility for a child and youth mental health supported by Māia Health Foundation fundraising.

# Helping young people transition to adult mental health services

The prospect of transitioning from specialist youth to general adult mental health services can add to anxiety and increase the risk of disengagement for those who need ongoing support.

With this in mind, Canterbury DHB chose to focus on the youth to adult mental health services transition as part of the Health Quality & Safety Commission's Connecting care: Improving service transitions – Te tūhono i ngā manaakitanga, te whakapai ake i ngā whakawhitinga ratonga project.

With the support of the Commission and a focus on co-design, the Specialist Mental Health Service developed and implemented a new process aiming to promote safety and continuity of care by making this transition less risky, more collaborative and generally less stressful for young people and their whānau.

The project group was made up of clinicians, leaders, consumer advisors and whānau advisors from both youth and adult speciality services. They applied a 'repairing a broken bridge' analogy to the project.

There was a strong sense that the current transition process was associated with a greater risk of young people unnecessarily falling through the cracks, says Quality Improvement Advisor and Project Lead Liam McKenny.

"A young person's care and treatment should not be negatively impacted by service-imposed demarcations, particularly at such an uncertain point in their lives when they may already be encountering other transitions, such as leaving home, leaving school or entering tertiary education or the workforce."

The consequences and emerging risks associated with poor transition processes are significant and far-reaching, he says.

"Poor transitions can, for example, lead to vulnerable consumers completely disengaging from services or presenting an increased risk of self-harm or suicide."

To keep the emphasis on co-design, the project group collected feedback from young people, whānau and

clinicians about their experiences of transitioning to adult services. They also drew on case studies of previous transitions as well as complaints and incident reviews.

Mapping the transition process helped the project group appreciate and better understand the complexity and variation of the transition. They quickly learned there could not be a 'one size fits all', Liam says.

"Creating a [transfer of care checklist](#) and [youth-friendly information about the adult service](#) slowly emerged as elegant ways of combining several of the ideas for improvement the group had identified during their exploration of the issues."

The checklist and information sheet help clinicians to support the young person and their whānau through a successful transition. It also promotes a safer, more positive experience while fostering an increasingly collaborative process between services.

"I am hopeful that meaningful benefits to young people and whānau will be revealed over time through a reduction in complaints or serious events occurring where the quality of the transition is a contributing factor."

The project is now complete, and the tools are available for use. The Quality team will continue to monitor progress to ensure improvements are embedded and sustained.

"Transitions in health care are complex and this was a challenging piece of work. I am so pleased we saw it through to the end and remained focused on the goal." Liam says.

For more information on the Connecting care project visit the [HQ&SC website here](#).



Quality Improvement Advisor and Project Lead Liam McKenny

# Eleventh anniversary of Christchurch earthquake

Many of us took time last Tuesday to pause, reflect and remember the devastating earthquake which struck our city on February 22, 2011.

The civic service to commemorate the event was cancelled due to the pandemic but many of you marked it in your own way.

It's been 11 years, but it somehow it feels just like yesterday. The anniversary no doubt stirred up sad memories, but also a recalling of the incredible way the community and the Canterbury Health System pulled together. We will never forget the 185 people who died, the brave survivors who were injured.

The shallow magnitude 6.3 earthquake hit without warning at 12.51pm on February 22, 2011, causing exceptionally violent shaking, resulting in severe damage. More than 11,000 aftershocks rattled through Christchurch in the hours, days, months and years that followed, causing further disruption and damage and testing nerves.



Photos from Adobestock images

## Find a clinic

delivering COVID-19  
immunisations for  
children aged 5 and over



# Reminder about cyber security

Please be extra vigilant about the protection of your work and personal logins at this time

During heightened tensions and conflict, there is often an increase in attempts to disrupt or gain access to computer systems. This not only applies to countries directly involved but also with countries who seem to be taking one side or the other. Even if a country is neutral, computer attacks don't respect national borders so there is likely to be increased cyber activity worldwide at this time.

Be especially aware of emails relating to Ukraine, asking you to click on links providing information or to register your support or to donate to victims, as criminals also use your interest and methods like these to target you. They will attempt to scam you for your login credentials or for money. It is recommended that you only access trusted sources for any information. Any opinion or support you may wish to offer around the situation or involved parties should be done from a personal account and device; NOT from a work device or account.

