



Valentine's Day Quake – are you All Right?

Look after yourself, your family, colleagues, neighbours and friends

Yesterday's earthquake was a startling reminder that five years on from the big Feb 22 quake, living in Canterbury has more than its fair share of challenges!

Thanks to all of you who had no other choice but to keep providing health services for Cantabrians when it hit. I hope you've had a chance to take a step back and have a breather. Adrenalin can be a great help at the time, but it's important to be able to have the space to relax and unwind.

EQC is saying that after every quake we need to assess the state of our houses - this is also an opportunity to assess the state of your mental health! It's important we take a moment to think about how we are doing and also to check how our friends and family are doing.

We also need to be kind to each other because we know that people will be at different places. Just like All Right? first said, it's completely normal to feel angry, over it, a tad on edge or proud.

Yesterday Canterbury DHB was asked to provide advice on how people can look after themselves immediately after a quake. Chief Medical Officer Dr Nigel Millar quickly came up with the following six points:

- 1 Reach out to people: Talk to your family, friends, colleagues and neighbours.
- 2 Don't stop doing normal things like walking in the park and working on the garden – focus on the immediate good things in your life, it's often the little things that matter.
- 3 Acknowledge how you feel and reflect on past experiences, good and bad.
- 4 Remember what we have been through, and that we still stand strong.
- 5 Keep your activity patterns healthy, watch your diet and resist the urge to binge.
- 6 If you are not coping, seek advice from your General Practice team or phone the Canterbury Support Line on 0800 777 846 .

Next Monday, on the 5th anniversary of Christchurch's big quake, Cantabrians will once again have the opportunity to share their experiences and hopes for the future as part of the River of Flowers commemoration. The River of Flowers is a great opportunity to reflect on what we've been through, and what we're still going through! [Click here](#) to find a River of Flowers site near you.



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The funding conundrum - making the money go round

Prioritising to ensure we meet the health and wellbeing needs of our communities

Last week I mentioned that Canterbury DHB was before the Health Select Committee in Parliament.

We presented a snapshot of the current situation in Canterbury and what some of the issues and challenges are that we face.

We also answered a number of questions from MPs from all political parties about how we invest public funds in a range of services and programmes that are designed to meet the health and wellbeing needs of our various communities. I was proud to be able to talk about our collective achievements and how staff continue to pull out all the stops to make it better for our patients.

Health funding is always a hot topic, as there will never be enough funding to provide everything we would like to, or everything the public would like us to. It's always a balancing act, and an important part of our role is to constantly review where we invest public funds to ensure we are doing the best for people in Canterbury and the Chatham Islands. Prioritising spending on competing needs from one bucket of money is our annual challenge, particularly when community need for some services such as mental health and electives continues to rise.

You may recall we received an additional \$16m of funding late last year. This has enabled the DHB to sustain its level of investment in mental health services, while at the same time delivering on a financial break even position.

In response to questions at the Health Select Committee, it was advised that Canterbury DHB health funding for mental health in the 2015-16 year was \$222 per head of population, versus the national average funding of \$243 per head of population. It has been indicated to us that for the 2016-17 financial year Canterbury DHB can expect to receive \$10 less per head of population than we are this year.

Also in response to questions, the Health Select Committee were advised that Canterbury is not functioning in a "business as usual" environment. The psycho-social and psychological impacts that were predicted, and have been evident in other post-disaster environments, are playing out for Canterbury

and they are manifesting in unprecedented demand on a range of our health services - particularly mental health.

The way our clinical teams and organisations, that make up the Canterbury Health System, have responded to reorganise services to meet the post-quake challenges, can only be described as remarkable. It has been their work and professionalism that has continued to ensure that our community has been able to continue to access health services, despite an extremely abnormal environment.

In normal circumstances the population based funding formula is a fair allocation mechanism. However, Canterbury is not in a normal circumstance, neither operationally (staff and buildings), nor in terms of the mental health and wellbeing of our population.

Thanks again for everything you are doing. As we approach the fifth anniversary of the February 22nd quake, it's a time to reflect on the remarkable journey we are on, and just how much we have achieved.

Your professionalism, and 'just get on with it ... we'll find a solution' attitude has, from an outsider's perspective, made it look easy. I know this isn't the case and for most of you who have been on board since the quakes it's been a hard slog all the way.

Remember to look after yourself, be kind to your colleagues and take time to do things you enjoy.

