



Plans in place for tomorrow's NZNO strike

Thank you to everyone who has been involved in our contingency planning in recent weeks, with a special thanks to those who are contacting patients to defer surgery, procedures and some outpatient appointments. Thankfully we have had time to plan and reduce the number of patients booked to come into our hospitals and health centres in the days leading up to and the day of the strike.

The strike will run for eight hours from 11am – 7pm tomorrow and we expect most nursing, midwifery and nursing assistants will take part in this industrial action. These key staff play a valued role as part of our health system and we expect the strike will have a significant impact.

Whatever our individual views are about industrial action, we need to continue to treat each other with care and understanding and respect the choices and rights of our colleagues.

In terms of our contingency plans, the NZNO is party to an agreement to provide Life Preserving Services (LPS). LPS are the agreed essential tasks that ensure people in our care will be safe. LPS is on a voluntary basis, but because the union is responsible for providing LPS, staff that agree to cover LPS duties are enabling their NZNO colleagues to strike.

Need health care during the strike?

Please reassure friends, family, whānau, and neighbours that they should still seek health care during the strike, especially if it's urgent or an emergency.

Urgent and emergency care will remain available throughout the period of the strike. This includes the Emergency Department, acute (unplanned) surgery, all intensive care units, cancer care and the Renal Dialysis unit.

You should still call 111 if it's an emergency. For everyday healthcare you can call your own family doctor/general practice team. Canterbury's three Urgent Care practices remain open as per usual:

- › 24 Hour Surgery – 401 Madras Street open every day 24/7. Ph 03 365 7777
- › Moorhouse Medical – 3 Pilgrim Place, open 8am – 8pm 7 days a week. Ph 03 365 7900
- › Riccarton Clinic – 4 Yaldhurst Road, open 8am – 8pm 7 days a week. Ph 03 343 3661

Canterbury nurses' strike – June 9, 11am-7pm

Access urgent and emergency services as you normally would.

Due to the strike, other services will be severely disrupted.

If it isn't urgent, call your GP team 24/7.

Canterbury

District Health Board

Te Poari Hauora o Waitaha

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Do you have a friend or whānau/family member in hospital during the strike?

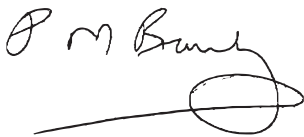
If someone you care about is in hospital during the strike, whānau are welcome to take advantage of extended visiting hours and be present with your loved one during the strike period 11am – 7pm. You might be able to help them feel more comfortable: fluffing up their pillows, topping up their water jug, or making a cup of tea as having a familiar face present can be reassuring for patients.

Please only come to assist your loved one if you are well. Please scan in at the entrance to the hospital and remember to use hand sanitiser or wash and dry your hands frequently.

Once again, thanks for the efforts in planning, and to those who are working between 11am and 7pm tomorrow, to enable your colleagues to take industrial action. We apologise in advance for the disruption this strike will cause.

There's one thing we all agree on, and that's the importance of maintaining patient safety and we will all be working hard to ensure those in our care are in safe hands.

