



One thing you can count on in health is change... are you managing to keep up with the latest?

Today we find out which colour we'll be at in the new Traffic Light System – aka the COVID-19 Protection Framework. We've been told no DHB will be at green and Auckland will remain in red. Whatever our colour, we'll be gearing up for when the new rules come into effect this Friday 3 December.

With our vaccination rates now sitting at more than 95 percent first dose and 88 percent second dose, we are on track to reach the 90 percent fully vaccinated mark in the very near future. We only need 11,000 people to hit that milestone and won't stop there - we will keep going to ensure maximum protection.

Our Māori and Pacific rates are also steadily increasing with more than 92 percent of Pacific people having one dose on board and 80 percent fully vaccinated.

Data for eligible Māori in Canterbury is showing 86 percent with one dose, and 71 percent fully vaccinated.

Here's a [short summary](#) of what happens at each traffic light level, and the dates when key changes are being made to national boundaries and international borders.

One thing's clear, to go out and attend events, visit cafes and many other locations you will need your [Vaccine Pass](#), so please download it and if you're having problems you can call 0800 222 478. Printed copies are also available now from some pharmacies – details on alternative ways to get your pass can be found [here](#).



Kia ora – vaccine pass required for entry

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

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite against COVID-19

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Booster doses are available from this week, and AstraZeneca is also available at some vaccination sites – when you book at [BookMyVaccine.nz](https://bookmyvaccine.nz) you can now select AstraZeneca as an option at a limited number of clinics.

If it's six months or more since you had your second dose of COVID-19 vaccine, you can now have your booster dose to restore your immunity. Remember it can take up to two weeks for the vaccine to become fully effective. If you have it soon you'll be well and truly ready for when our boundaries and borders open.

We have many layers of protection, and masking up, scanning in and getting tested as soon as you have any symptoms of COVID-19 are all key to keeping yourself, those you care about and our community safe.

A reminder to staff: Mandatory Vaccinations you must have had your second dose by 1 January 2022

A reminder too to staff who have only had one dose; to comply with the Health Order, staff need to be fully vaccinated by 1 January 2022. For peace of mind if it has been at least three weeks since your first dose, why not enjoy Christmas fully-vaccinated and with a My Vaccine Pass safely in your pocket – and you'll be less likely to miss out on events and gatherings? Details of vaccination clinics can be found [here](#).



From left: Chief Executive of Waitaha Primary Health Bill Eschenbach with Canterbury DHB Vaccination Administrator Steve Shamy at a pop-up vaccination event at Pineacres Holiday Park over the weekend

Canterbury's vaccination rollout, by the numbers:

First doses - 459,691	Second doses - 423,601
First doses - >95%	Second doses - 88%
First doses to 90% - 0	Second doses to 90% - 11,000
Eligible Population 482,890	

COVID-19 Care in the Community

One of the most important programmes of work underway at present is establishing a COVID-19 Community Hub. We are in the throes of setting this up. It will see the current vaccination team and the new Care in the Community team come together in one location. The Care in the Community team will plan and coordinate health care and work with others to ensure the welfare needs of people in our community who are self-isolating at home after a diagnosis of COVID-19 are met. I'll have more on this over the coming weeks as models of care are finalised, and we can share our plans publicly.

For those who are most vulnerable, the focus will be on making sure we're wrapping around the right supports, be

it food, transport or help caring for the rest of the family. We're planning for all scenarios and learning from our colleagues in Auckland. This work is a key focus across our health system working closely with primary and community partners, Māori and Pacific health providers to ensure we're joined up and supporting people to recover well at home.

When Aucklanders can travel around the country from mid-December we do expect to see an increase in the number of people with COVID-19 in our community and our expectation is that most will be able to isolate safely and recover in their own homes.

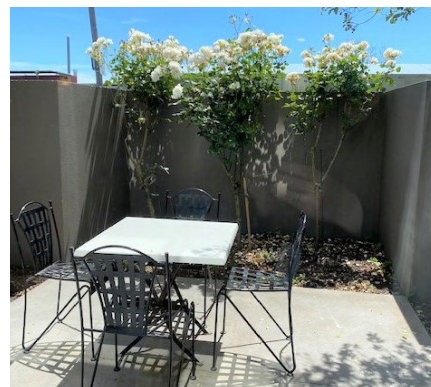
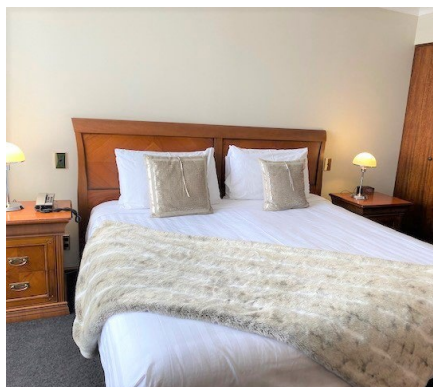
Welcome to the Elms – our seventh Managed Isolation and Quarantine Facility in Christchurch

Some of the team enjoyed a sneak peek and walk through the new Elms MIQ in Papanui Road last week before they open their doors to the first cohort of guests tomorrow. The feedback after the visit was that it was a wonderful facility, with rooms with opening windows for natural ventilation, stunning gardens and friendly staff.

While our Managed Isolation and Quarantine regimes have changed recently, the discovery of the Omicron variant means that anyone returning to New Zealand from overseas countries where Omicron is spreading will now be

required to complete 14 days in a MIQ facility, rather than the [current 7 days](#) other people returning from overseas are currently having to complete. Plans can change overnight, so check the Ministry of Health website for the latest.

It's important that we maintain capacity in our MIQ facilities as once COVID-19 becomes endemic we will be able to use these facilities for those who, for various reasons, are unable to self-isolate at home.



The Eyes have it!

One of the highlights of last week was a visit to the Eye (or more correctly, Ophthalmology) Department in the Christchurch Outpatients building. I loved my tour with the team, hosted by some of the clinical leads and management team, and I got to meet lots of lovely people. It is such a high-volume service, with huge numbers of people relying on the care and support of the multidisciplinary team. I'd like to give a massive shout out to the administration team who just knock it out of the park every week! They manage a massive volume of appointments for clinics and procedures and keep the department humming like a well-oiled machine.

