



Mary Gordon

Thursday 19 December 2013 - **Burwood Hospital construction contract signed this week**

Earlier this week, Health Minister Tony Ryall was joined by Prime Minister John Key to announce awarding the main construction contract for Burwood Hospital's multi-million dollar redevelopment. The contract was signed, sealed and new facilities will be delivered before the end of 2015. Construction will start in the New Year.

Canterbury Earthquake Recovery Minister Gerry Brownlee, Associate Minister for Canterbury Earthquake Recovery Amy Adams and Christchurch MP Nicky Wagner were also at the signing of the construction contract.

Leighs Cockram JV Ltd – a joint venture between Canterbury-based Leighs Construction and Australian company Cockram Corporation – has been awarded the contract. The company was shortlisted because of its local and overseas experience and reputation for delivering high quality, large-scale building projects. You can read the [full media release here](#).



Right: At the signing: from left to right: Chai Chuah, acting director general of health; Anthony Leighs of Leighs Construction; Darren Milne, Australian General Manager and director of Cockram Construction; Prime Minister, Rt Hon. John Key and Health Minister, Hon Tony Ryall.



Left: Initial stages: As well as signing the voluminous contract documents, CDs also had to be initialised by all parties to the contract. Left to right: Anthony Leighs, Darren Milne, CDHB chair, Murray Cleverley and PM, John Key.

Wishing you a healthy, happy and restful break

I would like to take the opportunity to thank each of you for everything you do to support and care for people who use our services. The Canterbury Health System is in very good heart as we come to the end of another challenging, yet rewarding year.

As I look back some of the high points include the milestones reached with our repairs and new facilities which have opened. Moving medical services back from The Princess Margaret Hospital to the Christchurch campus was a huge undertaking which went without a hitch.

Continues overleaf...

ceo update

Receiving international recognition via The Kings Fund for our transformational journey is a credit to all of you working throughout the system – in community-based care and hospital services. Seeing Canterbury's system of HealthPathways adopted by other health systems in both New Zealand and Australia is a credit to all those who continue to be involved in their development.

The long-overdue upgrade of CDHB's website was welcomed earlier this year and it was great to end the year with the appointment of contractors for our new Burwood facilities. Progress is also on schedule for the redevelopments at Christchurch campus.

It feels like 2014 is going to be another busy year, so whether you're working through, or heading off on holiday, I wish you and your families a safe and happy Christmas. I hope you manage to schedule some downtime to recharge and catch up with family and friends.

Thanks for your generosity

Thanks to all staff who helped to support a family as part of the Methodist Mission Christmas campaign, or through other acts of goodwill in the lead up to Christmas. It's great to see staff taking the opportunity to highlight the importance of supporting those who struggle to make ends meet at this time of year. It's very rewarding to give, love and connect with others over the festive season.



Check out how to win your own hamper of goodies on page 19....

Take care,
Mary Gordon

It's all happening communication

We are keen to find out what you think of the It's All Happening communications so far. Please let us know how we can improve the ways in which you receive information. We have created a short survey - <https://www.surveymonkey.com/s/FMD9ZPR> - only 5 questions! Thank you for your time.

Fast facilities facts – Burwood

This week Burwood Hospital staff hosted the Prime Minister along with other senior ministers and MPs at the signing of the contract to begin the construction phase of the hospital's redevelopment. [Click here to read the media release for more information.](#)

Site works are continuing in preparation for the build phase, which is expected to begin in January 2014. Thanks to everyone for their patience during this disruptive time.

The Burwood Project Office will close on Friday December 20 and reopen again on 13 January 2014.

Fast facilities facts – Christchurch

The dates for the next phase of User Group meetings will be announced before the Facilities development project office closes on Friday, 20 December. The office reopens on 13 January 2014.

The Perioperative and Intensive Care Unit plans will be presented to the Clinical Leaders Group for sign off before the Christmas break.

The team in the Project office thanks everyone for their hard work this year.

Fast facts – Design Lab

The Design Lab has hosted over 150 events since June 2013. This week the Fire Service Management Team is coming through on Friday, to round off a very busy year.

Please note that if you visited Burwood's Level 2 Admin workspace mock-up over the past month you can still feed back any thoughts and suggestions via Survey Monkey: click on this link for details <https://www.surveymonkey.com/s/9CBCBBW>



Ward 17, Christchurch Hospital

My father has had brilliant care during his stay in Ward 17. The nurses (special mention to Lee and Donna) have been kind, supportive and understanding of personal circumstances and taken the time to spend getting to know him and making a very tough time for our family more bearable. Also, the palliative care team (Amanda, Willem) and social worker, Gary, we have a lot of respect and admiration for their roles. Thank you from the bottom of our hearts.

Emergency Department and Ward 21, Christchurch Hospital (Dr Gordon Beadel's team)

We arrived 10.30am, by 2.30am morning following my daughter was out of an 8.5 hour surgery on Dr Beadel's day off yet there he and his team were. I don't know how to thank all of those concerned. Ambulance, Emergency Department, St John volunteers, theatre staff and Ward 21. Brilliant service beyond a job, but a passion. Thank you all. May wonderful things happen to you all.

Christchurch Hospital

After my operation at Christchurch Hospital by Dr Connor, I needed nursing care for several days. The care I received was brilliant. One of the nurses involved in my well being was Sindhu. She was highly confident, compassionate, professional throughout my care. I wish her well.