Take care
David



David Meates
CEO Canterbury District Health Board

Have your say on national Advance Care Planning Resources

The South Island Alliance, in collaboration with the Advance Care Planning (ACP) Cooperative, is seeking feedback on a series of national ACP resources via an online survey. Feedback is being sought from healthcare professionals and the public. Please [click here](#) to access the online survey.

Facilities Fast Facts

Burwood

Countdown: it's just 14 weeks to go until our moves get underway!

On Friday 12 February, Dan Coward, GM of Older Persons' Health, presented two staff forums to update staff on the latest news about the moves to Burwood. A video of his presentation is available [here](#).

Training and orientation is currently being planned for staff who will be working in the new facilities. Training will include a staff handbook about the site, an online healthLearn module that staff will be expected to complete, and on-site training for staff in specific areas. The bulk of the training and orientation will begin in early April.

The latest information about the migration process will shortly be available on the intranet, including how to dispose of unwanted items such as furniture or equipment according to the correct CDHB guidelines.

Remember – even if something is obsolete it remains CDHB property, so should not be given away to charity / friends / other organisations etc. You should notify your manager and the support services team (extension 66882) that you have items surplus to requirements.

This week's picture shows landscaping underway and a linking corridor being built between the Orthopaedic Rehabilitation Unit (ORU) and the new build.



Christchurch

A crane arrived on site on Friday to assist with installation of the site sheds for CPB, the new contractors.

Work currently underway for the Acute Services building includes installing site services for the contractors (power, water, telecoms, sewerage), and the procurement of subcontractors.

Off site, glass is now being manufactured for the glazed parts of the walls, and around 300 people are involved in the fabrication of the structural steel beams which are being produced overseas. The photo shows some of the steel beams on the shop floor. The holes allow for services such as power, steam and water to run through the building.

A crane was on site on Friday last week to assist with installation of the site sheds for CPB, the contractors for the main build of the Acute Services Building. Once the sheds are in place, services such as power, water and telecoms will be installed and CPB will have its site village ready to go.



Lots of work is currently underway for the Acute Services building is occurring offsite. This includes the procurement of subcontractors and the manufacture of glass for the glazed parts of the walls. Also overseas, around 300 people are involved in the fabrication of the structural steel beams. The photo shows some of the steel beams on the shop floor. The holes in the beams allow for services such as power, steam and water to run through the ASB.



Bouquets

Bone Marrow Transplant Unit (BMTU), Christchurch Hospital

A brief note about the staff in the BMTU. They all exhibit compassion, concern, calmness, cheerfulness, commitment to their duties, care, co-operation and the ability to communicate openly with patients and with each other. You must work very hard on your staff culture.

Surgical Assessment and Review Area, Christchurch Hospital

I would like to formally thank and acknowledge Registered Nurse Carolyn Spark for the excellent nursing care I received the evening of 28 December. I was in acute pain, the reason for this yet to be determined, and quite distressed. A very busy evening on the ward that night but I felt incredibly well supported by Carolyn. Thank you once again, all the best.

Emergency Department, Christchurch Hospital

Recently I spent some time in ED and was admitted for observation. I had doctors and orderlies along with six of my colleagues – all registered nurses from Christchurch Hospital Operating Theatre (we'd had a pot luck Christmas lunch the day before!).

I felt very unwell and inconsolable but the care that I received from the nursing and medical staff was exemplary. Without exception they were compassionate and professional. Thank you.

Radiation Oncology, Christchurch Hospital

I have completed 28 days of radiation treatment and without exception I have been dealt with in a most courteous, kindly and professional manner. All the staff addressed me by name and introduced themselves,

they gave me practical advice and referred me when needed. I am totally impressed.

Oncology, Christchurch Hospital

I am happy to say that during my treatment at all levels I have not found any reason to find fault with the organisation. The staff were excellent and to say I was grateful would be an understatement, and top marks to all.

Acute Medical Assessment Unit (AMAU), Christchurch Hospital

Very good service. The nurses and aides were very helpful. Made regular checks and gave good advice... doctors were good and helpful at times during the visit. Good luck to all staff at AMAU.

AMAU, Christchurch Hospital

We can't speak highly enough about the staff. Everybody was very kind and helpful....