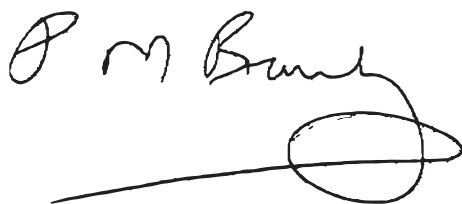
Many people who are referred to the service, particularly older folk, go on to stay with the service for the rest of their lives. Maintaining eye health is vital to enable people to enjoy their lives and live independently.

One of the fabulous developments in recent years has been training the nursing team to provide intraocular injections. They need to be given on a regular basis, so having our Eye nurses trained to be able to carry out these injections helps free up others, particularly our consultants. Another shout out – this time to the nursing team in Eyes!

The story on Cuddle hearts for NICU babies will have you reaching for the tissues ...

This is a lovely initiative that I'm sure you will fall in love with and get behind. It's just being started in our neonatal intensive care unit (NICU). Cuddle Hearts help mums to feel more connected to their little ones and for the little ones, they have an enduring reminder of mum, even when she's not around. Have a read of the inspirational story on [page 6](#). I'm sure it'll make you feel lovely and warm inside.

Kia pai tō koutou rā



Peter Bramley, CEO
Canterbury District Health Board



Cuddle Hearts

Anyway, I trust this week goes well. We're all hanging out for Christmas. The reality is we're also doing all we can to get prepared for COVID-19. Keep up your amazing mahi and take care of each other. Keep working as a team and I look forward to connecting with you soon.

**This week
with Peter**

29 Whiringa-ā-nuku 2021

Click [here](#) to watch the This week with Peter video

Please email us at AskPeter@cdhb.health.nz you have any questions for Peter.

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz. 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](#).

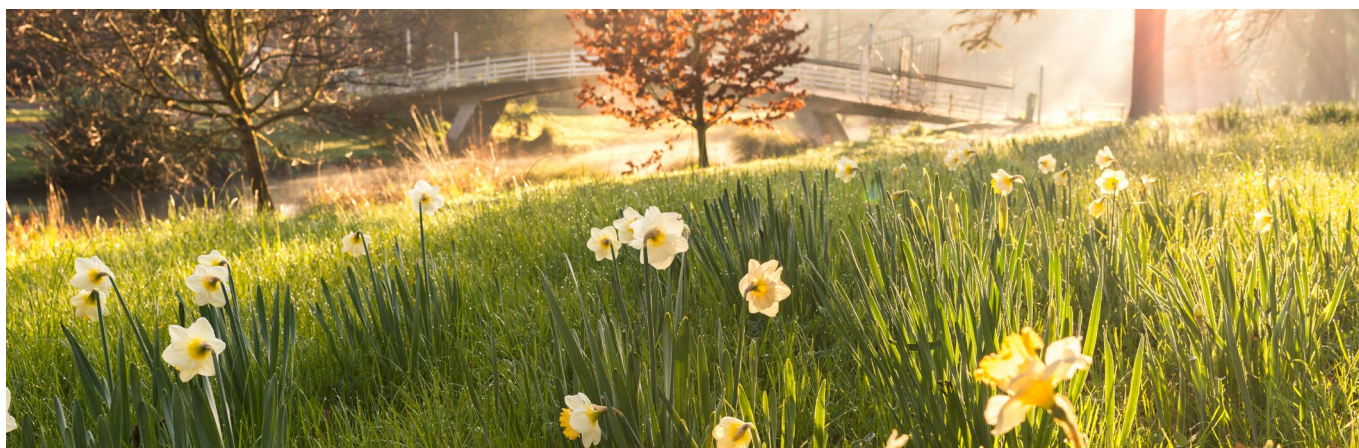
THREE THINGS CHECKLIST

- ♥ Something I'm grateful for
- ♥ Something I'm going to do to make myself feel good
- ♥ Someone I'm going to get in touch with today

ALL RIGHT?

 **Mental Health Foundation**
mauri tū, mauri ora OF NEW ZEALAND

**GETTING
THROUGH
TOGETHER**
WHĀIA E TĀTOU TE PAE TAWHITI



Bouquets

Ward 14, Christchurch Hospital

My mother was in Ward 14 with heart failure and passed away. I want to thank the hospital staff who attended to her. The doctors and nurses were all excellent given the very tough time our family was going through. I want to especially thank a Nurse called Anna who showed incredible empathy to our family when we were told Mum was not going to survive and had only a few days to live. Anna was on morning shifts for three days and provided us amazing comfort. Please pass on our thanks to Anna and the wider staff of Ward 14.

Burwood Hospital

I truly thank all staff, especially my amazing surgeon, and all nurses on day and night shifts, who totally looked after me. You are all the best of carers, gentle, listening to many queries, always patiently attending to us all, even the unappreciative patients. I am very grateful. I wish you all the best of holiday breaks at the end of the year.

Ciaran Hayes, Emergency Department (ED), Christchurch Hospital

I really appreciate what Dr Ciaran Hayes has done for my mother and our family, as we were desperate, and it seemed that no one could help us. He went the extra mile and helped us. Please pass on our thanks.

ED, Ward 25, and Intensive Care Unit, Christchurch Hospital

I would like to compliment your staff regarding my recent admission. There are some staff I can name personally; James from ED, Maryanne, Bernadette, and Rosanna from Ward 25, and Neil, Ian, Carrie-Ann, Trish, and Gary from ICU. I am also aware there were other staff who I didn't get to know by name or were supporting my care more behind-the-scenes. I'm sorry if I have excluded anyone by name. Please pass on my heartfelt thanks to the nursing, support, medical and management staff.