Riverside, Christchurch Hospital

Your doctor in the ear department was very friendly and helpful. Wonderful service.

Ward 17/ Gastro Surgical, Christchurch Hospital

This is the second time my partner has been in Ward 17, first for an emergency Hartmann's procedure and second for a Hartmann's reversal. The care has been absolutely fantastic, all staff are helpful and very caring. A big thank you from us and also Dr Chris Wakeman was just brilliant.

CAAU, Christchurch Hospital

The nurses and service here are amazing. All my son's needs were met instantly. I was really impressed.

Ortohopaedic, Christchurch Hospital

Great service, friendly staff. Thank you.

Accident and Emergency & Acute Medical Assessment Unit

After my night in hospital, I would like to say how much I appreciate the wonderful teams working in these wards. The level of care was amazing – I.D checking meticulous and examination procedures thorough and professional (and they asked the awkward questions with style!). Everyone who helped me through my stay treated me with respect, patience and incredible kindness. I cannot praise them too highly and want to express my heartfelt thanks and gratitude to the wonderful dedicated and compassionate people who work in our health system. Please pass on my grateful thanks.

Ward 26, Christchurch Hospital

The CDHB can be very proud of the service provided by ward 26 at Christchurch Hospital. Earlier this year I was an inpatient for just under three weeks. During this vulnerable time I was shown much kindness and respect. The cohesive team of nurses, doctors, and auxiliary staff all gave me excellent care and support. Thank you so much. I feel comforted to know I will be in such good hands should the need arise again.

Emergency Department

I came in yesterday because of Kidney Stones, I didn't get a chance to thank the ED Doctor that looked after me before he left but he was extremely helpful. I think his name was Neil... English I think, anyway I don't know how this works but I hope to not have to visit ED for a long time so if you could please pass my gratitude on, that would be Great!

The Canterbury District Health Board (Canterbury DHB) is backing a world-first project set to propel health care into the future.

Christchurch respiratory physician Michael Epton is leading research into lung disease after teaming up with Sensing City founder and entrepreneur Roger Dennis and Nexus6 – the developers of the Smartinhaler.

Sensing City are installing sensors all around Christchurch's CBD as it is rebuilt to track air pollution, water quality and various other city impacts such as traffic flow.

The data collected for air quality will help Dr Epton and the Canterbury DHB discover the impact air quality has on respiratory diseases such as chronic obstructive pulmonary disease (COPD). COPD is commonly known as chronic bronchitis or emphysema and affects 25,000 people in Canterbury.

"Sensing City is like a 'data broker' and the big advantage for the health system is we now have the opportunity to use this technology – which is readily available and relatively cheap – to start developing public health and personal health projects."

The DHB hopes to combine the information from around the city with information it gathers from Nexus6's Smartinhalers.

The wireless sensing devices fit onto a broad range of inhalers. They track medication usage, provide audiovisual reminders if patients forget to use their inhalers, and automatically send the data to the cloud. Data can be viewed on the intelligent inhaler, smartphones or on the web.

"The Smartinhalers have the potential to have GPS, so what we want to do is provide them to our COPD patients and when the patient is in the early stages of exacerbation the Smartinhaler will alert their General Practice team, meaning they get the care they need faster and often without needing a hospital admission."

Dr Epton says this is a huge benefit to COPD patients who often delay seeking treatment for flare-ups of their disease.

"There are lots of reasons stopping patients with COPD from acting on early signs of their COPD flaring up and therefore they can leave it too late to seek medical help – often resulting in a preventable hospitalisation," he says.

The alert via the Smartinhaler to the patient's General Practice team means the doctor or practice nurse can phone the patient and check in to see what care they might need.

"The glorious thing about this is sometimes the interaction of someone who knows the patient, picking up the telephone, asking the patient how they are doing and providing simple advice is enough to help improve their exacerbation."

Dr Epton says it is a cost-effective and pro-active way to manage people's health.

Meanwhile the GPS data can also keep track of the patient's movements before their exacerbation. This data combined, with that collected from the sensors from around the city, will help researchers determine clusters or pockets of where there might be particular problems with air pollution, housing quality and other environmental impacts that might play a part in a person's health.

"It's all very exciting because this technology can be applied to an endless number of health related issues. But we're conscious of the 'Big Brother' aspect and realise we've got to maintain patient privacy standards. We are really aware of the responsibility that we have to make sure this data is used for the right reasons and for the agreed reasons."

Dr Epton and his team will be doing qualitative studies with patients to find out their views before putting the system in place.

"We have to ask and we have to consult – because doing this on an ad-hoc basis won't work and people won't trust it."

Other measures include regular audits, setting up a governance body and ensuring the technology has a footprint so access to the information collected can be trusted.

Stella Ward, Canterbury and West Coast DHBs Executive Director of Allied Health and Health Innovations, says Sensing City is an exciting project with huge potential and benefit to patients and the health system.

"This is one project that we will be looking to support financially and in kind," Stella says.

"We strongly believe that the opportunity to use this kind of technology and big data analytics will help us better plan how we respond to environmental impacts such as air and water quality.

"It also helps us think differently about how we support people with chronic conditions to better 'self-manage' and it is part of our overall objectives of improving the health and wellbeing of our community."

