



David Meates

ceo update

Canterbury

District Health Board

Te Poari Hauora o Waitaha

Friday 7 February 2014 - **Psychosocial recovery – we're not there yet**

As we approach the three year anniversary of the February 22 quake, it's timely to remind ourselves that despite the physical signs of renewal and rebuilding in the City and suburbs there are still a number of stressors that continue to impact on the wellbeing of Canterbury families.

Whether it's dealing with insurers, finding contractors to carry out repairs, financial problems or finding affordable accommodation, these external stressors will be familiar to many of you and they haven't diminished over time. They have become part and parcel of living in Canterbury in this post-quake environment. Those of you with young or teenage children may also be coping with the very real ongoing effects that the quakes have had on their wellbeing and behaviour.

Over the past two years we've observed a significant increase in the number of young children and teenagers referred to our mental health services. The deterioration of the quality of life and reported developmental delays in young school age children is a real concern. This isn't limited to any particular socio economic group – it's across the board. In the past two years we have had unprecedented numbers of young people referred to our child and family mental health service with mood and anxiety disorders.

This is in line with international experience which shows psychosocial recovery lags behind the physical recovery and rebuilding. Evidence suggests full psychosocial recovery could take five to seven years. We could be half way there ...

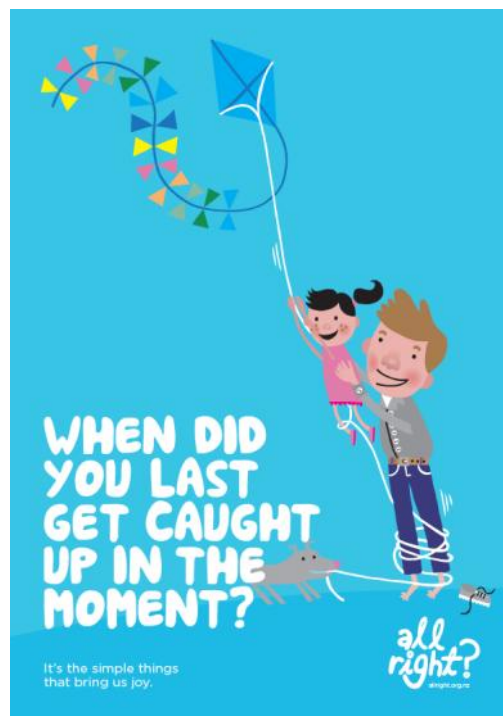
If you're feeling frustrated having turned the calendar over to another year of challenges, don't be hard on yourself – remember to take time out to have fun, and do things that make you and your family happy. This recovery process is not a sprint, it's a marathon - an uphill one for many of us. If you feel you're not coping with day to day activities, remember that support is available from EAP services through work, or talk to your GP. To care for others, you need to take the time to look after yourself first.

Last weekend The Press ran a feature which talked about the fact that one in five of our kids is showing signs of a stress disorder: Quake stress is hurting our young. It's based on research carried out by a Canterbury University school of health sciences associate professor who studied five year olds starting primary school. If you didn't read the article, here's the link:

<http://www.stuff.co.nz/the-press/news/christchurch-earthquake-2011/9674021/Quake-stress-hurting-our-young>

To meet the increased demand on our child and youth mental health services CDHB has teamed up with the Ministry of Education, Ministry of Social Development and a wide range of non-government providers to ensure a range of appropriate services are available for our young people who really need some additional support. If you are concerned about your children, your general practice team is a good place to get advice.

Story continued overleaf...



ceo update

Having said that, it's important that we don't label normal 'challenging' childhood or teenage behaviour as a mental illness. Making time to talk, listen and importantly do fun stuff with your children can make a world of difference.

Remember the five winning ways to wellbeing:

- Give – your time. Your words. Your presence.
- Be active – do what you can. Enjoy what you do. Move your mood.
- Keep learning – embrace new experiences. See opportunities. Surprise yourself.
- Take notice – appreciate the little things. Savour the moment.
- Connect – talk and listen. Be there. Feel connected.

Take care, David

Friday Fast Facts

Friday's fast facts – Burwood

Clinical teams are now evaluating data from the flooring trial that has been underway since before Christmas.