Medical Assessment Ward, and Wards 24, 14 and 25, Christchurch Hospital

My elderly father passed away recently in Christchurch Hospital and I wanted to extend my thanks to the myriad of staff who looked after him during his short stay. The care that he received was exemplary and the staff were professional, compassionate and caring. Many thanks from my family for your hard work. You made his final few days relatively comfortable and pain free.

Wayfinder volunteer, Christchurch Hospital

The person was very helpful to me with finding my way and helping me to scan in.

Big Shout Out

To: Avishek Gosai, Elizabeth Harrison, and all TrendCare Inter-rater-Reliability (IRR) testers

The Care Capacity Demand Management (CCDM) team would like to send a big shout out to all the TrendCare IRR testers who are working hard to get their testing done. Special thanks go to Avishek Gosai (Burwood Pool) and Elizabeth Harrison (ICU) who have both completed over 80 tests each!

IRR testing is a key part of the CCDM programme and ensures data is accurate and reliable. Reliable data means we are able to complete full-time equivalent calculations and ensure we are able to have the right staff in the right place at the right time.

From: The Care Capacity Demand Management (CCDM) team

#carestartshere



Cuddle Hearts

Cuddle Hearts connect NICU babies and whānau

Lisa Paget has always had a close relationship with her late-husband's brother and his wife and supported them through their journey to become parents.

After multiple IVF attempts, the couple finally welcomed identical twin girls on the Gold Coast in March this year. Born at just 27 weeks gestation, the twins had already spent three months in a neo-natal intensive care unit (NICU) when their dad reached out to Lisa for support. With the travel bubble open at the time, the grandmother of seven didn't hesitate, and was on a plane from Christchurch the next day. She would spend the next seven weeks in Queensland.

It was here, during her first NICU experience that Lisa encountered Cuddle Hearts and saw first-hand the difference these little pieces of cloth make to babies and mothers/parents. Coincidentally, the NICU team at Christchurch Women's Hospital had begun exploring the emerging evidence of how Cuddle Hearts could help families in their unit.

What are Cuddle Hearts?

Cuddle Hearts are small cotton fabric hearts shared between mothers and babies and proven to have benefits for both. Babies' senses develop in the womb and by the time they're born, not only do they recognise their mother's voice, but they can identify her scent. The sound of their mother and her smell are comforting and familiar to newborns, and in return, mothers have a physical and hormonal reaction to the scent and sound of their baby.



NICU Cuddle Hearts founder Lisa Paget

How do Cuddle Hearts work?

NICU babies in incubators often can't be held or breast-fed, missing out on important physical contact and bonding with their mother, father and whānau. The Cuddle Hearts allow mothers and their babies to still be together when physically separated.

- › Mum places one clean fabric heart inside her bra to absorb her unique scent
- › A clean fabric heart is placed underneath the baby inside their incubator or crib to absorb baby's scent
- › After a period of time, Mum and baby exchange their newly scented hearts, leaving their scent with each other.

Fathers, partners and whānau may also have the opportunity to share the Cuddle Heart experience with the new baby; improving engagement and connection and helping the whānau navigate what can be a stressful time for all.

Benefits of the Cuddle Hearts include:

- › Improved bonding and attachment between mother, baby and whānau
- › Calming effects for both mother and baby
- › Improved infant brain development
- › Better milk production for mother
- › Reduced parental anxiety

When one of the twins was transferred to Brisbane and her parents had to split their time between the two hospitals, the Cuddle Hearts were even more important for the infants and their Mum, Lisa says. After a period of time, the twins' dad began wearing Cuddle Hearts close to his body before placing them with his daughters too.

"I will never forget watching my niece actually reach out for the Cuddle Heart when it was placed beside her in the incubator."

Since her return to Christchurch, Lisa has made it her personal dream to provide Cuddle Hearts to all NICU babies in Christchurch. It's not just because of her experience with her precious nieces.

"I think about all those babies who are so wanted and loved in NICU, and I have made it my life's passion to help. I'm absolutely baby crazy!"

Lisa met with NICU Developmental Physiotherapist Tiffany Hamilton and they have collaborated to bring the two elements of the project together.

"We have been keen to have a scent cloth programme in our unit for some time, so meeting Lisa has been a real blessing. She has incredible enthusiasm and is so passionate about the Cuddle Hearts," Tiffany explains.

"We know the importance of positive sensory input for our NICU infants, and the benefits for our pre-term babies can be lifelong. Providing something that keeps parents connected with their babies is invaluable for the parents' mental wellbeing, improved attachment and the baby's early brain development"

For more of Lisa's family's experience in Queensland, see this Channel Nine Australia news story:

<https://www.facebook.com/watch/?v=312989976920695>

Charlotte 'Lottie' Cant was due on 15 October but surprised her parents, Susie and Ian, by arriving into the world just shy of 26 weeks gestation on 8 July.

Happy to share their experience if it helps make Cuddle Hearts available to every NICU baby, Susie and Lottie only got to use the hearts in recent weeks. For the first four months of Lottie's hospital stay, Susie was improvising with muslin cloths.

"In the early days, I would take the muslin that Lottie had been wrapped in and sit with it on my shoulder as I pumped. I honestly believe it had a huge impact on my milk supply and it's one thing I have been able to do really well. I have gone on to donate 37 litres to the milk bank so far," Susie says.

Unfortunately, because the muslins were bulky and couldn't be worn next to Susie's body, they were unable to go in the incubator with Lottie. Susie says that the scent connection is crucial as Lottie responded so strongly to their skin-on-skin contact showing marked improvement in her condition and vitals each time it occurred.

The scent of baby Lottie on various wraps and blankets has also helped prepare the family's pets for her homecoming.



Baby Lottie snuggling with her Cuddle Heart

"If I'd had access to the Cuddle Hearts from the beginning, it would have been so much easier, but we are really getting the most from them now. Imagine if every mum benefited from the Cuddle Hearts in that way, and we could give back to NICU which offers us so much support."

After almost 140 days in Christchurch Hospital's NICU, little Lottie was able to go home with her parents last week.