The pollution-sensing project is receiving seed funding and technical expertise from crown entity Callaghan Innovation to the tune of \$250,000, Earthquake Recovery Minister Gerry Brownlee and Science and Innovation Minister Steven Joyce, which was announced last Thursday.



Above: Nicola Austin.

The first of what will hopefully be several health information kiosks is being trialled at Bealey Avenue's 24hr surgery. The idea of the touch screen kiosk is part of an overall strategy from the Canterbury Clinical Network's Child and Youth workstream to make health information more accessible to young people and families in particular.

Nicola Austin, chair of the Child and Youth workstream says we mustn't assume that everyone has free access to the web at home or at work and so can just use a search engine to find out what they need.

People with least access to information are often our most vulnerable and in most need of health information.

"We have set up the kiosk to provide access only to trusted sites that provide a good spread of tried and tested information to support healthy living."

Kiosks are part of the bigger picture of improving health literacy so that people can take greater responsibility for their own health, rather than wait until they are really sick and hoping someone can fix them – an oil change and a bit of regular maintenance is better than a seized engine.

"While we would always recommend people make their family doctor their first point of call for health advice, sometimes it is just information that is needed, and kiosks can provide access to information that people might not otherwise get," Nicola says.

Kiosks have been proven to work best in high traffic areas, which is why the 24 hour surgery was selected for the trial. The plan in the longer term, should the trial be successful, is to install them in other high traffic areas like malls or in places where people would normally expect to go for information, such as libraries, council service centres.

While kiosks might seem a simple thing in principle, they have huge potential and the collaborative effort that enabled this first one to come about is almost as important as the initiative itself.

The kiosk provides access to three key websites: HealthInfo, made possible by primary care's Canterbury Initiative, Linkage Webhealth, and Skylight. The first does what its name suggests, providing a wealth of information that people can trust (informed by clinical input), explained in a way they can understand. The second is an online directory that makes it easy for people to find details about health and social services.

Third, Skylight provides information about grief counselling and support groups as well as downloadable information and resources.

"We have learned from this placement already and will be making refinements to the way they work based on feedback. For example, the infection control aspect has been raised. The screens are already cleaned regularly but we will also make hand sanitisers available by each kiosk so people can be sure that all they are getting from them is good information."

Right: Nicola Austin, Wayne Turp and Donna Ellen from the Child and Youth team.



ceo update

Spreading the love and refuelling the tank

On Wednesday *All Right?* teamed up with Z to help refuel the tank of Cantabrians.

In the latest Outrageous Burst of All Right? people who pulled into pump 5 at the Curletts Road Z petrol station received compliments from two fake radio DJs over a speaker. As well as compliments, a dozen random customers were mobbed by three 'All Righties' and provided with free coffee, flowers, cup cakes and petrol.

This was All Right's fifth Outrageous Burst of All Right. The bursts are designed to share a little love and bring smiles to Cantabrians as the region's recovery progresses.

All Right? spokesperson Ciaran Fox says that there are a lot of things about the recovery that cause frustration and stress.

"Whether it's big, small or outrageous, the things we do for others can make a big difference," Ciaran says.

Check the video out for yourself at:

<http://www.stuff.co.nz/the-press/christchurch-life/all-right/>



Alliance update: Patient Administration System (PAS) go live news and Tobacco & Alcohol reduction statements signed

No doubt, you will have all read about the steadily declining smoking rates in New Zealand. Well, the South Island Alliance Public Health Partnership – that includes the three SI public health units – has put together a tobacco and alcohol position statement that has recently been endorsed by the five SI DHBs. This serves as a guide and support mechanism for each DHB to implement their own but similar reduction strategy around alcohol and smoking. You can read more about what this means for our community [here](#)

Also new from the SI Alliance Information Services Alliance is the name for what will become a region-wide patient administration system – a digital database for the administration of patient information – as well as the location of where it will go live first. Click [here](#) to read more, including an update from the model community.

WEST COAST AND CANTERBURY DISTRICT HEALTH BOARDS COMMUNICATIONS TEAM CONTACTS

The Communications Team provide a 24/7 service. For emergency media enquiries after hours, during the holidays and at weekends, please call Christchurch Hospital (03) 3640 640 and ask to be put through to the on-duty media advisor or phone the on call advisor on their mobile phone number listed below.

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Note: The Communications Office is CLOSED from 5pm Christmas Eve until 8.30am January 6. Staff will be on call (see roster below) and can be reached on their mobile phone.

Christmas & New Year Roster	On duty media advisor
Tuesday 24th Dec Christmas Eve	Mick O'Donnell In Office
Wednesday 25th Dec Christmas Day	Amy Milne Out of Office - On call
Thursday 26th Dec Boxing Day	Amy Milne Out of Office - On call
Friday 27th Dec	Amy Milne Out of Office - On call
Saturday 28th Dec	Karalyn van Deursen Out of Office - On call
Sunday 29th Dec	Karalyn van Deursen Out of Office - On call
Monday 30th Dec	Karalyn van Deursen Out of Office - On call
Tuesday 31st Dec New Year's Eve	Donovan Ryan Out of Office - On call
Wednesday 1st Jan New Year's day	Donovan Ryan Out of Office - On call
Thursday 2nd Jan	Donovan Ryan Out of Office - On call
Friday 3rd Jan	Mick O'Donnell Out of Office - On call
Saturday 4th Jan	Mick O'Donnell Out of Office - On call
Sunday 5th Jan	Mick O'Donnell Out of Office - On call

All requests for patient conditions, staff and patient interviews, photographs or filming must be made via the Communications Team.