If you have opened any emails or clicked on any links that you are not sure about or have concerns over, change your password immediately

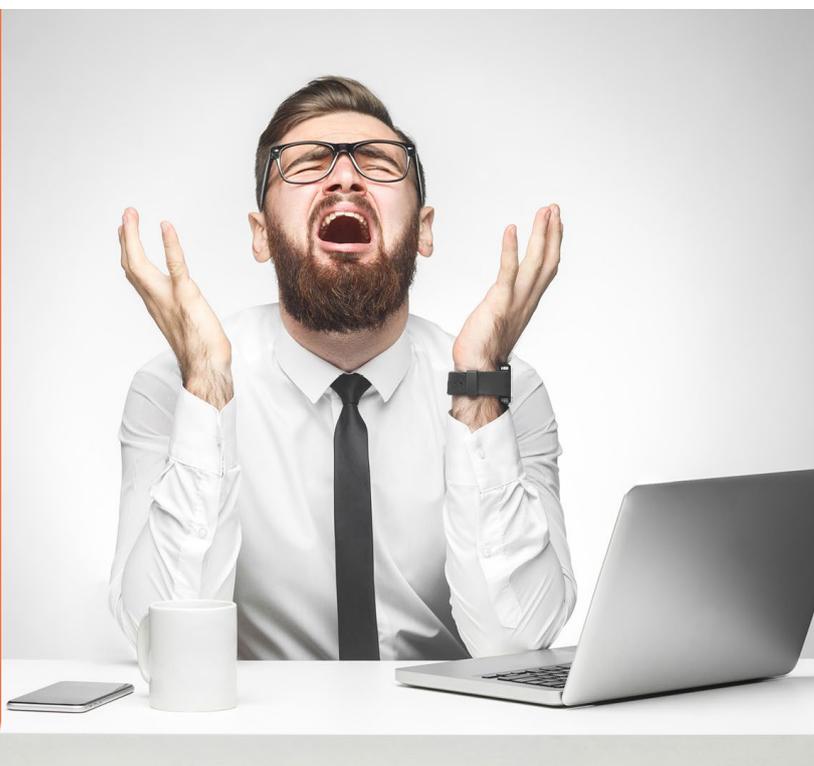
TO HELP KEEP YOURSELF AND THE DHB SAFE PLEASE COMPLETE THE "DIGITAL SECURITY" COURSE ON HEALTHLEARN. If you can't remember doing the course, or when you last completed it, now is a great time to get it done.

You can access the course one of the following three ways

1. Select Healthlearn from PRISM (My Work Tools) and then once logged in "Digital Security"
2. Search for Healthlearn Canterbury on the internet and then once logged in "Digital Security"
3. or use the following link [Course: Digital Security \(healthlearn.ac.nz\)](https://healthlearn.ac.nz)

Don't let a  
computer  
virus in.  
Think before  
you click.

—  
TOGETHER WE CAN STOP  
CYBER-ATTACKS



# Government ensures extra support for Māori and Pacific Omicron response

Extra support is being made available to Māori and Pacific communities as they continue to face the impact of the Omicron outbreak.

This is in addition to the Care in the Community boost the Government announced recently to help all families who need to self-isolate, as well as the social service organisations and community providers working hard to support them.

Omicron is likely to disproportionately affect Māori and Pacific communities, and the Government is committed to making sure vulnerable whānau receive support and care. Using the \$140 million funding, 160 Māori and Pacific health providers will together support Māori and Pacific households throughout Aotearoa.

The focus of this current response is to enable Māori health providers to scale up their efforts, to support the Whānau Ora Commissioning Agencies to directly get resources to

the people most in need, and for the Māori Communities COVID-19 Fund to support community agencies in complementary ways.

Māori providers have shown their strength and agility when dealing with previous outbreaks, and this investment will enable them to deliver immediate, flexible, holistic support where it's needed most.

For example, the Māori Communities COVID-19 Fund, which goes directly to Māori providers, including iwi, supported the acceleration of Māori vaccination rates, which increased from 69 percent to 90 percent for first dose in just three and a half months.

The investment will help Pacific health providers, particularly those outside the northern region, scale up the services they already provide to Pacific communities. Funding will go towards supporting their workforce resources, including vaccination.



Tomorrow – Tuesday 1 March – marks International Wheelchair Day, an annual day of events and activities which take place around the world to acknowledge the positive impact a wheelchair has on wheelchair users' lives.

First launched in 2008, International Wheelchair Day celebrations have taken place around the world and are growing year on year.

Wheelchair user Tom Callanan from 'Enabling Good Lives', a New Zealand-wide agency that supports disabled people and their whānau, says wheelchairs are a great example of assisted technology that not only allow him to participate in society but are also a great enabler of inclusion.

Wheelchair Day aims to:

- › Enable wheelchair users to celebrate the positive impact a wheelchair has in their lives.

- › Celebrate the great work of the many millions of people who provide wheelchairs, who provide support and care for wheelchair users, and who make the world a better and more accessible place for people with mobility issues.
- › To acknowledge and react constructively to the fact there are many tens of millions of people in the world who need a wheelchair but are unable to acquire one.