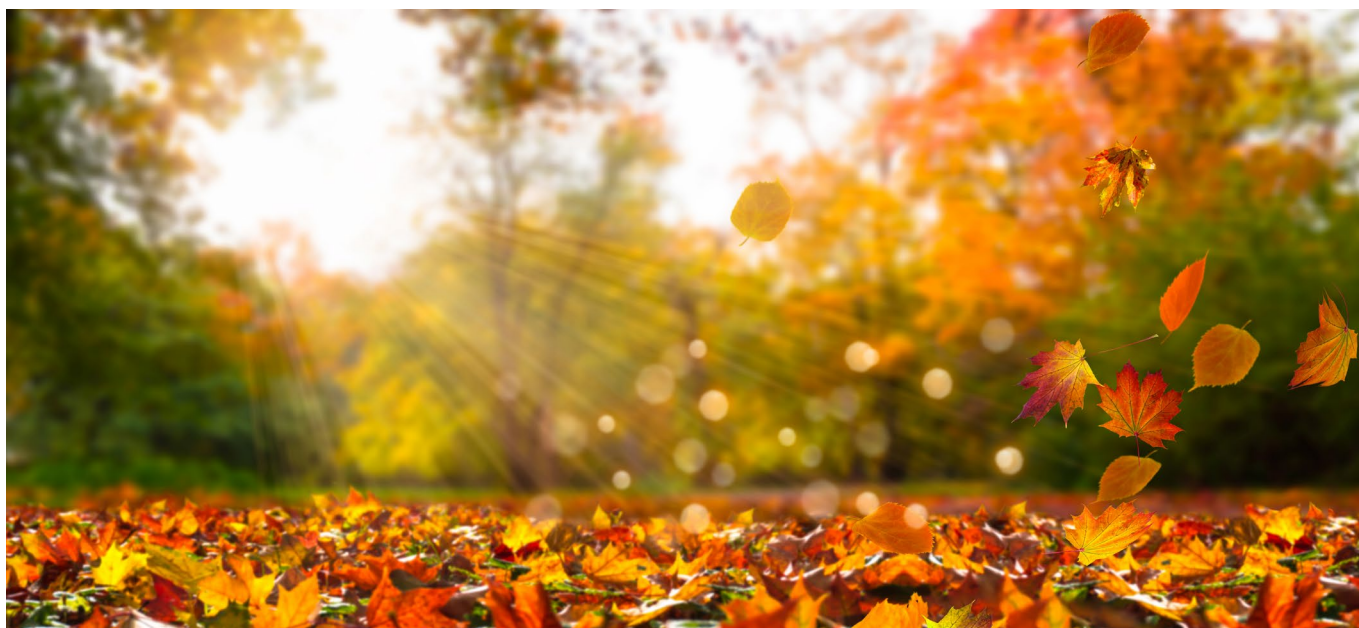
Ngā mihi nui



Peter Bramley, CEO
Canterbury District Health Board

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. 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](#).



Bouquets

Emergency Department (ED) and Ward B4, Christchurch Hospital

I have recently had the misfortune of needing the assistance of the staff in ED and the staff in Ward B4. I was extremely impressed with the care and attention and the advocacy of the staff. I felt very privileged to have been cared for by such compassionate and competent nurses and doctors. The staff on Ward B4 were equally compassionate and competent. The multidisciplinary team were awesome as well. I am indebted to all the staff involved.

Abbie Cameron, Oncology, Christchurch Hospital

I would like to give a shout out and my thanks to Cancer Nurse Coordinator Abbie Cameron for her help so far and in particular for her empathy and caring nature while I was having staples removed from my head. I cannot imagine anyone better suited to the role she has. Thank you, Abbie.

Wards A3 and A4, Christchurch Hospital

My whole experience with the staff was just simply amazing. Skilful, caring and friendly right across the board. I cannot speak highly enough of everybody.

George York, ED, Christchurch Hospital

Thank you so much to Nurse Practitioner George York, in ED. She was just amazing. Quick, friendly, knowledgeable and made my trip to ED as pain-free as possible. Much appreciated. She is a huge asset to the public health sector.

Ward A4, Christchurch Hospital

For the lovely nurse Ana from Ara Institute of Canterbury who has been on the ward. You have a lovely demeanour with patients, very gentle and kind. All the best for your career in nursing.

Big Shout Out

To: Rural pharmacies

Pharmacy teams in mid-Canterbury and other rural areas deserve a special acknowledgement this week. The recent weather event and associated damage to our roading network meant many people had difficulty visiting their regular pharmacy. We know many pharmacy teams worked hard to help affected people in all sorts of ways, such as:

- › with Civil Defence to get medicines to people in Tinwald and further south, and
- › when one pharmacy was briefly unable to open, others stepped-in to help their regular patients.

Thank you very much for looking after our people.

#carestartshere

Gynaecology Ward, Level 2, Christchurch Women's Hospital

I would like to congratulate the gynaecology team for their wonderful care. The treatment I received by the whole team was absolutely top notch. I am so thankful to all the beautiful souls I've met in my time at the hospital. I'd like to name the ones I remember, but despite not remembering all names, all I have is great memories of wonderful, smiley, helpful humans.

Wendy and Katy at the pre-op were so caring, and amazing at keeping me relaxed and informed at all times. Chris and Glenn were so lovely taking me to the theatre, Glenn's smile is infectious. The whole anaesthetics team (sorry, can only remember Nick's name, but can remember all the other lovely faces) was super, making sure I understood what was going on and keeping me the most relaxed I could be.

Dr Anne met me with her smile and was super caring when meeting me post-op, even sent regards from Dr Alicia who I had been in touch with but who wasn't there at the time. The team in the recovery room couldn't have been more amazing. I was so well taken care of by the amazing nurses I met on my two-and-a-half days in the ward – Cathrena, Rachel, Lucia, Lily and so many others who assisted me during my time, helping me out and being always so friendly. I'm sorry if I haven't mentioned your name, I do remember your faces.

Orderlies, Christchurch Hospital

I recently complimented the orderlies for lovely service. They do a very necessary and good job.

Christchurch and Burwood hospitals

I have been operated on for spinal injury, bowel cancer, heart valve and hip replacements (all successful). I have nothing but gratitude for extraordinarily skilled and kind surgeons, and for staff whose care went well beyond mere necessity.