Under no circumstances may interviews, filming or photography be carried out on the hospital sites without checking with the Communications Team.

If you carry out filming or photography without permission, our hospital security teams will ask you to leave the site immediately.

Our role:

- We do not release any personal information regarding a patient without consent of the adult patient or, where the patient is a child, the consent of the parent or guardian.
- We do release condition updates along with age bands, gender and city/town of residence but will not confirm other details unless we have consent from the patient or their parent or guardian.
 - **Comfortable:** patient recovering
 - **Stable:** condition unchanged
 - **Serious, but stable:** vital signs stable, within normal limits, patient conscious and comfortable, indicators favourable
 - **Serious:** vital signs stable and within normal limits, patient conscious but may be uncomfortable, indicators questionable
 - **Critical:** Vital signs unstable, not within normal limits, patient may not be conscious, indicators unfavourable.

While we respect that some families may want to share information with the media, we respect and support other families' right to decide whether or not to engage with the media and have a right to privacy.

Confirmation of a patient's death occurs only with family consent and after notifying next of kin. In most circumstances we will refer you to Police Communications Manager Stephen Hill on 027 436 3701, rather than comment ourselves.

Never mind listening for the sound of sleigh bells, Santa can't manage the rollout of Windows 7 along with everything else, but the little elves at ISG (Information Services Group) have it all in hand.

CDHB urgently needs to upgrade to Windows 7 before support from Microsoft for Windows XP melts away like snow in a nor'wester next April. Windows 7 is faster, more usable and has more functions and for some 3000 or so folk with older equipment that won't support Windows 7, the New Year might bring shiny new computers.

The rollout is already underway and has started with non-clinical parts of the CDHB where users do not have any patient or clinical information management. Clinical staff will be upgraded once the process itself has been tested and refined so that it causes the minimum of disruption and does not put patients or access to clinical systems at risk.

Otherwise, upgrades are on a 'geographical' basis, meaning people who work together in the same workspace will be upgraded at the same time.

We are unable to provide a precise timeline at the moment but an outline of the process is as follows.

1. Identify parts of the business to be upgraded as part of a first wave – you will probably already know if you are one of them.
2. Contact staff 2-3 weeks ahead of the upgrade date.
3. Provide new sample PCs or upgrade a few to Windows 7 so staff can test those older applications to make sure they still run. If they don't, people will have time to approach the ISG team (Information Services Group) for a solution.
4. On an agreed date, a Windows 7 'hit squad' will replace PCs overnight so as to cause the least possible disruption.
5. 'Super users' will be identified for each work areas as the go-to people for staff needing low level (user, rather than technical) advice.



ISG look forward to working with you to make this as smooth a process as possible. In the meantime visit these webpages for more information:

<http://cdhbintranet/corporate/Supportandtraining/SitePages/Windows7.aspx>

<http://cdhbintranet/corporate/Supportandtraining/SitePages/Office2013.aspx>

Above: From the days when FollowYou printing was when it got caught round your foot.

Would a \$50 voucher ease the seasonal pain in your wallet? Try 'YourSelf' and be in to win!

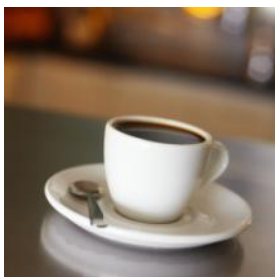
Simply log into [YourSelf](#) before 22 December and check your personal details, your leave balance or whatever, and your name will go into in a prize draw to win one of three \$50 New World vouchers – handy for Christmas Shopping or to help you get over the cost of Christmas in the New Year!

[YourSelf](#) is a self-service tool that provides easy and enhanced access to your human resources data. The most frequently accessed information includes electronic payslips, leave balances and an updated staff directory. You can also update your personal details if for example you change address, phone number or your bank details

If you lose this link, you can find [YourSelf](#) on the front page of the Intranet. Your log in is your usual network ID and password. There's an FAQ section, otherwise you can email YourSelf@cdhb.health.nz if you have any questions or difficulties.

There's good news too for managers: All manager functions are now fully available. Managers will now be able to go in and view leave and pay details for their staff – and make transactional HR changes.

Christchurch Hospital Barista wins



A Barista at Christchurch Hospital has won a national award.

Sarah Strawbridge, aged 21, who works for Medirest in the ground floor Ritazza cafe at Christchurch Hospital, was the southern region winner in the Compass Group Barista Championships. She then went on to win the National title of Barista of the Year 2013.

Apart from the drinks that were required for the competition she also had to make a 'signature' beverage of her own design.

Sarah created a Christmas Latte, infusing espresso with peppermint and chocolate and won the competition. The judges said they were impressed with her drinks and her great technique.

Sarah says there are lots of things she likes about her job.

