



## Two years on from the mosque attacks

Today marks two years since the mosque attacks at Al Noor and Linwood mosques and we remember the 51 people who lost their lives.

We also remember those whose lives were changed forever on that day: people who were injured and survived, those who lost loved ones, people who witnessed the attacks and others who were directly involved in the response. This includes first responders, such as Police, St John and Health as well as the many members of the public, including neighbours and bystanders who were first on the scene.

The ripples from these horrific attacks spread far and wide. Everyone has their own story about how the attacks and the aftermath affected them. There was an outpouring of grief and support from throughout New Zealand and around the world.

On Saturday I attended the National Remembrance Service, *Ko Tātou, Tātou We Are One*. The service was moving and it brought home to me the reality that while two years sounds like a long time, for many people the pain and grief is still raw and the need for wellbeing support will go on for some time yet.

There's a [live stream](#) of the National Remembrance Service, available for anyone to view. \*Note, you need to slide the progress bar to 11 minutes in to the start of the service.

From the time the first two injured people arrived at Christchurch's Hospital's Emergency Department at 1.50pm on 15 March 2019, our teams were involved in providing treatment, care and support to the 49 seriously injured people. I have heard reports and stories of the amazing work our various teams did in the minutes, hours, days, weeks, months and years that followed as people's journeys continued through our health system.

If you weren't working for Canterbury DHB in 2019, this [short video](#) provides some insight as to what it was like for those working on the 15 March 2019.

## MESSAGES OF AROHA AND HOPE



ALL RIGHT?



Ko Tātou, Tātou  
**We are one**

NATIONAL REMEMBRANCE SERVICE

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I know today may bring back painful memories for many people. Please seek support if you feel overwhelmed and would like to talk to a professional. All of the usual services are available for staff – details can be found [here](#) and there's some further practical wellbeing advice on [page 4](#).

You can all be proud of the health system response and the part you played. The outpouring of support for the Christchurch community and the coming together of people, displaying unity, strength and hope was a real positive to come out of this tragedy.

The overwhelming message I took away from Saturday's remembrance service was the ongoing commitment of everyone involved to recognise and celebrate diversity and a collective responsibility to keep nurturing this unity and growing our relationships.

**WE ARE MORE  
ALIKE THAN WE  
ARE DIFFERENT.**



**ALL RIGHT?**

## Appointment of Chief People Officer, Canterbury & West Coast DHBs

One of my key priorities is rebuilding a strong executive team underpinned by a commitment to shared leadership and values, therefore I am pleased to announce the appointment of Mary Johnston to the position of Chief People Officer for Canterbury & West Coast DHBs.

Mary is an experienced human resources leader and has held roles in a range of industries in the public and private sectors including health, education, property, IT and infrastructure. She's previously worked in organisations undergoing change and transformation. As well as having the necessary technical skills and leadership experience Mary is a people person, keen to work alongside colleagues to listen and learn more about Canterbury & West Coast DHBs and see where the People & Capability team can add value and support the health and wellbeing of our combined team of more than 12,000 people.

I know you will join me in making Mary welcome. I look forward to announcing further appointments to the executive team in the coming weeks.



Welcome to our new Chief People Officer for Canterbury and West Coast DHBs, Mary Johnston

Ngā mihi nui

**Peter Bramley, CEO  
Canterbury District Health Board**

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

## Clarity on COVID-19 vaccination

Last week's announcement on the high-level timing of the roll-out of COVID-19 vaccination was welcome news.

Everyone will be offered the Pfizer vaccine as it's safe, effective and will be free for everyone in New Zealand. The Pfizer vaccine has been used successfully around the world by millions of people and is 95 percent effective when you receive both doses. The government has secured more than 10 million doses, which is enough for everyone in New Zealand to receive two doses.

The priority for vaccination is those most at risk of picking up the virus in their workplaces, which is why Border workers and Managed Isolation and Quarantine staff and their household contacts are first up, followed by other frontline workers – including health and people working in

high-risk areas, then those most at risk of getting seriously ill (those aged over 65 and people with underlying health conditions) followed by everyone else aged 16 and over from July onwards. Further details are available on [page 12](#).