Emergency Department, Christchurch Hospital

I am wishing to take this opportunity to thank the staff on Friday, 18/12/2015 at the Emergency Department at Christchurch Hospital. I experienced a cervical injury with neuropathic arm pain bilateral after falling off my bike in Hagley Park. I feel so lucky to have been a patient under Canterbury District Health Board. I cannot but think so highly of the staff care, treatment, explanation thoroughness of assessment, nursing, medical treatment, prompt intervention for diagnostics x-ray, MRI department. Unfortunately I cannot personally remember each staff member's name. But I have upmost respect for all the staff I experienced. Every single staff member I came across provided such a professional, high standard of care. Positive attitude, authentic empathy during my

stay. Thanks to all the medical staff, nursing staff, radiology staff, and orderly staff.

Thank you Richard Storey (doctor) in ED who admitted me in and carried out an excellent neurological assessment, diagnostics test and management plan. Always explaining what the plan was, fantastic communication skills. Thank you for your calm but efficient manner in treatment and looking after me during my stay. Also special mention Lilly Taylor (ED nurse) who provided outstanding nursing care, ensuring I was ok and checking up regularly and ensuring I felt comfortable. Very professional approach. Outstanding communication skills. A calming effect on my wife. I feel so lucky to have such an amazing health service here in Christchurch and again just want to wish my gratitude.

Emergency Department, Christchurch Hospital

I had a very efficient and pleasing experience in the Emergency Department. Staff friendly and professional. Thank you for the lovely attention.

Ward 16, General Surgery, Christchurch Hospital

Nurse Emma has been so great. I've been here five agonising days and she's really made it not that awful. She's kind, patient and very understanding, give this girl a raise! Thanks Emma, appreciate your help.

Ward 17, General Surgery, Christchurch Hospital

Pip the nurse was simply amazing! So nice and easy to talk to and it seemed as though she really wanted to help!

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Ward 10, Vascular Surgery, Christchurch Hospital

Great service. Was really friendly and helpful. Hope for more staff like him. Not too sure of his name but as far as I know he is from the Philippines. Happy New Year.

Physiotherapy, Christchurch Hospital

We would like to compliment Trish on her work. She explained everything extremely well. It is clear she has an in-depth understanding of her field. She made usfeel confident and reassured that there is a resolution. We loved her positive attitude. Well done and thank you.

Emergency Department and Orthopaedics Trauma Unit (OTU), Christchurch Hospital

My husband was in a car accident yesterday and helicoptered to hospital with suspected spinal injuries. I drove from Oamaru to be with him and wanted to let you know how impressed we both have been with his treatment over the past 24 hours. The staff in ED were fantastic, particularly Jane and Sue the volunteer. I am a nurse and have worked in surgical wards around the country and am so impressed with Christchurch Hospital. The staff in OTU are amazing. Most have excellent nursing skills and great interpersonal skills. My husband hates hospitals and the staff made him feel safe and reassured. Grace, Dave and Fabia were particularly great. I am also very impressed

with the signs around the hospital making it easy to find my way around. I also appreciated the sign in the room describing privacy and giving patients the opportunity to request conversations in private. Thank you.

Oncology, Christchurch Hospital

My journey began before Xmas 2015, x-rays, CT scans, two biopsies, result cancer, not operable, non-curable, life shortening. Doctor at Darfield Medical Centre told me with what I had Christchurch hospital was the finest place to be. At present I am undergoing radiation therapy (since before Christmas) and had my first x-ray. Every step of the way I have been cared for, smiles, tears, hugs and the best treatment I could ever wish to experience all the way. Every unknown stop has been with people who care and I am so truly thankful.

Day Surgery Unit, Urology Ward, Christchurch Hospital

Thank you SO much for the cheer, positivity, understanding patience with questions, explanations of procedures, kindness, family atmosphere, good inter-staff dynamics. We had endured long years and months of trouble and you were the light at the end of the tunnel when my husband came in for prostate surgery.

Oncology Day Ward, Christchurch Hospital

Katrina Randall is a wonderful nurse. Professional, caring, kind, a joy to have today.

Wards 16 & 17 (General Surgery), Christchurch Hospital

I am really happy with the way I have been treated with my illness. The staff have been wonderful and caring... a real team. You should be very proud of them all. This would have been a hellish ordeal if not for the care shown by the team at Christchurch Hospital. Thank you all so much!

Ward 15 (General surgery and gastroenterology), Christchurch Hospital

I could not fault service. The nurses, doctors and ancillary staff are wonderful. Thank you to everyone.