User groups are getting prepared to present their detailed design plans to the Clinical Leaders Group on February 21. The user groups include Assessment, Treatment & Rehabilitation (AT&R) wards, Psychiatric Services for the Elderly (PSE), Outpatients and Radiology.

Progress at Burwood: this is a view of the siteworks taken on 31 January.



Friday's fast facts – Christchurch

Recurring Rooms – a small group of clinical and non-clinical staff from Burwood and Christchurch are currently meeting weekly to work through details of 'what is a standard and therefore recurring room design throughout the new development'. This work is anticipated to take three months from start to finish, by which time over 1000 rooms will have a standard design for other user groups to work with.

The Ward user group has been in the Design Lab to continue ongoing planning – this week, plans for the staff base in the linear multi-bed area were mocked up and tested.

Communications User Group

We have established a Communications user group to review project communications – what works best for staff, what doesn't, and are we getting it right? The group met again this week and more useful feedback was gathered for ongoing intranet upgrades and updates, plus other ways of getting facilities development messages "out there".

We are still looking for interested parties to participate in this user group. If this sounds like you, please contact angela.mills@cdhb.health.nz or Daniel.Park@cdhb.health.nz

Bouquets

**Ward 28, Christchurch Hospital**

What lovely nurses looking after my mum! And we love the food lady Corrine. She is very caring.

Medical Day Care Unit (MDU)

I think your service is excellent and the staff charming and efficient. Thank you.

Ward 14, Christchurch Hospital

Wonderful nurses looking after mum.

DOSA (Day of Surgery Admission), Christchurch Women's Hospital

The nurse I dealt with was really nice made my time here a lot easier. Thanks.

Emergency Department, Christchurch Hospital

Excellent service by the doctors and team. Very helpful, respectful and we managed a laugh. Many thanks

Play with a purpose, Christchurch Hospital

"Recently a grandmother was visiting her granddaughter in the Children's Acute Assessment Unit. The child had been given a pack named Play with a Purpose. The aim of Play with a Purpose is to assist children and their families to cope with hospitalization and therefore improve diagnosis and compliance with treatment.

The grandmother was very impressed and went to The Woman's Institute to which she belongs and arranged some fundraising. On Wednesday the group presented a cheque for \$200 to the ward. The women involved were very enthusiastic about their project, the money will benefit children who are admitted to CAA. This was greatly appreciated"

Ward 17, Christchurch Hospital

Nurses are amazing and wonderful. Meal people are awesome too, so kind and accommodating. Even the hospital aides and cleaners. A smile and a few kind words make all the difference... You guys are such treasures.

Ward 23, Christchurch Hospital

My father is receiving excellent care and communication with the family has been great.

New look for IPC Service site

The Infection Prevention and Control Service Intranet site has been given a new look to make the site easy to use and locate necessary resources.

The Intranet location for the IPC Service site remains the same.

From the Intranet Home Page:

[Our Organisation](#) – [View: Services](#) – [Infection Control Service](#)

Please go and check it out! <http://cdhb.intranet/hospitalsupportandlabs/microbiology/SitePages/Home.aspx>



Human milk for our babies

Christchurch's Neonatal Intensive Care Unit (NICU) has this week officially opened the first hospital-based pasteurised human milk bank in New Zealand.



*Human Milk
for
Our Babies*

Dr Maggie Meeks, NICU paediatrician, says this is a significant achievement after years of planning and working closely with stakeholders towards the goal of pasteurising mothers' excess milk for the benefit of other babies on the NICU.

"We couldn't have done this without the support of the local Canterbury Neonatal Unit Trust and the Canterbury District Health Board and we are extremely grateful for their support," Dr Meeks says.

"We would also like to thank all who have donated money from Canterbury and the West Coast to the Canterbury Neonatal Unit Trust."

The NICU admits more than 800 babies a year, with around 3 percent from the West Coast and many would fit the criteria to benefit from the pasteurised donated milk.

"Breast milk is the milk all babies should have wherever possible but it is particularly important for babies who are unwell and the preterm babies on the NICU."

Dr Meeks says preterm babies are unable to breast feed immediately after birth because of their lack of a mature coordinated suck and swallow. As a result their mothers need to express their breast milk, which is then fed to the babies through a gastric tube. The normal physiology of breast milk production following delivery is that it increases slowly over the first few days. With expression only small amounts of colostrum are produced initially (0.1 -20mls in the first 24 hours).