For trusted advice on the COVID-19 vaccine, visit these websites for accurate and timely information:

- › The Immunisation Advisory Centre website – [www.immune.org.nz](http://www.immune.org.nz)
- › The Ministry of Health website – [www.health.govt.nz](http://www.health.govt.nz) or
- › The Unite Against COVID-19 website – [www.covid19.govt.nz](http://www.covid19.govt.nz)

Their official social media channels are also updated frequently – follow [Unite Against COVID-19](#) and [NZ Ministry of Health](#) on Facebook.

## Scan scan scan – yes, you should even scan in when you arrive at work every day

Later this week you'll start to see posters reminding you to scan in when you arrive at work.

We're also working on having more QR codes and making them more accessible for staff so if you forget to scan in at the front door when you arrive, you can scan in in the café, or staff tea room.

Everyone who works in health should be modelling the behaviour we're asking the rest of the community to do, and that is to scan in everywhere you go – absolutely everywhere.

Use the government's COVID-19 Tracer App and scan the QR Code on display everywhere you go. If you've had trouble downloading the app, talk to a tech-savvy colleague who may be able to help. It's free for Android and Apple phones on Google Play and from the App Store.

We've had feedback that some staff don't think it's necessary to scan in at work, as you use a swipe card to enter the building and your attendance is recorded in microster, but if you don't scan in and have Bluetooth turned on within the app, you won't get timely alerts in the event you may have been exposed to a case of COVID-19.

# Scan. Scan. Scan.

Everywhere you go,  
everywhere you can.

Have you scanned in at work today? Scan in to every DHB building you enter with the **COVID-19 Tracer App**.

Unite  
against  
COVID-19



If you move around our facilities during the day, you need to scan in whenever you enter a new building or see a new QR code.

Let's show the rest of New Zealand Canterbury has the can-do attitude when it comes to lifting our scanning game!

There's also a manual sign in system available at all entrances to our facilities.

Every time you see someone (staff or visitor) enter our facilities, please encourage them to scan or sign in (if they don't have the app) and to use the hand sanitiser available.

## Wellbeing advice for 15 March Anniversary

The anniversary of the 15 March mosque attacks may be causing you to feel a range of emotions. You could feel anything from anger, sadness or anxiety to numbness.

Take a moment to think about things that have helped you in the past and try these.

Here are some ideas that may help:

### Have good supports around you

- › Spend time with people you trust and feel safe with. You might want to talk about what you have heard and read, or you might prefer to talk about other things and get your mind off it.

### Take care of your body and mind

Taking care of your physical health can really help with managing stressful times.

- › Eat regularly and drink lots of water. Avoid too much caffeine and junk food.
- › Have a good sleep routine and sleep early.
- › Get out into nature as much as you can. Regular walks can help.
- › Take breaks. Get some fresh air, have a short rest, talk to a friend.

### Take a break from media

There might be lots of media coverage and discussion of the anniversary of the attacks. Remember you have the choice to stop watching or reading at any time.

- › Limit your time on social media and the news.
- › Avoid reading comments or people's posts as these can be upsetting.
- › Encourage young people to take breaks from social media.

### Use self-soothing and grounding techniques

If you are feeling overwhelmed:

- › Activate your senses to focus on the present moment: notice three things you can feel, hear, see, smell, and taste.
- › Have things with you that soothe you, e.g. aromatherapy oil
- › If you feel agitated, movement and exercise may help.
- › Notice where you are tense in your body by tightening and slowly loosening your muscles. You might notice your forehead, jaw, neck and shoulders are very tight.
- › Breathe. Slow, deep breaths in and out. Notice your stomach rise and fall.

### Be kind to yourself

It's normal to feel a lot of different emotions.

- › Don't expect too much of yourself over the next few weeks.
- › Take time to do things you enjoy in the evenings, or schedule things to look forward to.