Ward 14 (Nephrology and Cardiology), Christchurch Hospital

The staff and doctors here are really wonderful. They kept me informed and well updated. I am very pleased with the treatment I received here.

Acute Medical Assessment Unit (AMAU), Christchurch Hospital

The treatment given to me while in the ward over the past couple of days has been exceptional from the nursing staff to the doctors trying to help sort my health problems out. They could not have done anymore to make my stay as comfortable as possible. Thank you to all.

**Open for better care e-update****Issue 23, 18 January - 7 February 2016**In this issue:

- » Book now for Henry Marsh forum
- » Developing clinical leadership for quality and safety
- » Clinical leadership aids surgical site infection improvement programme
- » Global trigger tool evidence review updated
- » Commission backs calls for better awareness on medication safety issues
- » What's coming up for April Falls?
- » Data shows continuing disparity between gout prevalence and treatment
- » Call for nominations for the Child and Youth Mortality Review Committee

First Grand Round of the year

Come and enjoy the inter-professionalism and celebration of excellence at next week's Grand Round

Friday 26 February 2016 – 12.15 – 1.15pm
with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker one: Jane Nugent, General Practitioner

"EWS Scores – not just for nurses"

Jane is back by popular demand after her very good presentation last year.

Speaker two: Pauline Clark, General Manager of Christchurch Campus

"Medical Student and Clinical Teacher Awards"

Pauline will introduce the second half of the Grand Round where the top medical students and clinical teachers will be awarded prizes by the Dean.

Chair: Lutz Beckert

Video Conference set up in:

- » Burwood Meeting Room
- » Meeting Room, Level 1 TPMH
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton

All staff and students welcome.

Talks (with Speaker approval) will be available in approximately two weeks on the [intranet](#)

Next Clinical Meeting – Friday 4 March 2016

(Rolleston Lecture Theatre)

Convenor: Dr RL Spearing, ruth.spearing@cdhb.health.nz

Falls Prevention Classes in Christchurch with Age Concern Steady-as-you-go

Do you know anyone who needs help to avoid falling?

You may already have heard of Steady-as-you-go, or SAYGo, the exercise class programme run by Age Concern designed to help older people reduce their likelihood of falling.

Currently we have Steady-as-you-go classes in:

Hei Hei	Hei Hei Community Centre, Wycola Ave, Hei Hei	10.30am	Monday
Wainoni	Celebration Events Centre, 81 Bickerton Street, Wainoni	10.30am	Monday
Wigram	Harvard Lounge, Corsair Drive, Wigram	1pm	Monday
Harewood	St James Church Hall, Harewood Road	1pm	Monday
Papanui	Age Concern 24 Main North Road, Papanui (cnr Loftus St)	9.30am	Tuesday from 16 Feb
Hoon Hay	Hoon Hay Presbyterian Church Lounge, 5 Downing Street	9.30am	Friday from 19 Feb

Additional groups are planned in other parts of Christchurch and Canterbury depending on demand and suitable venues being available.

We value your help to spread the word about these classes.

Please talk about Steady-as-you-go and recommend the classes to potential participants.

Find out more by ringing Age Concern on Ph 366 0903 or 0800 80 33 44.



eCALD®

Supporting the health workforce
to develop CALD Cultural Competence

eCALD® (Culturally and Linguistically Diverse) News

The first edition of the [eCALD® News](#) is now available. The newsletter promotes useful resources for health planners, researchers and providers about culturally and linguistically diverse (CALD) populations. Additionally [eCALD.com](#) provides courses and resources to support the New Zealand health workforce to develop CALD cultural competencies.

Find inside:

- » Primary Health Organisations across New Zealand are eligible to access free CALD Cultural Competency Courses
- » Asian Health in Aotearoa in 2011-2013
- » Suicide in Asian Communities: An Exploratory Study [2015]
- » Indian Families with Children of Special Needs Support Group Meeting 18th February 2016
- » eCALD® Evaluation and Uptake of CALD Courses [Mar 2009 - Jan 2016]
- » 3rd Refugee Research Symposium: Auckland University of Technology (AUT) [2015]
- » Presentations of Asian Forum hosted by Agencies for Nutrition Action (ANA) [2015]
- » Asian Health Week Seminar [2015]
- » We have newly posted translated resources for healthy eating and advance care planning on [eCALD.com](#).