"Our preterm babies have a need for optimal nutrition immediately after birth to promote brain growth equivalent to that which should have occurred in-utero and because of this we sometimes have to supplement with formula," Dr Meeks says.

"This is understandably frustrating for many mothers and it is hoped that as the 'Human Milk Bank' recruits donors, parents will take the opportunity to supplement with pasteurised donor milk rather than formula where possible."

Dr Meeks initially had been coordinating this project with a team that has included Dr Nicola Austin (Clinical Director), Debbie O'Donoghue (Unit Manager), Lactation Consultants, Neonatal Nurses, Midwives, a Māori Health Worker, Dietician and Infection Control Nurses. In June last year Anthea Franks, a neonatal nurse with a lactation consultant qualification, was appointed as project manager on a part time basis to plan and coordinate the implementation of this project.

"The expense of the pasteurisation process means that it has been estimated elsewhere that it costs \$11 (Australian) to produce each 100ml of pasteurised human milk which is significantly more than the cost of formula."



The set up cost of the Human Milk Bank has been around \$150,000. The operational costs are currently being met by the NICU and are part of the reason why this milk will only be available to the high risk infants in NICU.

"The long term savings and health gains from this innovation to support feeding with breast milk are wide ranging," Dr Meeks says.

"The opening of this Milk Bank will reinforce the message that the neonatal unit promotes the importance of breast milk and support mothers that wish to breast feed. These benefits may be expanded to the maternity unit and community if further specific funding is made available."

Dr Maggie Meeks and Paul McEwan from The Neonatal Trust (Canterbury).

Long running success for Canterbury's medical Blue Book

A three decade old Canterbury success, Management Guidelines for Common Medical Conditions, otherwise known as the Blue Book, is in its 15th (2013) edition.

The term Blue Book often refers to a compilation of information. The term is said to date back to the 15th century, when large blue velvet-covered books were used for record-keeping by the British parliament.

However this blue handbook is believed to have been given its blue cover and nickname, though appropriate, by chance.

"The full title was a bit of a mouthful, so it was soon called the Blue Book", says former executive editor and former Christchurch Hospital Clinical Director of Haematology and General Medicine, Mike Beard.

It has proven very popular among Resident Medical Officers and specialists alike in Canterbury and nationwide, as a vital source of information on everything from Alcohol to Urology.

The Blue Book is on the front page of the CDHB Intranet. There is an icon that displays copies of all 14 previous editions plus a short history.

Mike was Senior Editor from 1983 to 2000, and Executive Editor from 2001 to 2013. After 30 years he is now resigning from the editorial committee.

Mike started Continuing Medical Education lunchtime meetings for physicians at Christchurch Hospital in 1981. These proved to be successful and are still running today. From this initiative the Blue Book was developed, the first edition appearing in 1983.

Funding has been provided over the years by Canterbury District Health Board and each subspecialty produces recommendations for every new edition.

Mike says, although not formally assessed, the Blue Book must have made a significant contribution to the quality and safety of care received by patients over the years.

"I hope the Blue Book will continue to flourish in an increasingly competitive guideline market".

John Thwaites has been Chair of the Blue Book Committee and Senior Editor since 2001. During these 12 years, intranet and PDA/smart phone versions of the Blue Book have been introduced by technical writing company Streamliners New Zealand Ltd.

Blue Book Editorial Chair, John Thwaites, says he has greatly valued Mike's input and expertise over the years and enjoyed their working relationship throughout this time.

"Mike will certainly be missed by the editorial committee who wish him well for the future."