Park and Ride drivers (first printed as a Letter to the Editor in *The Press*)

Having to attend Christchurch Hospital for the past week I would just like to make mention of the great service provided by the Park and Ride drivers. They are very helpful and professional in what they do, and I noticed the compassion they showed for elderly folk and those with a disability. They are among the unsung heroes who make up services that we sometimes take for granted. To Mr Magic Radio (he will know who I mean), thanks for your act of kindness. It was much appreciated.

Waipapa Reception

I wish to compliment Belinda the receptionist at Waipapa front desk who displayed wonderful customer service skills. She persisted in following up on a missing delivery to my daughter, who has been a patient in A5. I can't speak highly enough of her thoroughness in investigating the whereabouts of this item or her gracious manner, even while fielding calls and interacting with members of the public.

Big Shout Out

To: Clinical Nurse Specialist Maggie Glasgow and Registered Nurse Trudy Gattey

Trudy and Maggie have worked tirelessly to introduce new instrument sets for the Eye Theatre. These will significantly improve the efficiency in theatre, reduce waste, protect the instruments to prevent damage and loss as well as saving money related to reduced sterilisation costs. In order to see this initiative get through they successfully applied for a waste minimisation grant from Christchurch City Council which will contribute half the costs of the project. Awesome work!

From: The Eye team

#carestartshere

Next steps post Tangata Ora | Our People Survey

Over 5000 of our people in Canterbury and West Coast DHBs shared their feedback on how things are going for them at work in the Tāngata Ora | Our People survey.

Survey feedback was anonymous to encourage people to be open and honest and give accurate insight into what's working well or not so well.

Canterbury and West Coast DHBs' Chief Executive Peter Bramley says, "I'm so thankful to all the people that took the time out of their busy work days to share their experiences.

"What it gives me, our executive team and leaders is a clearer understanding of where we can better support our people to do their best work."

The key themes around what's working well included:

- › People believe their work is meaningful and has real impact
- › Many feel their immediate leader is accessible and acts in a way that's consistent the DHB's values
- › Most feel confident that they can identify and manage any health and safety risks in their area
- › People feel their team works well together to achieve its goals.

The key themes around what's not working well were:

- › People don't feel that the Exec team is accessible, listening or sharing enough information
- › Many feel that the DHB doesn't deal with poor performance well
- › People aren't confident that the DHB is using information about current and future demands to plan and resource work well
- › Some feel the DHB isn't good at addressing and dealing with bullying and harassment.



Hear from Chief Executive Peter Bramley on the results of the Tāngata Ora | Our People Survey

Tāngata Ora Our People Survey | 2021

Peter says, "The next steps are to take stock of what people have told us and set some concrete action points to address where we need to improve, working at pace."

Leaders will get key themes and average scores for their areas over this month and will be talking and working with people on the next steps for improvements.

The feedback from everyone will be summarised and shared alongside a plan for what we do next. This is expected to be completed in July.

People can expect regular updates as improvements are rolled out and ongoing chances to talk about the progress they see with smaller surveys in the year.

Suggestions and support

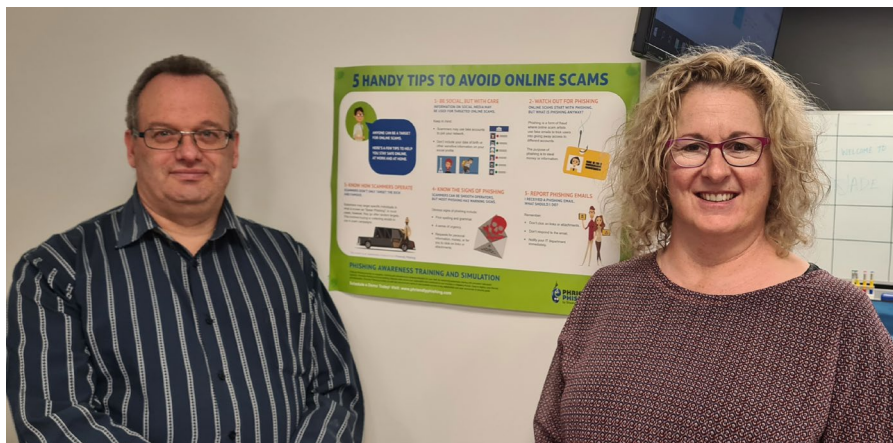
You can continue to have your say at any point by talking with your manager, emailing people@cdhb.health.nz regarding people and capability concerns or suggestions or by going straight to Peter via askpeter@cdhb.health.nz.

Resources available to support your wellbeing can be found on [PRISM](#).