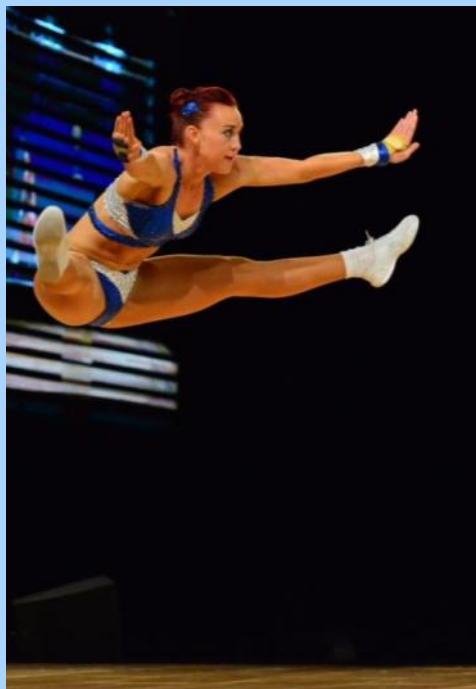
"You are constantly busy and its hands on and I just like making lovely coffees for people."

Sarah attended the awards dinner, held in Rotorua last week and received her certificate and a home espresso machine.

Sarah's manager, Nick, nominated her for the competition and Sarah says she has learnt a lot from her supervisor, Lyn.



Above: Barista, Sarah Strawbridge.



Lab tech competes in worldwide aerobics competition

A few days after getting off the plane from Serbia where she represented New Zealand in Sport Aerobics, Trainee Laboratory Technician, Emily Lawn sat her final exams.

Emily, aged 24, competed as a solo competitor and gained 17th place in a tough field of international competition in the senior women's category.

"I had hoped to finish in the top 12 but ended up getting quite sick before I went," she says.

She has previously represented New Zealand several times as a team member in the sport. She also coaches young people in Sport Aerobics.

Emily began doing aerobics at age 12 and competed in her first world championships at 15.

Her latest competition involved a lot of hard work training up to 10 times a week, but that didn't affect her studies and she passed her final cytology exams.

Above and right - Emily Lawn in action.





Dan Coward

Sue Turner

Des

More than 70 volunteers from across CDHB Campuses enjoyed a thank you morning tea on Monday.

The event is an official show of appreciation by the CDHB Board. General Manager, Older Persons Orthopaedic and Rehabilitation, Dan Coward welcomed guests and thanked them for the time they had given during the year.

Sue Turner from All Right? and Des from the Linwood branch of the Food and Vege Co-op shared stories about their respective projects.

**HAVE YOURSELF A MERRY
LITTLE CHRISTMAS!!!**



The Princess Margaret Hospital singers entertained guests, many of whom joined in. The singers finished off with 'Have yourself a merry little Christmas'.



ceo update *A minute with...*



Ngaere Dawson, Business Development Unit - Team Facilitator

What does your job involve?

With a background in psychology, sociology and training, I work at CDHB to develop lively and energised teams.

Why did you choose to work in this field?

I have worked in various settings: psychiatric, educational, voluntary organisations and travel. Health sits well with my values and is full of challenges, rewards and opportunities.

What do you love about it?

There is never a dull moment as everyone has a 'story' around health. Having the opportunity to improve the emotional journey of a patient and their family through the health

system is more critical and life changing than planning a trip overseas. I fundamentally believe if people enjoy their work, it will show and patients will benefit.

What are the challenging bits?

When we work day in and day out in the familiar setting of health, it is easy to forget to look through the lens of the patient. Sometimes it takes ending up in hospital ourselves to regain perspective and realise how foreign and scary the health system can be.

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

Many people come to mind. However over the past few years I respect and admire every patient who has struggled to find parking and make an appointment on time. I admire every staff member who is working out of a cupboard or container without a window. I admire everyone who is facing a health challenge while at the same time facing housing difficulties.

The last book I read was....

Rosemary McLeod's [*With Bold Needle and Thread: Adventures in Vintage Needlecraft*](#). Full of my mother's and grandmother's history, illustrated by way of a range of crafts from the 1920s to 1950s. Fascinating and familiar with memories of button boxes, crocheted doilies and oven cloths made out of sacking – brilliant stuff!

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

In a campervan with my dog and no plans while tripping around New Zealand. Exploring every interesting back road and keeping away from tourist spots. After travelling and living overseas I have always loved being 'home'.

My ultimate Sunday would involve

A kiwi bach, with my family, beside a lake. A rope hanging down from a huge pohutukawa tree, grandkids and dogs swimming in the water. Add a barbeque and a glass of wine – heaven!

One food I really dislike is

Anything highly processed in a tin or packet!

My favourite music is...

Dylan to Dobbyn. KD Lang to Lorde. Paul Simon to Paul Kelly. Don McGlashan and Leonard Cohen.



Kim Milward, 1961-2013

Thank you so much to everyone who helped with the cake stall, selling of lily bulbs and donated to the education fund for Kim Milward's daughter's education fund.

Kim Milward, an Enrolled Nurse (EN) died early November this year. Kim worked in gynaecology services at Outpatients Women's Health.

CHOOSE SOMETHING FOR YOU



On the twelfth day of Christmas CDHB gave to me:

- a rubbish skip for hire (envirowaste)
- pure hair and beauty (Pure Hair and Body)
- a personal trainer (To Be Personal Training)
- arthouse movies (Academy Gold Cinemas)
- total home solutions (HRV)
- some salsa lessons (Latin Addiction Dance Studio)
- Kaizuka Gifts and Garden (Kaizuka Gift shop, Garden centre and KII)
 - A chance to give back (we collected for City Mission and other local organisations)
 - Childrens' wall stickers (Dickory Dock decals)
 - Hot ASB rates (ASB)
 - Mint health challenge (Mint Health and Fitness)
 - And a lovely Christmas Spread (which happened this week)

Something for You has managed to get you some extra special treats/rewards (some ongoing and some only for December/January), because we believe you deserve the best rewards for all your hard work. Thank you to all those who have delivered the message through song.