### Ask for help

This time might feel overwhelming and upsetting for you. Reach out and let people know if you or someone you love is struggling. Talk to someone you trust and tell them what is going on for you.

- › Call or text **1737** for confidential counselling anytime.
- › DHB staff can contact the usual supports available [here](#).
- › For more ideas and wellbeing advice, visit the [Tips and Guidance](#) page on the [resilient.org.nz](https://resilient.org.nz) website.

**YOUR LOVED  
ONES WILL  
NEVER BE  
FORGOTTEN.**

ALL RIGHT?

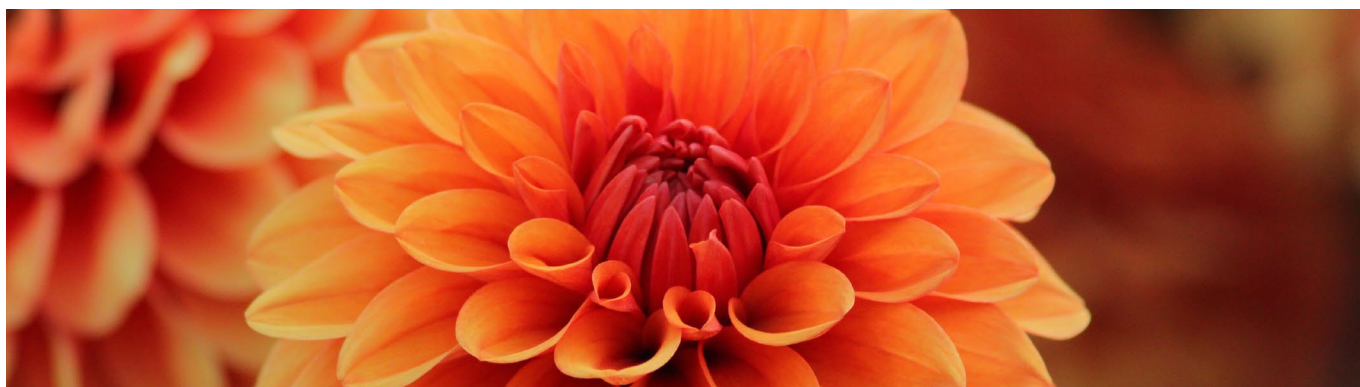
**WE WILL  
CONTINUE TO  
STAND WITH  
YOU, AND  
SPREAD LOVE.**

ALL RIGHT?

**WHERE THERE  
IS AROHA,  
THERE IS HOPE.**



ALL RIGHT?



## Bouquets

### **Lisa Stamp, Rheumatology and Immunology Service, Christchurch Hospital**

The service at my appointment was A1. Always has been with Professor Lisa Stamp, couldn't be any better. Thank you, Christchurch Hospital, for your good service.

### **Birthing Suite, Christchurch Women's Hospital**

I would like to send a huge thanks to the midwives in the Birthing Suite, assessment and induction area. I had a two-night stay due to an unsuccessful induction. The staff were absolutely amazing. They were caring, knowledgeable and accommodating and made my stay as comfortable as possible. My experience would have been significantly worse had it not been for the people caring for me.

### **Rachael, Ward B3, Christchurch Hospital**

At 2am, when I was in pain, a registrar named Rachael was caring as she examined me and talked over my symptoms. She sat with me for about 20 minutes and was so caring and kind. It gave me great comfort to know I was being looked after for by someone who really cared.

### **Emergency Department (ED), Acute Medical Assessment Unit, Ward 24 and WellFood Services, Christchurch Hospital**

My heartfelt thanks go to the nurses and nurse aides. Their patience and understanding is beyond reproach. Thanks also to the WellFood staff who fed us good food and plenty of fluids. Nothing seemed to be a problem and they always had a smile and a cheery word. I would also like to extend a massive thanks to the General Medical team and the person who completed my discharge papers on time as she said she would.

### **Oncology and Radiology, Christchurch Hospital**

I have had three appointments this week and the service has been exceptional, thank you.