Protecting ourselves from cyber-attacks

A recent cyber-attack on Waikato District Health Board has been a harsh reminder of the risks we all face and the general vulnerabilities of our computer systems.

Canterbury DHB's Transalpine Risk and Security Manager Michael de Ruiter and Information Services Group (ISG) Team Leader, Results and Diagnostics Rachele Allan answered some questions about cyber security risks and prevention measures.



Transalpine Risk and Security Manager Michael de Ruiter and Information Services Group (ISG) Team Leader, Results and Diagnostics Rachele Allan

What is ransomware?

At a basic level it's blackmail and holding something to ransom. An attacker disrupts or disables your computer or your systems (such as scrambling files). They may also steal and threaten to release sensitive and confidential data. A ransom is demanded in order to get your computer(s) unlocked, files returned or data unscrambled. It's nasty and it's real.

How does ransomware most commonly infiltrate a computer system?

The easiest way to 'pick the lock' on the door is usually through an email with a link or an attachment. Another way is through a USB stick (aka "jump, pen or thumb drive") that downloads a virus once it's inserted into a computer.

What's important to note is that the impact of the virus might not be seen instantaneously. Just like a biological virus there can be incubation periods that are short or long. Once the virus is embedded it can lie dormant until the attacker chooses to activate it.

Who is behind these kinds of cyber-attacks. Why do they do it?

Criminals, plain and simple. Monetary gain is the most common driver (usually in the form of bitcoin or cryptocurrency as it is harder to trace) or they are motivated by grievance, revenge or ideology. These people may also attack businesses or military institutions as a form of protest.

How frequently do ransomware or hacking attacks actually occur?

Worldwide it is estimated that 3 billion phishing emails are sent every day and on average since 2016 more than 4000 ransomware attacks occur each day.

What are the most common tricks and email scams we see in New Zealand?

According to the Department of Internal Affairs "What is Spam" web page there are three categories:

- › Nuisance – genuine but non-compliant electronic direct marketing (spam)
- › Scams and phishing – aimed at dishonestly obtaining a financial advantage
- › Malware – malicious software downloaded to your computer to obtain information or access to your network/device. This can be sent to you via email.

By the time you receive a scam email the attackers have already done their due diligence and know something about you from your online profiles (such as social media, Google searches or sites that you have links to). They send an email with a link or an attachment and generally try to trick you into opening it. Examples include "You haven't paid your bill"; "The CEO needs you to complete this form"; "You've won a prize" or "Click on the link I've supplied below to see the important document."

What impact can ransomware have on an individual or organisation?

The impact ranges from mildly annoying to completely devastating. Reputations, finances and even personal safety can be damaged for some people and organisations. It often leads to employees being unable to work until services are restored, and many businesses struggle to survive the downstream impact which can result in job losses.

What can organisations, including DHBs do to protect themselves from these attacks?

All organisations, including DHBs need to have multiple strategies in play:

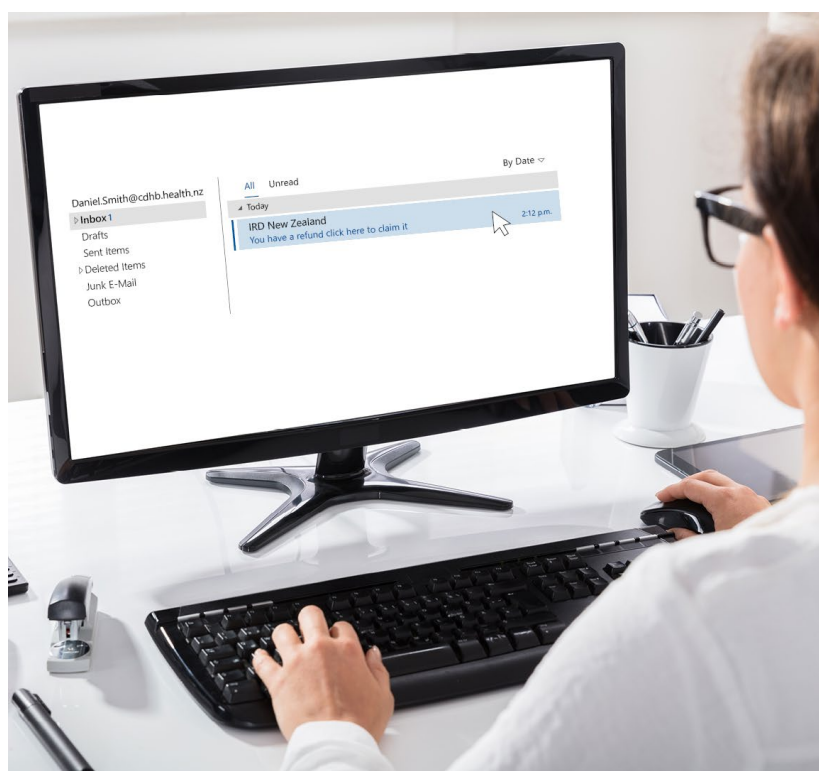
- › Endpoint protection (anti-virus software)
- › System patching (regular vulnerability testing and updates)
- › Employee awareness and training
- › Business continuity plans in place.