How you can help:

Lisa is partnering with the Selwyn District Council and the four district libraries to provide pick-up and drop-off boxes.

Selwyn District Council Manager Arts, Culture and Lifelong Learning Nicki Moen says:

"We were delighted by the opportunity to be involved in such a good cause. Our libraries are a place where we try and promote community initiatives and wellbeing and we host a lot of craft makers and craft groups including Lisa and her sewing group.

"This ticked all the boxes for us as a way to support some generous library members, help out mums and babies in a tough time and give our crafters another great cause to get sewing for."

If you are prepared to sew some Cuddle Hearts for the NICU babies -THANK YOU!

The pick-up and drop-off locations are:

- › Leeston Library – 19 Messines Street, Leeston 7632
- › Lincoln Library – 22 Gerald Street, Lincoln 7608
- › Rolleston Library – 94 Rolleston Drive, Rolleston 7612, and
- › Darfield Library – 1 South Terrace, Darfield 7510

Please only use **100 percent cotton or 100 percent cotton winceyette fabric** for the hearts. The pattern is on [page 9](#).

If you don't have fabric at hand, you can collect a copy of the pattern and some material from one of the libraries above. *Note: there will be limited pick-up packs available.*

Once you have completed your heart(s) they can be returned to one of the libraries or post your donation to:

Cuddle Hearts
C/o Leeston Library
19 Messines Street
Leeston, 7632

Please do not take your donated Cuddle Hearts to the hospital or NICU.

Lisa and her helpers will sanitise, iron and hygienically seal the hearts for delivery to NICU.

If you are not so handy with a sewing machine, you can still support Lisa's effort with a financial contribution. Just a small donation will contribute to the purchase of more fabric and help cover the cost required to wash, iron, package and transport the Cuddle Hearts.

Kiwibank Account: NICU Cuddle Hearts - 38-9023-0396897-00

Email: nicucuddlehearts@gmail.com

Lisa's Facebook page: <https://www.facebook.com/watch/?v=312989976920695>

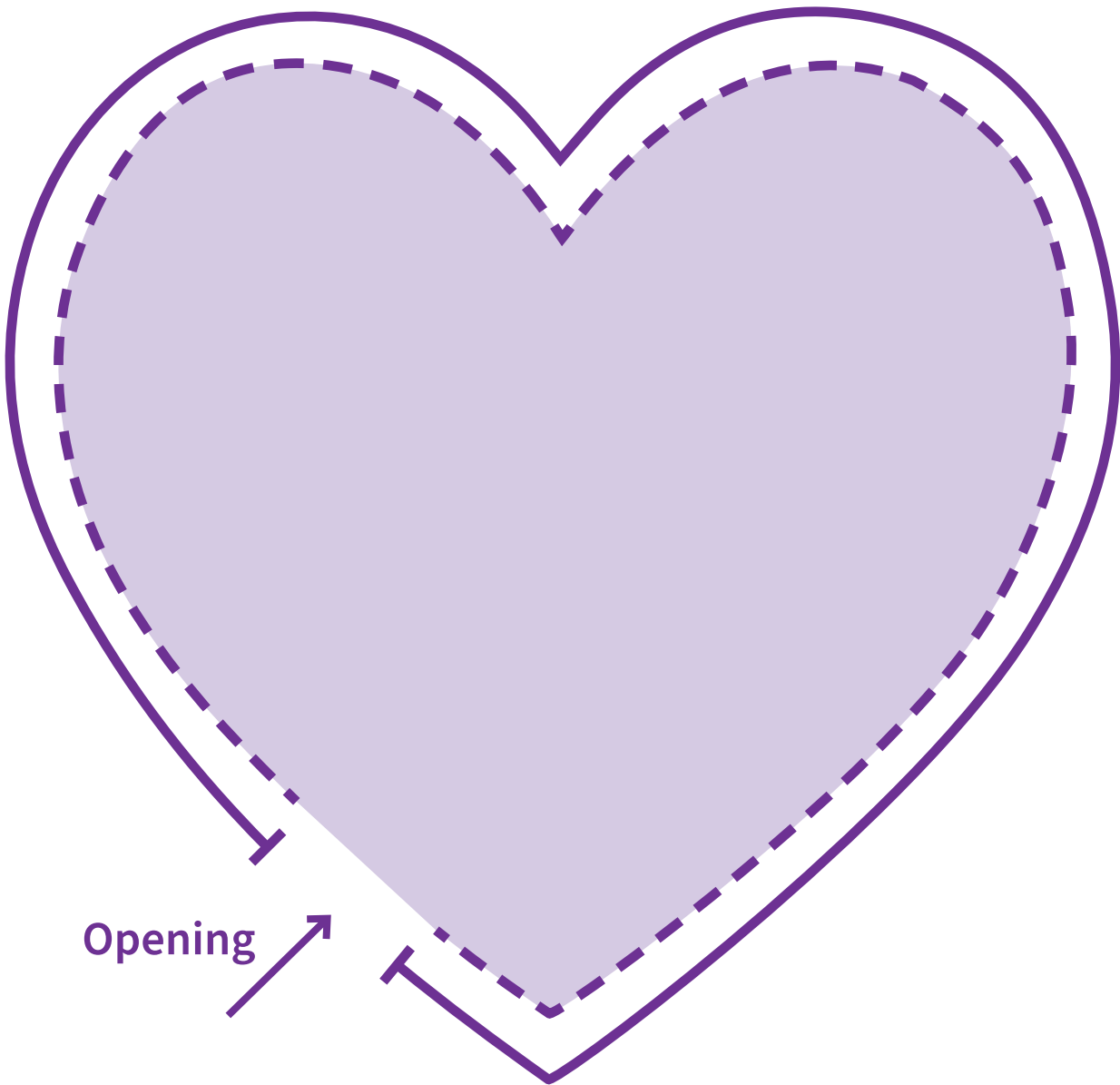
all
right?

IT'S
ALL RIGHT
TO TALK
IT OUT.