### **ED, Intensive Care Unit (ICU) and paramedics, Christchurch Hospital**

My daughter was rushed to Christchurch Hospital in a very serious condition. Without the help of the paramedics, ED and ICU staff I am very sure we could have had a different outcome. To Rachel (I think this is your name) who kept us updated while we drove the six-plus hours to get to Christchurch I thank you for your updates and keeping us informed of what was being done. To the ICU staff thank you for being so calm and collected when I was a total mess seeing my only child so helpless and reliant on machines to help her get through this very serious ordeal. I cannot thank you all enough for this and the fact that you all saved my daughter from what was a very serious situation. I hope you all got a fair share of the chocolates and biscuits that I dropped to each department. Without you I know for sure the outcome we have today would be very different. Our daughter is doing well and recovering slowly. Words cannot express my gratitude for what you did for my daughter. Once again, thank you.

### **Mark Elder, Ward 11, Christchurch Women's Hospital**

Professor Mark Elder performed a challenging cornea graft for me in Christchurch Women's Hospital. Thank you for your excellent work.

### **Penny, Radiology, Christchurch Hospital**

A great shout out to Penny who did the ultrasound on my pregnant wife. She made us both comfortable as we were really stressed after going through a miscarriage last year. Great work Penny!

## South Island paramedics given best tool for the job

St John paramedics across the South Island have been given direct access to key patient information via HealthOne's Shared Care Record View.

This is a secure record that stores patient health information, including general practice records, prescribed medications and test results.

From this month, paramedics are now able to use their portable electronic devices to access key information, such as advance care plans, acute plans and hospital discharge summaries, at the point of care.

St John Right Care Advisor and Paramedic Orla Fowden says paramedic access to HealthOne was something she had wanted to make happen for some time.

"I was ecstatic when I was approached by the South Island Alliance Palliative Care Workstream, who identified us as a vital partner in their patient's journey and that our paramedics have been under-resourced with regards to our patient's health information.

"They agreed this left us ill-equipped to provide the best possible care to this cohort of patients, with limited access to their acute plans and advance care plans."

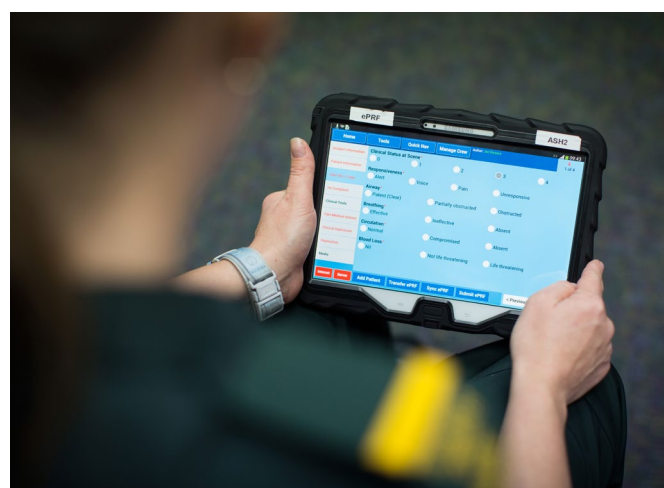
The South Island Alliance connected St John with the HealthOne/Health Connect South team, and an initial working group was formed.

"The Alliance were vital in instigating the initial working group and have demonstrated immense advocacy for us. Throughout the project, I was made to feel welcome and supported, I couldn't have done it without their encouragement.

Although HealthOne has been providing access to St John's clinical desk staff since 2017, enabling paramedics to have remote access is an exciting extension of this work, says HealthOne Senior Project Manager Grant Wells.

South Island Alliance Regional Programme Facilitator, Palliative Care Workstream, Joanna Hathaway says improving information sharing between health services in the South Island is one of their key goals.

"Patients nearing the end of their life are often cared for by multiple health services in many different settings, all with their own patient management systems. This can make it difficult for clinicians to access and/or share patient information and can lead to inefficiencies and inconsistencies in patient care.