Check out the 12 Days of Christmas video– CDHB style, [by clicking on this link](#), and be sure to check out all the employee benefits on the [Something for You intranet page](#) – there really are some amazing deals in there, just for you.



Staff Wellbeing Programme – new intranet page

New Staff Wellbeing Programme intranet page!

<http://cdhb.intranet/corporate/HealthandSafety/SitePages/Staff%20Wellbeing.aspx>

Holiday break

Unless other arrangements have been made with your instructor(s), Zumba, yoga, 30 minute walk 'n workout, mindfulness, Weight Watchers at Work, and Pilates classes will stop over the holiday period as follows:

- Last day 2013 – Friday 20 December
- Resume 2014 – Monday 27 January (Weight Watchers resumes Monday 20)

New instructors wanted

We are looking for new instructors for 2014.

Pilates instructor Burwood hospital

Yoga instructor Hillmorton hospital (last week January - 1st week of March inclusive)

CDHB Earthquake Support Coordination Service

We have two Earthquake Support Coordinators (ESC) dedicated to helping CDHB staff deal with issues related to EQC, insurance, accommodation etc. Contact an ESC directly on **371 5598** or visit the new [Staff Wellbeing Programme](#) intranet page for more information.

EAP Services: free confidential off-site counselling available for all staff.

More information available on the [Staff Wellbeing Programme](#) page or by contacting Andy Hearn.

This is to advise that the Customer Services Office for the Christchurch Hospital campus will be closed over the Christmas and New Year period from the afternoon of **24 December 2013 to 3 January 2014** inclusive. **For all interpreter requirements**, the usual After-hours, Weekend and Public holiday services will apply during this period.

Christchurch Hospital, Burwood Hospital & PES Phone: 89000 or Page 8304 CHCH Duty Nurse Manager	Christchurch Women's Hospital Phone: 85715 CCO in the Birthing Suite
TPMH Duty Nurse Manager Phone: 66156 or page 6353	SMHS Duty Nurse Manager Pager: 4814 Phone: 0275 414 484

Normal services will **resume on Monday 6 January 2014**.

For any patients and/or their families expressing concern about their care and treatment, if they could be directed to work with the Nurse in Charge of the ward in the first instance to try and resolve matters directly, or through the Duty Manager as appropriate. Alternatively if complainants could be encouraged or assisted to write a letter to this office, we will endeavour to action as soon as possible once this office re-opens in the New Year.

Thank you for your support during this year and wishing you all the very best for the festive season.

Conferences and Events

THINK. SIGN. CONNECT.

**Discover New Zealand Sign Language (NZSL)
and sign up for a 6 week Think. Sign. Connect. course**

NZSL is unique, versatile and fun. Learn everyday conversational words and phrases at one of our personalised courses and overcome communication barriers.

WHEN: 7-9pm
Tuesday 11th February –
Tuesday 18th March 2014

WHERE: School Hall
Tinwald School
130 Thomson Street
Tinwald, Ashburton

COST: \$195 pp inclusive of GST.

Email Lynette.SoutheyRay@deaf.org.nz or
contact Becky Hadfield at 021 920 023



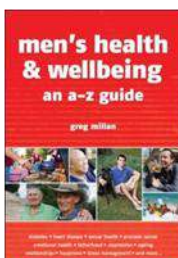
Thursday 6 March, 9.30am—4.00pm

Cancer Society New Zealand, 52 Riddiford Street, Newtown, Wellington

Effective Ways of Engaging Men is a men's health promotion training programme that focuses on how we can more effectively communicate health and wellbeing messages to men and what agencies and organisations need to know about making their services, programs and resources more men friendly to achieve the best possible outcomes for men and boys. The program is for men and women who work in organisations, services and companies that provide health, welfare, wellbeing or community services for men and boys. The program is provided in a strengths based model that addresses the social determinants of health.

You will learn through input and interactive groupwork:

- What the current issues are for males and principles of best practice in men's health work
- How to increase your knowledge and skills in men's health work
- How to use the **H.E.A.L.T.H.** model for engaging men
- About current successful men's health promotion strategies and resources
- Ways to develop your own effective men friendly programs and resources for your organisation or service.



About the presenter

Greg Millan is a Australian social work trained health educator and trainer with over 25 years experience in the men's health promotion area developing and implementing many workshop programs, community events and resources covering a wide range of male health and wellbeing issues. Greg is President of the Men's Health Forum NSW Inc, the peak body for improving men's health in New South Wales and an Executive Member of the Australasian Men's Health Forum Inc., Australia's peak body implementing a social approach to male health. He produces emale a free international monthly men's health and wellbeing ebuletin and is the author of "Men's health & wellbeing: an a-z guide".

What people say about the programme

"Quality information, backed up with email resources is a great combo. I feel a lot more confident about engaging with men in the workplace now."

"The program flowed well, easy to follow with great relevance and practical strategies that I can use."

"Good workshop – no down parts – interesting all the way through." | "Enjoyed Greg's dedication and fairness, consideration and advocacy and his generosity with resources."