Tangible interaction with everyday objects for home-based upper-limb stroke rehabilitation

Clinicians and therapists working with stroke patients are invited to take part in a study on home based stroke rehabilitation for chronic stroke patients with an affected upper limb.

The study is to assess and develop interactive everyday objects for stroke patients that facilitate a self directed rehabilitation based on the constraint induced therapy approach. The aim of the study is to determine what kinds of activities of daily living stroke patients like to participate in while living at home. The study further involves the development of interactive prototypes based on everyday objects that facilitate a home-based stroke rehabilitation.

Participants who agree to take part in the study will be asked to take part in two interviews:

The first interview aims to determine how constraint-induced therapy for stroke patients is delivered and what kind of activities of daily living stroke patients like to engage in.

During the second interview, participants will be asked to test interactive design prototypes that stroke patients can use in a self directed way. They will be asked to give feedback concerning the usability of the interactive devices to ensure that the limb movements and tasks align to therapeutic goals and translate into controllable movements for the return of useful function to the affected limb.

If you are interested in participating in this study and would like to receive further information about it, please contact:

Ph.D. student Mailin Lemke at the Victoria University of Wellington

lemkemail@myvu.ac.nz

One minute with...Frances Mansell, SI PICS (South Island Patient Information Care System) Business Process Analyst

What does your job involve?

Looking at the bigger picture and then delving into details with systems, then sorting out how we can integrate them with future system processes. For example, we have been visiting all areas in Burwood and talking with people, getting to know what they do currently in their jobs. From this we can put a bunch of shapes and lines together (process mapping) and form a picture of what their current processes are and make sure the same core processes can be done in the new SI PICS system.

Why did you choose to work in this field?

There was a point towards the end of my postgraduate study where I could have easily diverted into the winemaking track, as I spent 10 years working in a vineyard on the side. But analytics soon came calling when I delved into complex systems modelling while studying for my Masters. I loved it and have been involved in working with numbers, systems, and projects in some form ever since.

What do you like about it?

I have an analytical and business focused mind-set. I like the challenging, faster paced nature of projects that work towards a tangible end goal. Making sense of complex matters and problem solving is fun.

What are the challenging bits?

SI PICS is being developed using agile methodology. It can be hard to work out future processes when components may still be being built.

Who do you admire in a professional capacity at work and why?

I have been heavily involved in work with Burwood theatres so far, and have gained an appreciation for the hard work that goes into getting a patient onto the operating table or into a procedure room. So not one person, but all individuals that each contribute towards that end goal.

The last book I read was...

I do not read physical books as often as I should these days, as I have substituted book reading for journal articles. My husband jokes that I have read the entire internet before I even get out of bed most mornings. The last physical book I read was "Think like a freak", by Stephen J. Dubner, Steven D. Levitt. A great book if you like to challenge your mind-set. I prefer to learn something when I read so I usually steer towards non-fiction and biographies.

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

Bush running in the cascades (waterfalls) at my home town on Waiheke Island.

My ultimate Sunday would involve...

Sleeping in then an indulgent breakfast with lashings of everything. I would then head out for a Sunday drive, relax

with a wine at a café then come back to potter around the house setting myself up for the following week. In the evening I would head off for a pump class at Les Mills and then undo all that hard work with a hearty dinner.

One food I really dislike is...

Although I am generally a meat and veg person, I do not dislike any particular food groups. I eat fairly widely and just try to avoid overly processed, refined products. Although, I have been known to eat three slices of whatever my colleague Lesley Long has baked on Fridays. Lesley's cake Fridays are famous in our team.

My favourite music is...

I have very broad tastes that touch on all genres except country. It depends if I am relaxing or on the go.



Frances Mansell

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

INFUSION PUMP ROADSHOW

COME ALONG AND SEE WHAT NEW
INFUSION PUMP SYSTEMS ARE AVAILABLE AS WE
EMBARK ON A JOURNEY TO ENGAGE WITH REPLACING
OUR EXISTING PUMP SYSTEMS



Date: 16th-18th February 2016
Time: 12pm - 1.30pm and 3pm - 4.30pm
Venue: Great Escape Annex Room
Christchurch Hospital

Canterbury
District Health Board
To Promote & Support the Wellbeing of the Community

Staff Wellbeing Programme: Understanding Incontinence & New Zumba class at TPMH



Understanding Incontinence

Continuation of the very successful presentations run throughout 2015.

Next presentation will be at Hillmorton Hospital on Wednesday 24 February.