Cuddle Hearts pattern



- » Use only 100% cotton fabric or 100% cotton winceyette
- » Cut two identical hearts from your fabric
- » With the right sides together, sew the two halves together using a 5-6mm seam
- » Leave a 3 – 5cm opening
- » Clip around the curves
- » Turn right side out and topstitch around outside as close as possible to the edge, closing the gap.

The hearts will be sanitised, ironed and hygienically sealed by Lisa and her helpers but please:

- » Keep your sewing materials and fabric in a clean, dry space
- » Always wash or sanitise your hands before sewing and handling the fabric
- » Place inside a clean paper or plastic bag for posting or drop-off.



Your Advent Recharge

This December, treat yourself to an everyday activity which will help you to recharge your battery. Notice the activities you enjoy most, and enjoy the gift of choosing wellbeing instead of the usual festive stress.



1 Do something kind for yourself	2 Read a real book at bedtime	3 Switch off technology for at least 12hrs	4 Exercise for at least 30 mins	5 Try out a breathing technique
6 Notice what is already good in your life	7 Find a different perspective about something	8 Write down five reasons you are amazing	9 Do a really kind thing for another person	10 Phone a friend out of the blue
11 Connect with nature	12 Stand up to your inner critic	25 SURPRISE ME	13 Learn something new about a colleague	14 Choose yourself a Christmas gift
15 Compliment a stranger	16 Research something you didn't know	17 Gently stretch your comfort zone	18 Journal or talk about what you're grateful for	19 Do something that makes you feel joy
20 Find photos that inspire you	21 Pay a compliment to a colleague	22 Sing a Christmas song	23 Notice the excitement of Christmas around you	24 Remember your favourite hobbies

New breastfeeding policy and guidelines unique in New Zealand

Canterbury DHB has a comprehensive new breastfeeding policy.

The policy and its associated guidelines aim to protect, promote and support breastfeeding for whānau, not just in the Maternity Service, but all areas of Canterbury DHB, says Midwife and Baby Friendly Hospital Initiative (BFHI) Coordinator, Sarita Gargiulo-Welch.

"Our new policy and associated guidelines are inclusive and comprehensive with development driven by extensive consultation with consumers and other breastfeeding stakeholders Canterbury-wide."

Including the entire DHB in one overarching breastfeeding policy sets it apart from others nationally.

"Ours would be the only one I've seen which extends beyond the Maternity Service – which is really exciting. We hope that by expanding the breastfeeding policy to a Canterbury DHB-wide document we can increase the visibility of breastfeeding as a biological norm that is important to protect, promote and support."

The policy has moved from a 16-page Women's Health specific document with 33 associated appendices, to a five-page policy that can be utilised Canterbury DHB-wide, with guidelines supporting each of the World Health Organization (WHO)'s 'Ten Steps to Successful Breastfeeding.'

"These will guide practice in perinatal and neonatal services and can also be utilised by other areas that have breastfeeding parents or breastfed children in their care. For the first time our breastfeeding policy also includes explicit support for employees and any visitors on Canterbury DHB property who are breastfeeding. It has been admired for its inclusivity."

Te Tiriti o Waitangi is embedded within the documents, with the inclusion of Te Reo and a commitment to continued increasing incorporation of the principles of Te Tiriti o Waitangi. There is also recognition of gender diversity in line with the Canterbury Maternity System Strategic Framework (2019-2024), she says.



A complete overhaul of Canterbury DHB's breastfeeding policy was agreed to by the BFHI Steering Group in response to new international guidelines for BFHI published at the end of 2017 by the WHO. The policy documents went through rigorous consultation processes with almost all feedback being able to be incorporated making it a truly collaborative piece of work, Sarita says.

"After almost three years of mahi, we are very excited to see a breastfeeding policy that is so comprehensive yet so simple to navigate. We've worked hard to ensure that all documentation around infant feeding is at the fingertips of staff providing care for pregnant, birthing and breastfeeding whānau – wherever they are in the Canterbury DHB system."

The breastfeeding policy and guidelines are simple to locate on Canterbury DHB's computer systems, and user-friendly with the inclusion of hyperlinks to associated documents regularly used within the perinatal service.

Sarita says she is keen to extend her support to any area that may need guidance with implementation. She can be contacted by email Sarita.Gargiulo-Welch@cdhb.health.nz.

The policy can be found [on Prism here](#).

Celebrating the challenges, barriers and opportunities for people who live with disabilities



This year, the International Day of Persons with Disabilities is on December 3.

Each year, this special day celebrates people with disabilities and what they can achieve with the right support. The theme for 2021 is 'Fighting for rights in the post-COVID era.'

This year, the disabled community ask everyone to join them in celebrating the challenges, barriers and opportunities for people who live with disabilities, in the context of a global pandemic.

For New Zealand and many of our Pacific Island neighbours, that context is noticeably different from the rest of the world. The Delta variant of COVID-19 has only recently emerged here.

We have the opportunity to learn from what we have seen happening elsewhere and ensure our response is inclusive, supportive and respectful.

People who live with disabilities are among the most affected populations amid the COVID-19 pandemic. For people with disabilities worldwide, the risk of poor health and social outcomes is magnified.

International Day of Persons with Disabilities is a call to action, to learn from the experiences of people living with disabilities during this pandemic and push for more meaningful investment in social infrastructure to reduce the barriers faced by people with disabilities.

Haere mai Michael Nolan

Michael was a very welcome guest at the Canterbury Disability Steering Group (DSG) meeting on Friday. The news that he is Chair of a newly-formed West Coast DSG actually got a spontaneous cheer – his work in the West Coast community was already well-known to many of the group.

For the past 20 years he has been in management with a local well-established helicopter company - and General Manager for the past four years.



The Canterbury Disability Steering Group

Michael has been on several local community boards, including currently as a Franz Josef Civil Defence team co-ordinator, Glacier Country Tourism Group Management Committee member and is in the process of re-forming the Canterbury/West Coast/ Tasman/ Marlborough branch of the Muscular Dystrophy Association.