Scam emails can look very realistic, especially if they appear to come from a business or person that you actually have a relationship with. What are the signs that it isn't legitimate?

- › Poor spelling or grammar (although the scammers are improving and using enhanced technology to mask dodgy URLs).
- › The 'send' email address doesn't look correct.
- › The offer seems too good to be true. Who wins a million dollars out of the blue?!
- › You are required to enter personal information, such as login and password details to obtain said prize or download attachments – no legitimate entity would send an unsolicited email asking for this.
- › Implicit or direct threats – such as "Your computer may have been compromised" or "You owe the IRD money and could be arrested".

Protect yourself and your organisation from cyber – attacks

- › Complete all cyber security training offered by your organisation (Canterbury DHB has comprehensive training on [healthLearn](#)).
- › Be alert and take great care before you click on links or open attachments – at work and at home.
- › Be conscious of the personal information you share on social media.
- › Install anti-virus software in your home computer(s).
- › Shut down or restart your computer(s) at least once a week to allow important updates to be installed.



Don't be a clickhead.

TOGETHER WE CAN STOP
CYBER-ATTACKS

Radio Lollipop

Christchurch studio opens

by Radio Lollipop Christchurch Volunteer Timmi Aplin-Barrett

When you picture a DJ booth in a radio station you probably imagine a room, in a building, with monitors, microphones, plenty of technical equipment and a team of people. Since its inception eight years ago, Christchurch's Radio Lollipop has looked nothing like that. Instead, keen volunteers have wrangled an unwieldy campervan through the busy streets of Christchurch to a spot outside the hospital. The van has been their storage unit, their meeting place and their broadcasting studio. It has also meant years of being stuck in traffic, functioning in a very cramped space and multiple broadcasting connection mishaps.

Well, not anymore! Christchurch's Radio Lollipop now has its own place in the newly built Waipapa Hospital. It has a stunning room called the Matatiki Hub with a purpose-built radio station. Not only does Radio Lollipop finally have all the bells and whistles of a traditional radio station, best of all, it can now put kids on the air.

Working from the van outside the hospital building made it impossible to have children join the hosts on air. Now it is just a short trip down the corridor within the shared play area for Children inpatients and their families/whānau in the Matatiki Hub. Christchurch's Radio Lollipop Chairperson Nicky Horne describes it as a proud moment for Radio Lollipop and a moment well worth waiting for.

The official opening ceremony for the new Christchurch Radio Lollipop studio took place on Thursday 3 June. Pub Charity, Rata Foundation, Maia Foundation, nurses, hospital staff and of course, the tireless volunteers were all acknowledged for their tremendous support over the years. Nursing Director Tracy Jackson talked about the positive impact Radio Lollipop has on the children who spend time in hospital in Christchurch. She explained that while hospital staff provide the health care, Radio Lollipop provides the extra 'bubbles', music and laughter that can make all the difference to sick young people.

Nowadays, the Monday to Thursday radio shows are dominated by kids' voices and the grand opening guest DJ, Tyler O'Farrell (also known as DJ Wheelchair Demon) is one of them. Among the first kids to go on the air, Tyler was initially nervous but after he slipped on the headphones and got to work, it became apparent that he was a natural. Returning to cut the ribbon for the official opening, DJ Wheelchair Demon chose to play ACDC's Thunderstruck to mark the event before the evening descended further into music, bubbles and laughter.

Radio Lollipop originated in the UK in 1978. Staffed entirely by volunteers and funded through donations, Radio Lollipop aims to bring joy and entertainment to children when they are in hospital. To learn more, visit the [Radio Lollipop website](https://www.radiolollipop.org).



Radio Lollipop volunteers (from left) JR Hovell, Grant Windsor, Jan Nicholson and Kate Heveldt



Radio Lollipop Chairperson Nicky Horne and Radio Lollipop Board Director Barrie Cooper



Radio Lollipop Volunteers Caitlin Millar and Wayne Barton assist Tyler O'Farrell (DJ Wheelchair Demon) with the ribbon cutting



Radio Lollipop Chairperson Nicky Horne and volunteer Wayne Barton with Tyler O'Farrell (DJ Wheelchair Demon)

Newborn hearing screeners celebrate milestone at first virtual hui

Canterbury DHB's newborn hearing team downed their screening devices and joined with colleagues around the country for an all-day virtual national hui last month.