Cost

\$240 NZ for one day of training, resources, refreshments and lunch and a copy of "Men's health & wellbeing: an a-z guide" (Value \$46 Aust) plus 3 month follow up support with your program, project or resource development. Registration can be paid to the Cancer Society New Zealand - details on your Invoice.

Registration open – limited places, book soon

Greg Millan, Men's Health Consultant

<http://www.menshealthservices.com.au/about.html>

Email greg@menshealthservices.com.au





The Hauora Māori: Relationships that advance Māori Public Health symposium hosted by the University of Otago, Wellington will be held on Wednesday 19 **February 2014**. People from a diverse range of backgrounds working in the field of hauora Māori, public health and health promotion are invited to attend.

This symposium examines the power of collective and collaborative action for hauora Māori. Using exemplars of effective Māori public health action, foundational philosophies and relationships are examined alongside innovations in Māori public health. Lieutenant General The Right Honourable **Sir Jerry Mateparae** will be opening the symposium with **Hon Tariana Turia**.

Keynote speakers include presentations from:

- Associate Professor Leonie Pihama (University of Waikato)
- Dr Carwyn Jones (Victoria University of Wellington)
- Mr Denis O'Reilly (Consultancy, Advocacy and Research Trust, Wellington)
- Ms Nancy Tuaine (Te Oranganui Iwi Health, Whanganui)
- Associate Professor Te Kani Kingi (Massey University, Wellington)
- Dr Keri Lawson-Te Aho (University of Otago, Wellington)
- Dr Lance O'Sullivan **TBC** (General Practitioner, Kaitiaia)

Visit www.otago.ac.nz for a full programme.

How to Register for the Symposium

You can register online by going to www.otago.ac.nz/indigenous. Your registration also entitles you to morning tea, lunch, afternoon tea and supper.

Cost of Registration

If you register before **20 December 2013** you will qualify for the **early bird discount** of \$300 (\$150 for students). Following 20 December registration will increase to \$400 (\$200 for students).

Symposium contacts for any and all enquiries

Pania Lee on pania.lee@otago.ac.nz

Kerry Hurley on Kerry.hurley@otago.ac.nz

Keri Lawson-Te Aho on keri-rose.lawson-teaho@otago.ac.nz



News from the Canterbury Medical Library

Click on the thumbnail to read December 2013 news from the Canterbury Medical Library.

In this issue:

- CDHB Quality and Patient Safety Presentation
- Web resources
- Online books and reports



**Human Resources Administrator
Secretary/Administrative Assistant - ED
Pukenga Atawhai
Occupational Therapist (K1 Ward)
Clinical Psychologist (South Sector)**

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

ICEcycles gives away their 500th bike

This week bike charity ICEcycles (Inner City East Cycles) gave away their 500th bike!

ICEcycles aims to get people on low incomes biking by fixing up their old bikes for free and giving away restored bikes.

This week 17 bikes were provided to families as part of the Methodist Mission 'Support a family for Christmas' campaign.





It's run by a team of volunteers who give up their time so that more people can enjoy the benefits of cycling

For more information contact Meg Christie (x82817)



Te Mana Ora - Supporting Maori Health in Canterbury, December 2013 Newsletter

To read the full newsletter click on the thumbnail.



Otago University, Wellington
Invite you to attend the inaugural:

Māori and Indigenous Suicide Prevention Symposium

Māori and indigenous suicide rates are a major public health issue. This symposium brings together Māori, Pacific and other Indigenous peoples working in the field of suicide prevention to discuss the next steps in addressing this issue locally and globally.

TOPICS INCLUDE: Māori/Indigenous approaches to suicide prevention; interventions; self-determination and community development.

Spaces limited so register now to secure your place at this Public Health Summer School symposium.

Opening Address:

Honorable Tariana Turia (*Ngāti Apa, Ngā Rauru, Tuwharetoa, Whanganui*)

Keynote speakers:

Associate Professor Honorable Luamanuvao Winnie Laban, QSO (*Pasifika*)

Mr Moana Jackson (*Ngāti Kahungunu, Ngāti Porou*)

Mr Normand D'Aragnon (*First Nations, Canada*)

Associate Professor Jacque Gray (*Choctaw, Cherokee, United States*)

Evening Presentation:

Dr Eduardo Duran (*Tewa, Apache & Lakota, Great Turtle Island, North America*)

Monday 10 February 2014 | 8.30am-7.30pm
University of Otago, Wellington
23A Mein Street | Newtown
Wellington