Michael Nolan

He says he is most looking forward to having the opportunity to share his experience of living with a disability, as well as his community and management connections, with the West Coast DHB Disability Steering Group and to advocating for disabled people.

**Minister for Disability Issues Carmel Sepuloni has announced a new text service to support disabled peoples' COVID-19 vaccinations. They can now text 8988 for access to vaccine information, help to book a vaccination appointment, or support with transport. Read more about it on the COVID-19 website [here](#).*

To give a little local context to the way we have supported the disabled community so far, here is some feedback from members of Canterbury DHB's Disability Steering Group, whose membership includes community representatives with lived experience of disability, people who work with disabled communities, and Canterbury DHB staff members who can provide insight or are well-placed to make a difference.

Much of the feedback is about the implementation of the vaccination programme – things we have done well, and how we might improve:

Trust has been key to the success of the roll-out for the disabled community, to be able to meet their needs and provide services (including vaccinations) in locations where people feel safe.

Generally going very well for older people, but we now need to build on our ability to vaccinate in people's homes when they can't get to vaccination centres.

Multiple GP and pharmacy options have worked well for people who are sight-impaired and the vaccine booking site is fully accessible to screen-reading software. Scanning QR codes continues to be difficult as the posters aren't always easy to find.

Some people with a sight impairment were worried that obtaining a My Vaccine Pass would be difficult - they tend not to have ID such as driving licences and may not use a smart phone. However, the MVP website has a special link for sight-impaired people which has a dedicated helpline phone number where someone can help them through the process.

Transport problems for some whānau is stopping other whānau members with disability from choosing to have a vaccine. Agencies need to be funded to support whānau to have vaccines at home where needed.

Visibly disabled

By Workforce Development Partner - Equity and Diversity: Kaimātai – Mana Taurite me Kanorau Akira Le Fevre

Friday is International Day of Persons with Disabilities where we acknowledge and celebrate tāngata living with a disability.

Not all disabilities are visible, some are physical, some are mental or emotional, and some are obvious to the eye, while my own personal disability affects my vision.

Being a person with lived experience of a disability I am still very new to this part of my journey. I grew up as a type 1 diabetic who lived a reasonably healthy and fit lifestyle, having never smoked, being a regular gym goer, a minimal drinker and following a good diet. I never thought I would lose my eyesight.

It was only four years ago that I still had full vision. I remember being at the gym when I first noticed a dark spot on my left eye, then following months of surgeries and six long weeks of being totally blind I managed to gain full sight back in my right eye only.

At the time I wasn't gravely concerned about the loss of one eye because at the same time my sister was losing her battle with cancer and the only thing I was really worried about was getting any vision back before she passed.

I'm only now realising that I haven't fully grieved the loss of my vision. It's something I'm still on a journey with and some days I learn something new about my impairment, such as, whether I should sit at the end of a table so I can see everyone, or that it's now best for me to be at the back if walking in a group of people.

I have definitely learned to take time out in what can be a very busy and hectic life to actually stop and be grateful for the small things. Some days it's just being able to see the lush green trees that wrap around our office.

Like many people, I'm on my own journey with my disability, learning to navigate barriers and coming to terms with my new normal. I never imagined my disability would help me get a job, let alone one at Canterbury DHB, which is something I am grateful for.

By sharing my story I'm hoping to encourage others to share theirs, be that through an organisation-wide newsletter or maybe to a stranger or a colleague. When we share we learn and when we learn we grow, whatever our abilities may be.

In the 'One minute with' on [page 17](#) Recruitment Partner for Specialist Mental Health Service (SMHS) Nursing Shannon Le Roux, shares why she loves working at Canterbury DHB and some of her experience of living with a disability.

New Energy Centre chimney

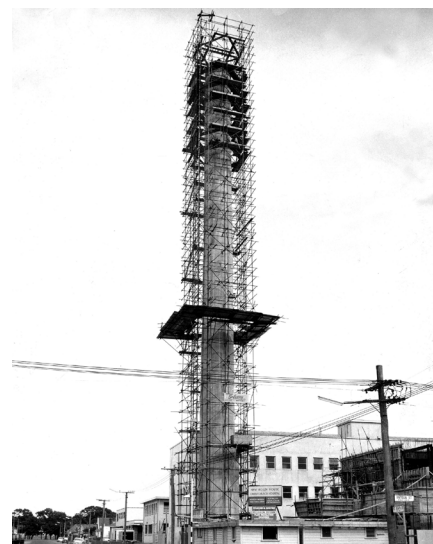
The final section of the stainless-steel chimney in Canterbury DHB's new Energy Centre was bolted on last week, completing the 44m structure.

The existing coal boiler house had a concrete chimney, which was demolished due to earthquake damage, says Energy Manager Tim Emson, "This new one will stand out around the city, as did the old chimney which was even taller at 55m high."

The new chimney forms part of Canterbury DHB's Energy Centre currently being built to the east of the Canterbury Health Laboratories building. This replaces the old coal boiler house boiler with sustainably-produced wood biomass boilers, offering a renewable, more efficient energy resource.

"Moving away from coal will significantly reduce Canterbury DHB's greenhouse gas emissions as the new system will emit far less than conventional fossil fuels, about 60 times less than coal," Tim says.

Work on the approximately \$45 million Ministry of Health project is expected to be completed by mid-2022.



The old chimney being built in 1969



The chimney under construction



The last piece of the new chimney being attached



An artist's impression of the completed Energy Centre

REMINDER - CEO Update dates and submissions

CEO Update issue dates for Christmas and New Year

- › The last CEO Update for 2021 will be published on Monday 20 December
- › The first CEO Update for 2022 will be published on Monday 24 January.

Submissions and photos

Do you have a story you would like to share? An initiative or achievement you think people should know about, or an event that is being celebrated? Perhaps there is something happening in your area that will affect others.

We want to hear from you!