Dr Mike Beard

Canterbury Clinical Network Key Messages

A brief summary and the key messages from the most recent CCN Alliance Leadership Team (ALT) meeting:

- Thanks to all Service Level Alliances (SLAs) and Workstreams
 - CDHB Annual Planning Process –acknowledgement of the role of the CCN SLAs and Workstreams in the DHB annual planning process
 - New ALT Member - Dr Nigel Millar
 - A Rural Funding Service Level Alliance
 - The CCN Strategic Plan
 - Collaborative Care Programme (CCP) –proposal to redirect the strategic direction of the CCP
 - Proposed New CCN Reporting Framework
 - Workstream/Service Level Alliance (SLA) Draft Terms of Reference (TOR) –eight revised SLAs and Workstream Terms of Reference (TOR)
 - Nutritional Screening Proposal – ‘Nutri-e-screen’.
 - Urgent Care SLA Update and new Member
 - Immunisation SLA (ISLA) Update.
 - Health of Older Persons (Aged Care) Workstream Update
 - CCN Communications Update
 - Maori Health Update

[Read the full summary, key messages and updates...](#)

Major upgrade of the Health Connect South programme (HCS) coming soon

A few weeks ago, we announced the release of a new portal for Health Connect South. Although the changes to the functionality have been kept to a minimum, there are significant differences to the menus and navigation.

Some of the new features:

- Important Clinical Notices are more easily accessible
- The new Help page contains reference guides and other training material
- Most of the items can be seen at the same time. There is no longer the need to hover over the menu and scroll to the appropriate item.
- Menus stay expanded unless you close them
- There is more space in the Patient Summary screen
- Tabs are used to present the patient record as a file
- eSCRV data is displayed in its own tab

Leading to the upgrade, a series of presentations will be available at Christchurch, TPMH, Burwood, Hillmorton and Ashburton Hospitals.

To view dates and times, please check the ISG Support & Training Website: <http://cdhbintranet/corporate/Supportandtraining/SitePages/HCS-Portal8-presentations.aspx>

Weight loss success

Weight Watchers @ Work and lots of determination helped Christine Pithie lose over 17 kilograms in the last year.

Christine, a gerontology Clinical Nurse Specialist joined Weight Watchers in January 2013 aiming to lose weight she had put on over the last few years.

"Because I am a nurse I am aware of the health dangers of being overweight, such as high blood pressure and diabetes and wanted to do something about it, to reduce my risk as I get older"

Christine joined the programme with some colleagues and they went along to the afternoon sessions held at the Riley Day Hospital at The Princess Margaret Hospital. Soon after that Christine and her colleagues began doing spin classes at Pioneer Stadium.

"I wasn't sure if I was going to commit to going to Weight Watchers but I did. I really liked the programme and that, along with regular exercise, really worked."

She found the programme easy and lost weight every week.

"I learnt about portion size of meals, planning and organising meals, and realised that my portion size before Weight Watchers was larger than my husband's. The advice really turned around what I was eating. I stopped eating late in the evenings and cut out the junk food."

In the process her husband lost weight too.

One of Christine's tricks was to keep carrots and apples in her car to eat on the way home so that she wasn't "starving" when she got home.

"I utilised fruit and vegetables a lot."

As she lost weight buying clothes became easier, she lost two or three dress sizes and clothes shopping was a lot more enjoyable.

Christine says while it is not easy to be in the public eye about this personal aspect of her life, a lot of people had asked her how she had lost weight so if her story encourages others she is happy for it to be told.

"I look at food differently now - there are certain things I won't have and certain things I will have for treats. I don't feel I have been deprived at all."

She could not have done it without Weight Watchers and the support of the leaders on the programme.



Weight Watchers @ Work

New 'Simple Start' 13 week programme starts week of 18 February – see the new Staff Wellbeing Programme [intranet page](#) for more information.

Simple Start, two weeks of meals designed to get you off to a fantastic start!

It really is simple – all you need to do is choose from lists of good-for-you meals and snacks plus delicious extras.

No tracking or counting!

Navy personnel visit children's wards

A group of naval personnel from HMNZS Canterbury recently visited the Children's Wards (21, 22, CHOC).

Armed with stickers, posters, key rings and souvenir pins they chatted with children answering a wide variety of questions. The enquiries ranged from 'What type of food do you eat?', 'Is it dangerous to be in the Navy?', 'Does anyone get sea sickness?', and 'Where do you go?'

HMNZS Canterbury was docked at Lyttleton last week and had open day last Sunday.



Ben McKenzie with Naval staff



Tyler and Navy Staff Aston



Keelah and Navy Staff McKee



Baby Evie and Mother and Naval Staff Marc Griffiths

Staff Wellbeing Programme

Have you seen the new [Staff Wellbeing Programme intranet page](#)?