The day is a great opportunity to stop and think more than just about the wheelchair itself, but more importantly those tangata (people) who require the use of a wheelchair, whether that's temporarily or permanently.

For more information visit: <https://internationalwheelchairday.wordpress.com/>

# Exciting year ahead for CHAP participants

Congratulations and welcome to the participants of the Child Health Acceleration Programme (CHAP) for 2022.

This programme is focused on enhancing the career development of registered nurses (RNs) working in Child Health by providing clinical experience through rotations to other clinical areas within Child Health, access to mentor support, the opportunity of postgraduate education and participation in Professional Development Recognition Programme.

It is part of ongoing work supporting the sharing of information and best practice, to reduce disparities and

improve the quality of health services for children and young people. The CHAP aims to strengthen RN skill mix and flexibility in Child Health.

This is the sixth year it's been running. Those taking part will spend four months in each of the other areas over the next 12 months.

Alongside this, these nurses will be undertaking child health postgraduate study. Thank you to the five mentors who are supporting the participants over the next year and all the best to these nurses for the year ahead.



From left, Mentor Tara Newitt, Registered Nurse (RN) Ward A7, Stacey Wellman, RN Ward B7 Leigh McConchie, Mentor Jo Truscott, RN Children's Acute Assessment Unit Charlotte Dolden, and Mentor Alison Duggan  
Absent, Children's Haematology and Oncology RN Annaliese Calder and RN Children's High Care Holly Ward

## Long serving nurse retires

Registered Nurse Veera Deo retires from nursing on Friday, a career she started 40 years ago in Fiji.

The past 25 of those years have been spent working at The Princess Margaret Hospital and more recently at Burwood Hospital. Within Canterbury DHB Veera has nursed in a variety of roles from Medical and Surgical nursing, through to Gerontology.

The most rewarding aspect of her nursing career has been patient contact and socialising with people from different cultural backgrounds, says Veera.

"I enjoyed my nursing at TPMH, working alongside the most inspiring nurses, and five different managers who created healthy work environments that boosted my confidence and improved my communication skills.

"I am so thankful to all my workmates who have shown me respect, support and acknowledged my work. I will miss them all," she says.

Veera has built a reputation as a hardworking, passionate and considerate nurse who cares deeply about her profession, says Charge Nurse Manager, Ward B1, Burwood Hospital Andrew Henderson.

"Her colleagues know her as a dependable, capable, resilient and fun-loving team member with a wicked sense of humour."



From left, Enrolled Nurses Wendy Winter and Maureen Harrison and Registered Nurses Robyn Brian and Veera Deo

Among Veera's roles on the ward she has been the IV Link nurse for many years, and has been a great resource for wound care, especially with challenging vascular wounds and post-surgical abdominal wounds.

Veera was awarded the Gerontology Nurse of the Year Trophy in 2017.

"As a ward we wish Veera all the very best in retirement and want to thank her for all her many years of service, especially to the Older Persons' Health Service," Andrew says.

# GOOD STUFF!

FIND THE GOOD  
IN EVERY DAY

GETTING  
THROUGH  
TOGETHER

Whāia i whou te mō iwhiri

allright.org.nz



# One minute with... Divya Sathyanarayanan, Remuneration Analyst, People and Capability

## What does your job involve?

I support all remuneration processes and manage 'Something for You' which is our employee benefits programme. Some of our major work involves delivering Individual Employment Agreement (IEA) remuneration review, providing advice on remuneration strategies, assisting with pay equity claims and providing specific advice for complex remuneration requests. These include step placement, the payment of allowances, job sizing and other matters.

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

I started out as an android developer but then I realised I enjoy working with people and data. So, I decided to make a career switch and completed my M.BA in Human Resource Management.

## What do you like about it?

One thing I love about my job is that it is never boring. I see lot of opportunities here for continuous learning and growth. I also get to meet different people which makes it interesting.

## What are the challenging bits?

A lot of our work needs to be delivered under very short timelines while ensuring data integrity. We have to continuously prioritise and multi task.

## Who inspires you and why?

My dad inspires me every day. He was a very humble person who had an impeccable work ethic. I wouldn't be the person I am today if it wasn't for him.

## 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?

I believe in treating people the way I would like to be treated. We all desire some measure of respect and compassion from the people we share our day with. We need to model the behaviours we expect from others.

## Something you won't find on my LinkedIn profile is...

I love being outdoors. I want to complete all 10 great walks in New Zealand someday.



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

I am glad that I am in New Zealand right now. When the border opens, I would love to visit India to see my family. It's been three years now and I miss them. Once leisure travel becomes normal, I wish to see more of our Pacific Islands and Japan.

## What do you do on a typical Sunday?

I spend time with my husband, go to the Christchurch Botanic Gardens for a walk, relax at home by colouring or reading a book.