- › You can draft the story and send to us, or email us with the details and we can put it together
- › We may be able to attend your event and take photos or arrange for photos to be taken by the Medical Illustration team
- › If you're taking and submitting your own photos, please note these guidelines:
 - › They need to be high resolution (1MB+ is preferable). When emailing the photo, if you're given the option to select different sizes, always choose 'original size.'
 - › Email them as attachments (jpeg images). Do not paste them into a Word document or the body of your email
 - › Tell us who the people are in the photos – names and job titles – also let us know if someone who should be recognised is absent from the image.

Special events and observances

Give us a heads-up and some notice about relevant occasions so we can help recognise and promote them

- › Retirements and anniversaries
- › Big moves or changes
- › Significant and relevant observances (days, weeks and months), some examples include: World Mental Health Day, Breastfeeding Week, Pride Month.

One minute with...

Would you like to feature in 'One minute with...' to shine some light on the work you and your department do? Perhaps it's not your thing, but you know someone else who would be perfect. Please let us know!

Deadlines

The CEO Update is published every Monday and the deadline for submissions is midday the previous Thursday. Please give us plenty of notice.

Key contacts

General communications, including CEO Update story ideas – communications@cdhb.health.nz

CEO Update stories and 'One minute with...' [Naomi Gilling \(naomi.gilling@cdhb.health.nz\)](mailto:Naomi.Gilling@cdhb.health.nz)

CEO Update stories and distribution lists [Sue Henderson \(susan.henderson@cdhb.health.nz\)](mailto:Sue.Henderson@cdhb.health.nz)

ED Musos perform Crowded House classic

Formed in 2020, ED Musos is made up of more than 400 emergency clinicians and healthcare workers across New Zealand, Australia and the United Kingdom.

Around 100 of their members recently performed a rendition of the Crowded House favourite 'Better be home soon'

They chose the song to reflect the longing of missing someone special and it was timely with the announcements of border restrictions lifting here and in Australia.

There is some impressive talent among the performers. Can you spot anyone you know?

[Watch the full song here.](#)

Shining A Light on a Brighter Future for the Child, Adolescent and Family (CAF) teams

A modern, fit-for-purpose workplace will be a game-changer for staff, says an Allied Health Consultant working in the Child, Adolescent and Family (CAF) Service Tracy Boon.

At the top of her wish-list for the new CAF outpatient facility? Space, light, easy access to outdoors, and safety.

Māia Health Foundation is committed to be part of the solution to make it better for patients, and for the dedicated teams who work in CAF, by raising funds for a purpose-designed facility, in partnership with Canterbury DHB.

The location is confirmed, and detailed design is underway to create a therapeutic, welcoming, light-filled treatment space.

We encourage Canterbury DHB staff to join us in fundraising \$300,000 by Christmas. Be part of a community that cares about child and youth mental health in Waitaha/Canterbury.

"We're holding on to hope right now. A modern facility will make things so much easier. It will allow us to do what we're trained to do instead of wasting time trying to put band-aids on the physical environment," says Tracy.

Read more of [Tracy's story](#).

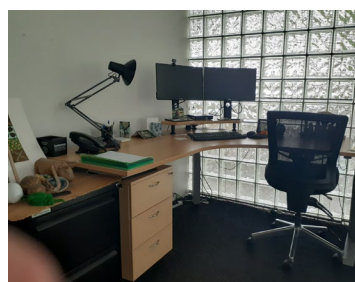
Give today at www.shinealight.nz and #MakeItBetter for the fantastic mental health teams working with our communities' most vulnerable rangatahi and tamariki.

*Thanks to the Rainbow Children's Trust and other generous donors, donations will be dollar-matched up to a total of \$150,000

Christmas fairies make an appearance

Canterbury DHB's Christmas fairies have made their first appearance of the holiday season in the office of Medical Officer of Health, Ramon Pink.

Who wouldn't want to leave their tidy but somewhat lacklustre office at night to discover this festive delight the next morning? Demand is high for the fairies' services however they don't take requests, preferring to go where they see the greatest need for festive decorations.



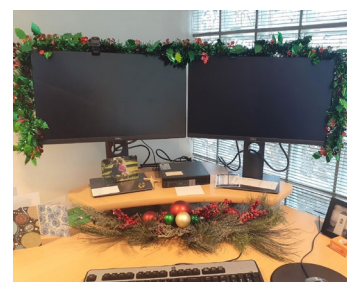
Medical Officer of Health, Ramon Pink's office before



And after. A much better setting for meetings



Entrance to an office or Santa's grotto?



Christmas fairies deliver holiday cheer to Medical Officer of Health, Ramon Pink

One minute with...

Shannon Le Roux, Recruitment Partner for Specialist Mental Health Service (SMHS) Nursing



What does your job involve?

We support the entire recruitment process, actively searching for and placing talent into specific roles across the organisation.

Why did you choose to work in this field?

I have always loved helping people, and I believe that finding the perfect job can have such a positive impact on someone's life. I have also always wanted to work for Canterbury DHB because I am passionate about healthcare; and working here means that I can continue to help make a difference to people's lives but in a slightly different way.

What do you like about it?

Recruitment for me is like match-making. Finding the right person to fill a role gives me an enormous sense of fulfilment; there is enough variety in the role to keep my very busy, chaotic brain engaged; I get to work with some of the coolest people I have ever worked with; and I feel like I'm making a difference to SMHS.

What are the challenging bits?

As a neurodivergent in the workplace I do find this role uniquely challenging. Neurodivergence is the term for when someone's brain processes, learns, and/or behaves differently from what is considered 'typical'. I live with quite severe Attention Deficit Hyperactivity Disorder (ADHD) but present as a bubbly extrovert in a hugely administration-focused

role. There is a requirement to have impeccable working memory and executive function and just the normal days can be immensely exhausting. I have incredible support from my team and leaders; without whom I would absolutely fall apart.

Who inspires you and why?

Strong and powerful women! I am surrounded by talented, inspirational and incredibly intelligent women – both professionally and personally – and I wouldn't have it any other way honestly.

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

Care and respect for others is personally very important to me and I try and walk that in every aspect of my life. In my role, I put this into practice by supporting my hiring managers with empathy during some particularly stressful times this year and ensuring that candidates are treated fairly and have a good experience.