Managing Menopause

Due to the overwhelming level of interest in this presentation please note the following information:

Live presentation – you will be contacted by Lynley Neutze by close of business on Friday 7 if you have secured a seat at the live presentation.

If you aren't contacted by Lynley we have arranged the following venues where you can watch a video conference of the presentation on a first come, first served basis

Venue	Room
Ashburton	Wakanui Room
Burwood	Pukeko Room
CHCH Campus	Ward 25/26 Seminar Room, Level 2, Riverside
CHL (labs)	Sorry - VC unit unavailable at this site
Hillmorton	Sorry - VC unit unavailable at this site
Public Health	Te Mana Whaakahaere, Room 310
TPMH	Level 1 F block meeting room

Please don't contact Lynley as she has been swamped with emails and calls – thanks!

For those who can't watch the presentation at this time - we are hoping to record it and make it available for later viewing. Watch daily communications for updates.

Session covers: What is menopause? - diet and lifestyle management

When: Thursday 13 February 2014, 11:30am - 12:30pm

Speakers: Dr Anna Fenton (Gynae Endocrinologist); Dr Karyn Johnson (Family planning doctor); Carol Perwick (Dietitian)

See poster at the end of this update.

Andy Hearn
Staff Wellbeing Coordinator
Canterbury and West Coast DHB

Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 290 0937
andy.hearn@cdhb.health.nz

PDRP Workshop

Are you interested in putting together a Professional Development and Recognition Programme (PDRP) portfolio? If you are, then come to the next PDRP workshop on Wednesday 19 March.

This is a day intended for staff who have familiarised themselves with the PDRP documents. Staff attending will be given a greater understanding of the evidence requirements for the Proficient and Expert/ Accomplished levels and speak with a panel of applicants and assessors at the end of the day.

If you are interested in attending this PDRP Workshop, please contact the PDRP office on (ext 68835) or email Jackie.nepia@cdhb.health.nz



Celebrating diversity at the Festival of Flowers

The annual Festival of Flowers starts on Saturday (8 February) and goes until 2 March. This year is its Silver Jubilee and it will be staged and installed in Cathedral Square. Events include concerts, workshops and displays such as Floral Bungalows, an opening event birthday celebration and a Chinese Cultural Day.

As part of the Festival of Flowers Healthy Christchurch has teamed up with Bunnings Warehouse to showcase floral gardens created by Canterbury's culturally and linguistically diverse communities.

For the duration of the festival the planter boxes will be on display at the Art Centre Market Square on Worcester Street.

Planter boxes have been designed by Cantabrians from the following countries: China, Rarotonga, Egypt, Ethiopia, Somalia, Japan, Cambodia, Korea, Afghanistan, and Samoa. Māori students from Te Puna Oraka have also designed a planter box.

"The planter box project has helped forge closer links between communities in Christchurch, and has provided an important way for communities to share their culture and feel engaged in our city."

- Ann Vanschevensteen
from Healthy Christchurch



From left: Penny from Bunnings Warehouse, Ann from Healthy Christchurch, keen volunteer John and Sara and Tony from the Problem Gambling Foundation with the planter boxes

Voluntary Bonding Scheme Registration open

Registrations of interest for the 2014 Voluntary Bonding Scheme have been formally opened by Health Minister Hon. Tony Ryall.

"The Voluntary Bonding Scheme gives communities and specialties that face difficulties recruiting and retaining health professionals the chance to gain some of our best and brightest graduates. It also allows these new graduates to apply their training in new environments," says Mr Ryall. This year additional hard-to-staff communities and specialties have been introduced for doctors, nurses and midwives.

"For doctors, the 2014 intake includes a revised list of hard-to-staff communities for GP trainees, and new specialty areas like emergency medicine and obstetrics and gynaecology," says Mr Ryall.

"For nurses, the West Coast and South Canterbury are included as hard-to-staff communities, with the addition of primary healthcare as a hard-to-staff specialty.

"For midwives, additional hard-to-staff communities include Capital and Coast DHB, Tairāwhiti DHB and specific communities within the Waikato and Canterbury regions," says Mr Ryall.

The scheme works by encouraging doctors, nurses and midwives to start their careers in hard-to-staff communities and specialties by offering payments to their student loans after a three to five year bonded period.