## What's your favourite food?

I like Indian and Mexican cuisines. My favourite food is Biryani which is a popular spicy rice dish.

## And your favourite music?

I love listening to Pop music and Indian classics. I am a big Taylor Swift fan.

## Something For You

Something for You is the Canterbury DHB employee benefits programme. The deals offered are from the Canterbury business community to say thank you for all that you do.



**Specsavers** - Ashburton, Riccarton, Shirley, Papanui, Hornby, Rangiora

Get 25 percent off Lens Options plus your standard 25 percent off when selecting one pair from the \$169 range or above. This special offer ends on 25 March 2022. Click [here](#) to create a voucher and redeem this offer.



**One50 Group**

One50 Group can help you with everything from mortgage/s, insurance, investment to budgeting and accounting. Book a free initial review and consultation with them (usually \$250) by contacting Ollie on 027 327 5093 or [CDHB@one50group.co.nz](mailto:CDHB@one50group.co.nz), and get free access to their online wealth vault as a bonus - see more information [here](#).



**Evo Cycles** - 2/40 Carmen Road, Hornby

Get discounts on a wide range of bikes and accessories, see more information [here](#). Evo Cycles is our provider as part of the Government E-bike scheme, you can order your bike from the website [here](#).



**The H.I.R.T Lab** - 404 Tuam Street Christchurch, 8011

THL is a High Intensity Resistance Training facility that would like to offer Canterbury DHB a staff rate of \$45 per week which gives you unlimited access to all their classes throughout the week with no long term locked in contracts. They have six classes per day and are open six days a week ([timetable](#)). Here is the [link](#) for the membership form.



## He manu teka

News from the Health Quality & Safety Commission

## The latest news from the Health Quality & Safety Commission (HQ&SC) is out now

Read about the series of short virtual lunchtime sessions, which are free to attend, if you are able; Canterbury DHB's project *Te tūhono i ngā manaakitanga, te whakapai ake i ngā whakawhitinga ratonga* | *Connecting care: improving service transitions*, which focuses on the transition from youth to adult mental health services; the latest progress around ensuring consumer and whānau voices are a key part of developing our future health system and much more on the HQ&SC website [here](#).



# CALLING FOR ALL SIMULATION ENTHUSIASTS! NZASH NEEDS YOU!



Contact us  
[nzash.co.nz](http://nzash.co.nz)  
[nzashsimulation@gmail.com](mailto:nzashsimulation@gmail.com)  
Register as a member now  
Joining Fee \$50



We are looking for anyone with an interest in medical simulation - educationalists, simulation technicians, academics, clinicians-allied health professionals, nursing, and medical specialties.

## WHY JOIN US?

- **Networking**
- **Knowledge sharing, why reinvent the wheel?**
- **Research opportunities**
- **Educational and training opportunities**

## NZASH CONFERENCE

Don't miss out and save the date now!

**November 11 - 12, 2022**

**Wellington**

Exciting opportunity to present, learn and network  
with leading professionals across all disciplines!

More details to follow



## Future Leaders Programme 2022

Are you a health student, or do you know of a health student in their final year of study?

Join us on this free five-day programme built on the award-winning Xcerlr8 leadership programme.

- › To be held at the Canterbury District Health Board's Design Lab
- › Monday 16 to Friday 20 May
- › 8:30am to 4.30pm

For more information about the programme and application details click on this link - [www.healthprecinct.org.nz/future-leaders-programme/](http://www.healthprecinct.org.nz/future-leaders-programme/)

Applications close Friday 29 April 5:00pm 2022.



## The latest edition of the eCALD newsletter is out now

CALD refers to culturally and linguistically diverse groups who are migrants and refugees from Asian, Middle Eastern, Latin American and African (MELAA) backgrounds.

This edition brings news of an evening webinar series, 'The Application of Interpersonal Psychotherapy with Maternal Mental Health'; tips for a healthy smile in multiple languages, and much more [here](#).



## Community Education Seminar

Wednesday 2<sup>nd</sup> March 2022

Afternoon Seminar

### LEGAL ISSUES AND DEMENTIA

*Wills, Enduring Powers of Attorney, Welfare Guardians and Property Managers*

Fleur McDonald, Director/Solicitor at Fleur McDonald Legal, will talk about how these matters affect families and friends of people with dementia, and about the roles and responsibilities of Enduring Power of Attorneys, Advance Directives, Wills, and Residential Care Subsidies. There will be time at the end for questions.

***Please ensure you register, as spaces are limited.***

***Ph 03 379 2590 or 0800 444 776 or email  
admin@dementiacanterbury.org.nz***

**DATE:** Wednesday 2nd March 2022

**TIME:** 2pm - 3 pm

**VENUE:** Via Zoom link

**Once you have registered the Zoom link will be emailed to you.**