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

Honestly, I'm quite happy right where I am. I obviously cannot wait until we can travel again and will probably head to Asia for a delicious, sunny, beachy holiday. Or Iceland to see the midnight sun. But at the same time, my mum is in South Africa and I just would love to be anywhere with her right now.

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

I'm a giant nerd. A huge Doctor Who and Harry Potter fan. My Hogwarts house is Ravenclaw and my Patronus is an Owl.

What do you do on a typical Sunday?

I'm currently studying, and most assignments are due on Sundays. So, a typical Sunday for me is scrambling to get assignments done as the semester draws to a close. Otherwise, Sundays are for meal prep, walks with my border collie and husband somewhere in nature, or café hopping with friends.

What's your favourite food?

Carbs, cheese and wine – the three main food groups, right?

And your favourite music?

My go to is Rock, mostly the good 90s classics like Pearl Jam, Nirvana, Metallica, and I do like to harken back to my Punk Rock days too with Blink 182, and Sum 41. But my taste in music is so broad I'll listen to just about anything. I draw the line at Country and Western though.

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



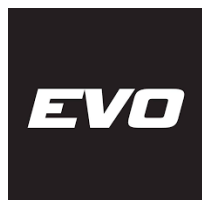
Something for You is the Canterbury DHB employee benefits programme. The deals offered are from the Canterbury business community to say thank you for all that you do.



Ōpuke Thermal Pools and Spa

47 Mount Hutt Station Road, Methven

Get 20% off all experiences in the newly opened Ōpuke Thermal pools and spa. All bookings can be made online [here](#). You can see the information brochure [here](#) for the promo code.



Evo Cycles - 2/40 Carmen Road, Hornby

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



Neuron E-Scooter Free Monthly Pass

Neuron is offering Free monthly pass for healthcare workers.

Download the Neuron app, register with either your personal or work email, go to Rates & Passes section, click on the link "verify your email" and verify your Canterbury DHB work email and activate your free monthly pass.

See [here](#) for detailed instructions. Link to T&Cs are [here](#).

Pegasus 2025 Newsletter

The latest Pegasus 2025 newsletter (25 November) is available. With a spotlight on men's health, there are articles and profiles on male nurses, including a Pegasus Health Pasifika Scholarship recipient and on the need for more men to become nurses.

Issues of family harm and suicide prevention programmes for men also feature.

You can read the whole [newsletter here](#).



Remembrance, Awareness and Hope.

The New Zealand AIDS Foundation, Body Positive, Positive Speakers Bureau and Christchurch Sexual Health invite you to the 2021 World AIDS Day Memorial Service.

Please join us for an evening of guest speakers, waiata and simply being together as we remember those we lost, share stories and look ahead with hope.

Refreshments will be provided, so we can share some kai and time together after the service.

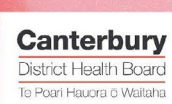
Where:

Durham Street Methodist Church
1/309 Durham Street North
Christchurch Central City

When:

Wednesday December 1st
Service from 6pm to 7pm

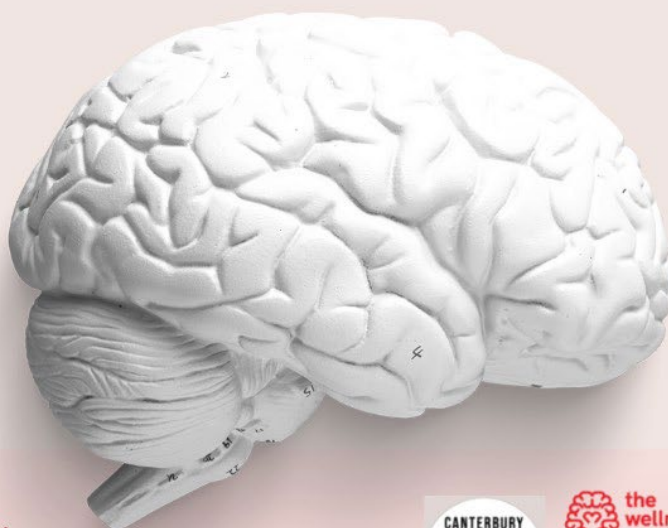
Food and beverages will be provided.



THE MISSING LINK

A CONTEMPORARY, SCIENCE BASED APPROACH TO
MENTAL HEALTH & CHRONIC ILLNESS


BOUGHT TO YOU BY THE CDHB YOUTH ADVISORY COUNCIL



SPEAKERS:




BIANCA SMEEKES

 [neuro.spark](#)



LIBBY RAINER

 [the_wellnessplatform](#)



**8TH DECEMBER 2021
ALDERSGATE CENTRE
6.30 - 8.30PM
\$10 PER TICKET
BOOK VIA HUMANITIX**

Latest Community Health Information Centre newsletter out now

The Community Health Information Centre (CHIC) provides free health resources to any person or organisation in Canterbury, South Canterbury, West Coast and Chatham Islands.

The resources are developed by Community and Public Health staff, and other health agencies.

The latest issue is out now and highlights new and revised free resources available from your local CHIC office, as well as recently deleted resources.

New resources include:

- › 'Advance Care Planning, Te Tatou Reo' (available in English and Te Reo) HEA0030 and
- › 'It's easy to protect your family's smile' (available in Japanese, Punjabi, Sim Chinese, Korean and Hindi) HYG0008A-E

For more information about CHIC and to order resources online visit the [Community and Public Health website](#).

People Pānui – Health system reform newsletter

The latest Future of Health, People Pānui newsletter is available with all the latest on the health reform.

[Read all here.](#)

Health Quality and Safety Commission New Zealand newsletter

The latest Health Quality and Safety Commission New Zealand newsletter is available. Articles include:

- › Te Rā Haumaru Tūrora o Aotearoa | Aotearoa Patient Safety Day 2021
- › A chance to have your say on health services in Aotearoa New Zealand and
- › National Trauma Network receives Plain English Award for annual report

[Read more here.](#)