[Click here](#) for more information or [click here](#) to register.

See www.continence.org.nz for more information on incontinence.

New Zumba Class at TPMH – starts 18 February

Join Lillian for Zumba every Thursday – starting 18 February. The class runs from 1645-1730hrs in the Riley Lounge/Gym.

[Click here](#) for a full timetable of all Zumba classes.

How are you feeling?

This NHS tool may help you take control of your wellbeing by more actively managing your stressors. Answer a few online questions and you'll have access to information/tools that allow you to better manage your emotional wellbeing.

Click on the How are you Feeling? icon on the [Staff Wellbeing Programme intranet page](#). Note: the tool (at the bottom of this webpage) can be slow to load.

2016 class times now available – yoga, Zumba, Pilates, mindfulness

Updated timetables available on the [Staff Wellbeing Programme intranet page](#).

Free counselling available to all staff

Free and confidential counselling is available to all staff – for work or personal issues. [Click here](#) for more information.

For more information on all wellbeing initiatives visit the [Staff Wellbeing Programme intranet page](#).

Andy Hearn, Staff Wellbeing Coordinator

Canterbury and West Coast DHB

Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 218 4924

andy.hearn@cdhb.health.nz

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(Riley Gym)

Every Thursday
4.45pm – 5.30pm

Only \$5
per Class

Turn up with your drink bottle
and comfortable clothing.



Phone: 021 215 9307 Email: lilraz1.zumba@yahoo.co.nz





It's back! If you have forgotten: Startup Weekends are 54-hour events designed to provide superior experiential education for technical and non-technical entrepreneurs. Participants create working startups during the event and are able to collaborate with like-minded individuals outside their daily networks.

Whether you are looking to present your own idea in the hope of building a team to help you execute it, or if you want to support others and learn from the process, Startup Weekends are the perfect environment in which to test your ideas and take the first steps towards launching your own startup.

Early Bird tickets are available for a limited time, through [EVENTBRITE](#).

When: Friday 29 April - Sunday 1 May

Where: EPIC Building (cnr Manchester and Tuam St)

We're also after stories from teams and past participants. If your Startup Weekend team is still going, or you've moved on to other entrepreneurial endeavours we want to hear from you to be part of our upcoming blog series.

Please email us at christchurch@startupweekend.org

We look forward to seeing you there

The Startup Weekend Christchurch Team

christchurch@startupweekend.org

[Join Our Facebook Group](#)

via 
innovations



FREE Saturday morning team training sessions


- 9–10am, every Saturday
- Carlton Corner end of Hagley Park
- Gold coin donations are appreciated, and go directly towards new training equipment
- Check PT in the Park on Facebook to keep up to date with relocations and cancellations

 PT in the Park | www.focus.kiwi.nz
michael@focus.kiwi.nz | 021 0299 0423

 NEW ZEALAND EXERCISE INDUSTRY AWARDS 2015 WINNER COMMUNITY EXCELLENCE AWARD

Canterbury District Health Board
investing in health

Understanding Incontinence



We are continuing to offer the very popular **Understanding Incontinence** presentations at main CDHB sites during 2016.
Presenter: Julie Day, physiotherapist CHCH Women's Hospital.

The session will cover:

- Types of incontinence
- Normal bladder function
- Role of the Pelvic Floor Muscles/Gadgets
- Bladder retraining and urgency strategies

Location	Date	Room	Time
Hillmorton	Wed 24 February	Lincoln lounge	1200-1300
Burwood	Wed 30 March	The Chapel	1200-1300
Community & Public Health	Wed 27 April (310 Manchester St)	Aoraki Room	1200-1300

Registrations will be processed on a first come, first served basis. The presentation is part of the Staff Wellbeing Programme and is free of charge. [Click here to register.](#)

Contact Lee Tuki lee.tuki@cdhb.health.nz or 027 689 0285 if you have any questions

For information regarding incontinence visit <http://www.continence.org.nz/>

BONE HEALTH & OSTEOPOROSIS

Free Information Evening

In New Zealand about 56% of women and 29% of men over the age of 60 will suffer an osteoporotic fracture

Be informed about your bones!