Radiation Therapists and Medical Physicists simply have to work in New Zealand for three to five years upon completion of their qualifications. Those without a student loan are also eligible for the scheme.

"There are currently 2688 participants on the scheme, and these health professionals are making a significant contribution to their areas," says Mr Ryall.

"The government recognises the importance of improving access to health services in vulnerable communities and isolated areas. The success of the scheme so far has proven that health professionals are going where they are needed most," says Mr Ryall.

Registrations of interest for this year's intake are open for new GP trainees, graduate doctors, nurses, midwives, radiation therapists and medical physicists until 5pm on Friday 14 March.

More information and a full list of registration forms are available at: <http://www.healthworkforce.govt.nz/our-work/voluntary-bonding-scheme>

What does your job involve?

I coordinate and guide staff to ensure that Christchurch Hospital is capable of responding immediately and effectively to major incidents/emergencies. I do this with training, debriefing, and staff development for emergencies. I mix this with occasionally dressing up like a fairy and accosting others for money, walking the Global Challenge, and generally trying to raise the profile of our little department by competing with others to see 'who can get in the CEO Update the most'.

Why did you choose to work in this field?

During my interview I was asked "what perceived weaknesses do you bring to this job?" and I answered "the fact I know nothing about Emergency Planning comes to mind!" I was being honest, the interviewers laughed and I got the job. Many of my family/whanau are in the armed forces, education or health...this vocation seemed to bring a blend of all those traits that we hold close.

I also originally thought 'cruisy job mate, nothing ever happens in Canterbury'. How could I have got this so wrong! I got my toes wet a few months into it as the Canterbury DHB found itself leading the response to the Swine Flu. Luckily, I found my feet quickly and for the next four and half months, I experienced collaboration, unity and job satisfaction...I'm hooked.

What do you love about it?

He aha te mea nui o te ao? He tangata! He tangata! He tangata!
The people I work with, the people whom I meet and the people who don't know that we exist. Every day is different. Every response is met with similar foundations but varying compositions; every training session brings with it a new personality and every event brings humble reflection of why I am here.

What are the challenging bits?

He waka eke noa (*A canoe which we are all in with no exception*).

We are all blessed with our own personality, intelligence, unique fingerprints. However, my job would be a lot easier if you were all programmed the same! Searching for and implementing uniformity in an environment of such constant disruption and change is akin to herding cats. Advising (*actually an euphemism for instructing*) staff to replace their day to day hats with coloured vests requires the agility of a tight rope walker and if performed unwisely, the results can be uncannily similar.

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

As I mentioned earlier, I was only a fledgling when H1N1 Pandemic required some attention. I was seconded to Dr Nigel Millar's office during the initial phase of the response and during that time, I learnt what could not be taught – temperance, respect for others, flexibility and how humour has its place in emergencies. Nigel continued to support my development in this field and I continue to practice the examples I learned.

The last book I read was...

Cocaine Wars, Mick McCaffrey: The story behind Ireland's deadliest gangland feud. This book was loaned to me by my housemate, an Irish painter helping with the rebuild.

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

Papatowai, Catlins. One word – untouched.

My ultimate Sunday would involve...

Gently awakened with eggs on toast surrounded by manuka smoked bacon, whisked away to a surprise adventure involving sun and water, followed by a fabulous meal with friends washed down with a Stoneleigh Sav.

One food I really dislike is...

I'm sorry, I don't understand the question. Everyone that knows me locks their fridge!

My favourite music is...

Anything that matches my current mood. My collection moves from Andrea Bocelli to Led Zeppelin, Simon & Garfunkel to Eminem. My big surprise this year is the one, the only The Boss!

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





118061	Senior Administrator/Medical Secretary
118476	Occupational Therapist AT&R
118425	Clinical Assessor
118310	Activities Officer – Ashburton
118230	Paediatric Oncology Nurses

[Click here to see more opportunities on the careers website](#)



New free health resources available

The Community Health Information Centre (CHIC) provides free health resources for Canterbury, South Canterbury and the West Coast.

CHIC distributes pamphlets, booklets and posters on behalf of a variety of government and non government organisations, including the Ministry of Health, the Ministry of Education, the Health Promotion Agency and non profits such as the Mental Health Foundation.