They joined over 120 colleagues from the Universal Newborn Hearing Screening and Early Intervention Programme (UNHSEIP) for the hui to belatedly mark an important milestone in the programme's history and participate in professional development.

The UNHSEIP turned 10 years old during 2020 but celebrations were unable to be held due to COVID-19. The UNHSEIP was announced by the government in 2006, implementation began in 2007, and full national rollout was completed in August 2010.

It was the first time that a UNHSEIP workforce hui has been held online. It allowed screening teams to gather at their local district health boards to celebrate, reflect on the impact of the programme to date and connect with other screening teams and speakers from across the country.

Canterbury DHB Newborn Hearing Screening Programme Coordinator Angela Deken says it was a fabulous day with a wonderful diversity of speakers and range of topics.

"The really nice thing was that Nelson Marlborough DHB and South Canterbury DHB screeners joined our team to celebrate together. It was also a lovely chance to catch up with our screener friends from around the South Island.

Thanks to the National Screening Unit for funding the hui."

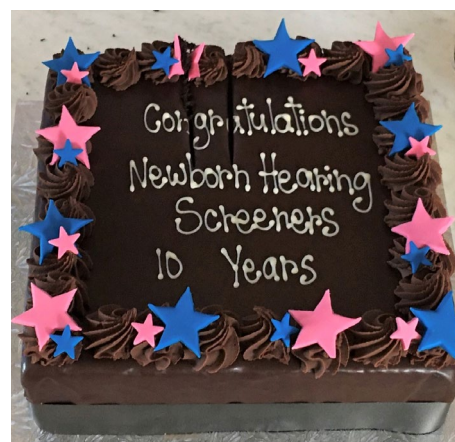
Sessions were held on the themes of equity, improvement and innovation in newborn hearing screening and included talks from New Zealand and Australian screening and audiology experts, a workshop on equity and a wellbeing session for screeners.

A highlight was parents (including screeners) and children with hearing loss sharing their experiences of the hearing screening pathway. As the hui was held during New Zealand Sign Language week there was a sign language education session which included some concepts in te reo Māori sign language.

There were some familiar faces from the programme's history, including Director-General of Health Ashley Bloomfield and Chief Advisor, Child and Youth Health, Ministry of Health Pat Tuohy. They both acknowledged the valuable contribution the programme has made to the lives of many tamariki and their whānau.

Newborn hearing screening was first initiated by former Waikato DHB Audiologist Michele Pokorny and Funding and Relationship Manager Ruth Rhodes who both joined for part of the day.

For more information go to the National Screening Unit website at www.nsu.govt.nz.



Neonatal Intensive Care Unit Hearing Screener Jilly Fiso cutting the cake along with newborn hearing screeners and audiologists from Canterbury, Nelson Marlborough and South Canterbury DHBs

108-year-old receives COVID-19 vaccination

108-year-old WWII veteran and resident of Christchurch's Palm Grove Rest Home, Bill Mitchell received his first COVID-19 vaccination recently.

Bill, who was 5 when the global flu pandemic swept New Zealand in 1918, was one of 90 residents of the rest home to be vaccinated the same day.

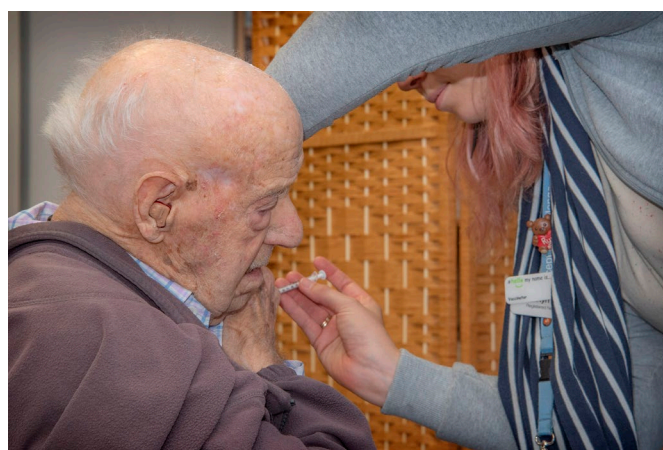
One of New Zealand's oldest citizens, Bill took the injection in his stride, stating "Is that all? That was no trouble," when told his jab was done.

Approximately 1900 first dose vaccinations have been provided across 34 facilities in the region so far.

It is expected that in total, approximately 5300 Aged Residential Care residents will be vaccinated in Canterbury.