Learn about

*The latest information on Calcium & fractures
Calcium Supplements....Yes or No
Other factors necessary for healthy bones
Latest information on diagnosis & treatment of Osteoporosis*

Presented by

Bone specialist Dr John Elliot

When? Thursday 25 February 2016 at 7pm

*Where? YMCA Conference Room
cnr Hereford St & Rolleston Ave.*

Enquiries to Trish Adams 960 5143



Falls are preventable STEADY AS YOU GO (SAYGo)

SAYGo Falls Prevention Exercise classes improve your balance, leg strength, flexibility, general fitness and wellbeing.

Falls are the most common cause of injury in older people.

One third of people over the age of 65 fall each year.

Half of people over 80 fall each year.

Falls in older people are almost always associated with weakened leg muscles and poor balance.

Falls are not a natural part of ageing, FALLS are preventable!

You could save yourself from a fall by attending a SAYGO class and improving your strength and balance.



DESIGNED FOR MEN AND WOMEN

SAYGO improves balance and leg strength, flexibility, general fitness and wellbeing.

Three simple tests carried out in the first week and at 10 weeks check improved strength and balance.

Classes are one hour each week, \$2.00 per class.

Monday at 10.30am, Community Centre, Wycliffe Avenue, **Hei Hei**.

Monday at 1.00pm, St James Church Hall, **Harewood Road**.

Monday at 1.00pm, Harvard Lounge, Corsair Drive, **Wigram**.

Monday at 10.30am, Celebration Centre, 81 Bickerton St., **Wainoni**.

Tuesday, at 9.30am at Age Concern Canterbury, 24 Main North Road, **Papanui**.

Friday at 9.30am, Hoon Hay Presbyterian Church Lounge, 5 Downing Street, **Hillmorton**.

Please ring Age Concern Canterbury on 366 0903 to register your interest in these classes.

*Save a life
this summer*

3,000 donations are needed each and every week
5 kiwis need blood or blood products every hour
One donation can save up to 3 lives

Please come and do your bit to help

Thursday 25th February
10am until 3pm

Annex Lounge off Great Escape Café
CHCH Hospital

Appointments online @ www.nzblood.co.nz or call 0800GIVEBLOOD
Please remember your ID



0800 GIVE BLOOD
0800 448 325
www.nzblood.co.nz



Alzheimers Canterbury

Community Education Seminar February 2016

A Focus on Brain Health Wednesday 17th of February

An innovative session from visiting psychiatrist, Professor Yoram Barak, on optimizing brain health and reducing your risk of developing dementia.

Everyone welcome!

(Please contact us to register)

Date: Wednesday 17th February

Time: 7.30 – 9pm

Venue: Alzheimers Canterbury
314 Worcester Street
Linwood
(Between Fitzgerald Ave & Stanmore Rd)

314 Worcester Street
PO Box 32074
Christchurch 8147

Making life better for all people affected by dementia
Kia piki te ora mo nga tangata mate pōrewarewa



T 03 379 2590
E admin@alzcantry.co.nz
www.alzcantry.co.nz

2016



Public Health Lectures

University of Otago, Christchurch

Wednesday, 2 March, 7 – 8pm

Resilience in everyday life: how to bounce back from adversity

Emeritus Professor Jonathan Davidson, Duke University

Wednesday, 9 March, 7 – 8pm

Schizophrenia genetics: update and agenda for the near future

Professor Patrick Sullivan, University of North Carolina and Karolinska Institutet

Wednesday, 16 March, 7 – 8pm

The health importance of having a good-humoured heart

Professor Mark Richards, University of Otago, Christchurch and National University of Singapore

Wednesday, 23 March, 7 – 8pm

Dangerous caring: how good medicine can be bad for your health (and how to avoid it).

Professor Dee Mangin, University of Otago, Christchurch and McMaster University

Wednesday, 30 March, 7 – 8pm

Brain imaging in Parkinson's disease

Dr Tracy Melzer, University of Otago, Christchurch

Wednesday, 6 April, 7 – 8pm

One Health: A global approach to tackling infectious diseases

Professor David Murdoch, University of Otago, Christchurch

Wednesday, 13 April, 7 – 8pm

Will eating cake give me cancer?

Dr Logan Walker, University of Otago, Christchurch

Wednesday, 20 April, 7 – 8pm

Engineering customised care at the bedside for better patient outcomes

Professor Geoff Shaw, University of Otago, Christchurch and University of Canterbury

Lectures held in Rolleston Lecture Theatre,
University of Otago, Christchurch building
at 2 Riccarton Avenue, on Christchurch
Hospital campus.

More details at chch-lectures.ac.nz

Queries to kim.thomas@otago.ac.nz