Our resources are constantly being updated. [Here are some of our latest resources](#), including the latest material from the *All Right?* wellbeing campaign.

To view complete list go to www.cph.co.nz/resources or request a stock list. Orders can be made by mail, fax, phone, email, or online.

For more information contact Resource Coordinator Sue Burgess on 03 364 7844 or email sue.burgess@cdhb.health.nz

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Children's Day Sunday

02 March
9am - 4pm
Ferrymead Heritage Park

 No dogs permitted

For more information
phone 941 8999



ceo update

Go By Bike Day

12 February 2014



Go By Bike Day is a one-day event in February every year where thousands of Kiwis ditch their cars or trains and buses - and cycle to work or school.

If you live too far from home why not try driving part of the way and riding from there? In Canterbury Metro provide a number of routes with bike racks on buses providing you with options to bus to work and bike home, bike and bus in stages or get access to cycle tracks around the city. [Click here](#) for more.



Cycling events are happening all over New Zealand. So hop on a bike and join us!



New Zealand Government

INTRO TO ROAD

FOR EVERYDAY CYCLISTS



Adult Cycle Skills Training

Are you a novice or new rider looking to get out on the roads this summer?

Get the most out of your road riding with cycle skills coaching from BikeNZ

4
HOURS

Dates and
Times TBC

ALL
YOU NEED IS:
A ROADWORTHY BIKE
AND
A SUITABLE HELMET
(Lycra not necessary)

FREE



REASONS TO GET INVOLVED:

Brush up your skills and boost your on-road confidence for the arrival of Christchurch's new cycle infrastructure

Covers bike and equipment & checks, bike handling and on-road awareness

Ride with others of a similar level

Course tailored specifically for adult riders

Learn fundamental skills for commuting as well as skills to open the door to road cycling events

Work with qualified and experienced BikeNZ instructors

Numbers limited to six riders per group
BOOKING ESSENTIAL

To register contact:

James Sagar - BikeNZ Educator

james.sagar@bikenz.org.nz tel: 0274300701





Date: 6th March 2014

Time: 1.00pm – 4.30 pm

Venue: Bevan Lecture Theatre, 7th Floor University of Otago School of Medicine.
Christchurch Hospital.

Registration fee: No charge

Programme:

- *Interprofessional Education and Simulation*
How important is IPE?
- *Simulation debriefing – examples in practice*

To register please contact: [Professional Development Unit.](#)

Canterbury
District Health Board
Te Poari Hauora Ō Waitaha





SOUTH WESTLAND TRIATHLON

25TH ANNIVERSARY EVENT

SATURDAY 5TH APRIL 2014

Starting in Franz Josef Glacier at 10.30am

The Triathlon event consists of a 9km Run, a 6 km Kayak and a 19 km Bike Ride through some of the most spectacular scenery the West Coast has to offer.

The Duathlon event is made up of a 9km Run and a 19 km Bike Ride.

Enter as an individual, or get a team together.

Get your workmates together and compete in the **CORPORATE CHALLENGE!** Prizes for fastest team, best team spirit and best theme dressed team (this will also include your support crew).

There are some amazing prizes up for grabs this year, including spot prizes.

To mark the 25th Anniversary of the Triathlon, this year's event will have a 1980's theme. So join in, dress up and enjoy this fantastic annual event.

Entry forms available here or contact Jen Kennedy on 03 7520 144 or email southwestlandtriathlon@live.com



Visit our Facebook page for updates, inspiration, information and MORE!

WOMEN'S HEALTH SESSION

managing

MENOPAUSE

A Staff Wellbeing Action Group initiative, covering "What is menopause?", diet and lifestyle management.

MENOPAUSE LANE

When: Thursday, 13 February 2014;
11:30am - 12:30pm

Where: Parent Education Meeting rooms,
Lower Ground Floor,
Christchurch Women's Hospital

SPEAKERS:

Dr Anna Fenton - Gynaecology Endocrinologist

Dr Karyn Johnson - Family planning doctor

Carol Perwick - Clinical Dietitian,
Outpatient Services, Christchurch Women's Hospital

Space is strictly limited; email registration requests to
lynley.neutze@cdhb.health.nz by 7 February
Your registration will be confirmed via return email.