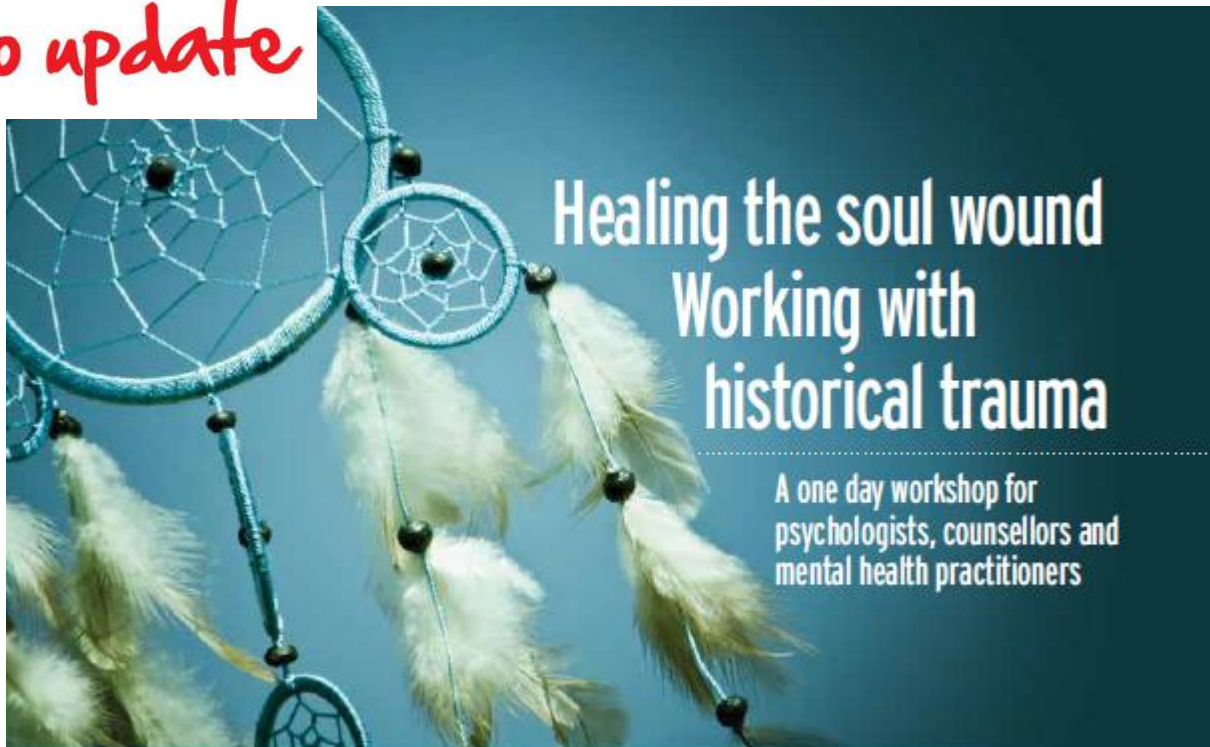
For a full programme of presenters and symposium schedule
visit www.otago.ac.nz/indigenous
or contact kerry.hurley@otago.ac.nz



WELLINGTON

The **18th Public Health SUMMERSCHOOL**
3 - 21 February 2014

www.otago.ac.nz/uowsummerschool



Healing the soul wound Working with historical trauma

A one day workshop for
psychologists, counsellors and
mental health practitioners

Esteemed Native American Clinical Psychologist
Dr Eduardo Duran PhD



Where: University of Otago, Wellington School of Medicine

When: 11 February 2014

Cost: \$300.00 includes a copy of Dr Duran's book:
"Healing the Soul Wound"

Numbers: Limited to 30 people per workshop

To register: email keri-rose.lawson-teaho@otago.ac.nz
OR phone (04) 3855541 ext. 6050

Where: Auckland University

When: 21 February 2014

Cost: \$300.00 includes a copy of Dr Duran's book:
"Healing the Soul Wound"

Numbers: Limited to 30 people per workshop

To register: email keri-rose.lawson-teaho@otago.ac.nz
OR phone (04) 3855541 ext. 6050





Rudolf at Burwood

Christmas has arrived at Burwood Hospital thanks to hospital aide Marion Roscoe whose life-size Rudolf the reindeer and his present be-decked sleigh is decorating the corridor outside the surgical orthopaedic ward. Every year a challenge goes out to the wards to create a Christmas themed display and this year it was a life sized Christmas character made totally from recycled materials. Marion says her display took 35 hours to make and the recycled materials included antlers made from cardboard and wrapped in towelling dipped in tea, gold material that was used about ten years ago on Ward 6 for shock, bubble wrap from a pharmacy and old wine bottle boxes to create the Manhattan Skyline.



Left: Christmas tree created by Staff in Ward 3A, The Princess Margaret Hospital.



Above: Philip in the mailroom getting into the Christmas spirit.



Hamper of goodies up for grabs

Send us a photo of your work area decorated for the festive season and go in the draw to win a hamper of goodies to share amongst your team.

Photos must be sent to communications@cdhb.health.nz before midday on Friday 20 December. This competition is only open to teams of four or more people - not individuals.

Please include details of your team members and your physical location.

TIPS FOR HOSTING A WORK FUNCTION

THE CHRISTMAS SEASON
IS FAST APPROACHING. BEING
PROPERLY PREPARED WILL HELP
ENSURE EVERYONE CAN ENJOY
THEMSELVES AT YOUR WORKPLACE
CHRISTMAS FUNCTION.



Here are some key tips for running a successful workplace Christmas do:

- Ensure there are plenty of non alcoholic drinks available
- Have substantial food available - not just snacks
- If you're providing alcoholic drinks make sure that the people who are serving them monitor people's consumption to avoid intoxication
- Provide entertainment like games, a band or have a quiz so the focus is on the people rather than alcohol
- Make sure there is a clear start and finish time
- Ensure that staff are provided with safe options to get home after your function - these could include sober drivers or a shuttle.

For more information on holding a safe and successful work function go to www.alac.org.nz



Canterbury
District Health Board
Te Poari Hauora o Waitaha