Bill received his vaccination at the Palm Grove Rest Home



Registered Nurse Ryn Langford administered Bill's first COVID-19 vaccination

*all
right?*

**IT'S
ALL RIGHT
TO TALK
IT OUT.**



Techie Brekkie – A Feast for Mind and Body

Canterbury DHB's Via Innovations Team and the Te Papa Hauora Health Precinct joined forces on Friday 28 May for the fourth year in a row to deliver "Techie Brekkie – A Feast for Mind and Body" – as part of TechWeek2021



The keynote speakers were Associate Minister of Research, Science and Innovation Hon Dr Ayesha Verrall and the New Zealand Health Innovation Hub's (NZHIH) Chair Steve Wakefield. Chair of the Te Papa Hauora Health Precinct Advisory Council Peter Townsend was the M.C.

A hybrid event with over 50 online and 50 in-person attendees, guests were treated to a wonderful mihi whakatau, karakia and waiata from Te Korowai Atawhai team members Vi Anderson, Zohnia Reweti and Nepia Reweti before Henare Te Karu, Canterbury DHB's Kaiarahi Matua, passed the rakau over to Peter.



Te Korowai Atawhai team members Henare Te Karu, Nepia Reweti, Zohnia Reweti and Vi Anderson

Executive Officer of Te Papa Hauora Pip Griffin described the event as "a great opportunity to learn about national technology developments and how innovation from anywhere within the health system can be supported to deliver outcomes that improve healthcare".

Dr Verrall presented remotely and Via Innovations Director Anya Hornsey says she shared valuable information about the new operational model for the health system, the recently approved funding for HIRA (previously known as the National Health Information Platform), new healthtech statistics, examples of Ministry of Health technology developments during COVID-19, and ministerial support for the New Zealand Health Innovation Hub.



Guests listen to the address by Associate Minister of Research, Science and Innovation Hon Dr Ayesha Verrall

In his address, Steve discussed the Innovation Hub's origins in 2012 and recent refocus as an approved commercialisation vehicle for all DHBs. He also highlighted the three investment transactions recently approved by the Minister of Health and referenced by Dr Verrall in her address as outlined below.

HealthOne

Formalising a joint venture between Canterbury DHB and Pegasus Health that began in 2012 after the Canterbury earthquakes, HealthOne is now a South Island-wide patient shared care record system used by general practice, pharmacy staff, primary care and secondary care clinicians that sits on an Orion Health platform.

Steve explained that HealthOne now has over one million patient records that are accessed around 300,000 times a month, by over 27,000 authorised users, demonstrating its importance in providing up-to-date information to clinicians at the point of care.

HealthPathways

HealthPathways is a pioneering collaboration between Canterbury DHB and Streamliners that is now used in nearly 50 health systems for 600 clinical pathways across New Zealand, Australia and the United Kingdom.

Hartwell Simulation

Formation of startup company to commercialise a vital signs simulation system developed by Canterbury DHB Anaesthetist Dan Hartwell and Bioengineer Michael Sheedy, in collaboration with an Australasian distribution partner and through the support of Via Innovations, NZHIH and KiwiNet.

To watch the entire event Canterbury DHB employees can access a [Zoom recording](#).

Anyone outside of the Canterbury DHB who wishes to watch the event should email via@cdhb.health.nz to be provided access to a recording.

For more information:

- › [Te Papa Hauora Health Precinct](#)
- › [Via Innovations](#)
- › [New Zealand Health Innovation Hub](#)
- › [HealthOne](#)
- › [HealthPathways](#)
- › [Hartwell Simulation](#)
- › [Ministry of Health's Health Technology Innovation Framework](#)

techweek2021
Connecting for a Better Future

Waikari resident marks 101 years

June Blyth, who resides at Waikari Hospital, celebrated her 101st birthday last week.

Waikari Cook Elesha McIlraith arranged for a special morning tea to mark the occasion. Lamingtons and cake were enjoyed by all and June was given a brightly coloured orange blanket by patients and staff.

June grew up in Rangiora then shifted to Sefton. Her mother died when she was 29 and left June's father with

five daughters. She loves music, used to play the piano, and has a son and daughter and five grandchildren.

Waikari Hospital is located in Waikari village, about one hour's drive north of Christchurch. It meets the needs of the local community as well as covering a large rural district including continuing care of the elderly, general medical, surgical rehabilitation, carer support, respite care and palliative care.



From left, Sally Robertson (June's daughter), June Blyth, Susanne McLaren, Edith O'Carroll and Nancy Inch

One minute with... Chantal Lauzon, Health in All Policies Advisor, Community and Public Health (CPH)

What does your job involve?

Health in All Policies (HiAP) is a structured approach to include health and wellbeing considerations in decision-making processes across sectors. For example, local government, transport and urban planning all play a role in improving health and equity. I work a lot with key partners on ways their projects and policies impact the wider determinants of health. We have joint work plans with Christchurch City Council and Environment Canterbury that cover promoting healthy environments, strengthening communities, ensuring safe and sustainable waterways, supporting healthier homes and improving connectivity and accessibility. I also facilitate the working group that supports the implementation of the Canterbury Health System Alcohol-Related Harm Reduction Strategy. For the past year I have been helping support COVID-19 case investigation as well.

Why did you choose to work in this field?

I've always wanted to understand the big picture and the why behind things. This role combines my interests of science, health and communications. Years ago, I attended a short course at CPH that introduced me to a 'determinants of health and healthy equity' viewpoint. I was hooked, and it led me to doing my Master's in Public Health and eventually joining the HiAP team.

What do you like about it?

The variety – I am always reading up on new topics or research. And the people here at CPH are amazing to work with!

What are the challenging bits?

The variety, we have to be generalists and keep on top of lots of areas. This past year I've also seen how the added pressures of responding to COVID-19 has impacted everyone.

Who inspires you and why?

My grandmaman Olande Ruel for her perseverance. After my grandfather died in a work accident she raised nine children on her own, moving from a remote French-speaking village in Northern Ontario to a mainly English-speaking city. She was sharp-witted, funny and although she always kept busy, she also made you feel cared for.

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?

These values underpin how we work in public health. Trying to ensure that the places we live and the systems we operate in enable health in its widest sense, means that overall you will have a healthier, happier population in the long run.



Chantal Lauzon and her son Sam

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

I keep meaning to set one up.

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

On Vancouver Island with my family. Although I grew up in Ontario, Canada, my immediate family all live in British Columbia now. I haven't seen my parents in over two years and would love for my two boys to get to spend some time with their grandparents in person.

What do you do on a typical Sunday?

I usually go for a walk with my neighbour and then make a big cooked breakfast with my husband and kids. We will then normally go out as a whānau for the afternoon, biking, visit the museum or a park.

What's your favourite food?

Tomatoes or a fresh homemade oatmeal chocolate chip cookie. The tomatoes where I grew up are so delicious that my whole extended family has a slight obsession with them. I basically don't think we have food in the house unless we have tomatoes.

And your favourite music?

It depends on my mood – rock from many eras, Prince, pop, singer/songwriters and many other random songs. I grew up across the river from Detroit so if I'm feeling low I'll put on some Motown and it always makes me smile.

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

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.



TAROCASH

TAROCASH

Riccarton, Hornby

Get 20 percent off full price items (excludes sale items) – show your Canterbury DHB ID to redeem.



HOLISTIC HEALTH AND WELLNESS

275 Fifiel Terrace, Opawa

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Looking to locals to guide Hurunui health care into the future

The [Hurunui Health Services Development Group \(HHSDG\)](#) is inviting the Hurunui community to find out about plans for both a local community group and local health and wellbeing provider group to guide development of the region's health care services at a series of drop-in sessions.

The sessions will give people an opportunity to meet with members of the HHSDG to discuss the purpose and function of the new groups and find out about health service enhancements already achieved through the [model of care](#) process.

There are five sessions planned across the district in June:

- › Friday 18 June, 2.00-3.00pm - Knox Hall in Cheviot
- › Friday 18 June, 4.00-5.00pm - Hurunui District Council Chambers in Amberley
- › Monday 21 June, 10.00-11.00am - Waikari Memorial Hall
- › Monday 21 June, 12:30-1:30pm - Rotherham Hall
- › Monday 21 June, 2:30-3:30pm - Hanmer Springs Library

HHSDG chair Marie Black says group members have worked tirelessly behind the scenes to progress recommendations, which were developed with input from the community during 2017 and 2018.

"The group has achieved several milestones which they, and our community, should be proud of. This work has improved health care delivery to the region's people and whānau," says Marie.

"The plan is to now create a local community group in addition to a health and wellbeing provider group to provide leadership for ongoing improvements and monitoring the region's access to health services."

For people interested in joining one of the voluntary groups there will be details at the information sessions. Members are needed from a wide range of perspectives, including people that bring a diversity of age, ethnicity, area of residence and experience within the community.

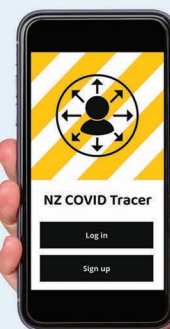
More information is available on the [Hurunui Health Services website](#). Please share with friends and whānau in the Hurunui region.

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Heart of Research



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6pm, 8 July 2021, Rydges Latimer

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