St John paramedics now have access to key patient information via HealthOne's Shared Care Record View

"With this in mind, the Palliative Care Workstream has been bringing together key stakeholders to look at ways to improve information sharing so all of our patients can get the best care possible, regardless of which service is currently caring for them.

"From early on in the discussions, it was clear that greater access to patient information via HealthOne would assist St John paramedics with their assessment and treatment plans when called out to see palliative patients in the community, as their symptoms were often due to underlying illnesses that could be managed differently, thereby achieving better results for patients and potentially avoiding unnecessary trips to hospital."

"We are thrilled to see the result of everyone's efforts with St John paramedics now being able to directly access patient information via HealthOne from their portable devices."

The Palliative Care Workstream would especially like to acknowledge the hard work of everyone who was instrumental in bringing this complex project to fruition, Joanna says.

St John Extended Care Paramedic Saxon Ross is grateful for the "endless benefits" of accessing HealthOne as it allows him to gain thorough medical histories for all his patients. He now finds himself utilising HealthOne on a daily basis.

# Education and awareness about kidney disease “so important”

One in 10 New Zealanders has some level of kidney disease and many don't know it.

Although not all will go on to have kidney failure, it is important to raise awareness, which is the reason for World Kidney Day on the second Thursday of March each year, says Chronic Kidney Disease Nurse Co-ordinator Karyn Marshall.

“I think what people don't realise about kidney failure is that it is a terminal disease. We don't have a cure, we only have treatments, which include dialysis and supportive care. Moving forward, education and awareness is so important. We have to get our message out there about taking care of yourself.”

Karyn, along with some of her colleagues and dialysis patient, Claire Christie, managed an information display last Thursday at Christchurch Hospital to mark World Kidney Day.

Kidney disease is diagnosed with blood and urine tests. Symptoms of the disease include a change in the frequency and quantity of urine, needing to pass urine frequently at night, frothing or foaming urine, ankle swelling, lethargy, lack of concentration, shortness of breath, high blood pressure, loss of appetite, and nausea and vomiting.

However, often people are unaware that they have any kidney problems as the kidneys are so good at compensating, Karyn says.

“Advanced kidney failure can be present without any symptoms or warning signs.”

Diabetes and high blood pressure are leading causes of kidney failure. Diabetes has been established as the cause of around one third of all cases and is the commonest cause in most developed countries.



From left, board member Kidney Health NZ and CEO Flying Doctors and Air Rescue Christine Prince, Clinical Renal Physiologist Anthony Veeraraghavan, Biomedical Technician Danny Brookes, Registered Nurse Dialysis Services Sarah Ulrich, Chronic Kidney Disease Nurse Coordinator Karyn Marshall, Dialysis patient Claire Christie, Biomedical Technician Bryan Cole, Transplant Coordinator, Susie Rich, and Registered Nurse Dialysis Services Paolo Songcayauon

Although there is no cure, kidney disease can be treated. The earlier you know you have it, the better your chances of receiving the best treatment.

“We try to provide as much pre-dialysis education as we can so that people are able to make a choice of which treatment choice suits them and their lifestyle the best,” Karyn says.

Claire says people often view those on dialysis or with any chronic illness as being in the “too hard basket” when it comes to conversation and friendship. People are often surprised that she is married, has skydived and bungy jumped.

Claire has written about her experience of living with chronic kidney disease and agreed to share it. Here are some excerpts:

## Believe, by Claire

Since day one of my kidneys failing I have learnt that not everyone is understanding.

I have lost so many friends over the years; each time I have a big medical event a few more slowly drift away. People don't know how to cope with these things. Which is sad because we are still people too. We still love chatting about our hobbies, families, even cats and dogs!

Being on dialysis, having chronic pain, is so hard, but that doesn't mean we sit inside all day. I push myself sometimes to show that I can do things and even if many others don't believe in me, I believe in myself.

I truly believe that every single one of us is capable of great things, even if we are served a tough hand. It's 100-times harder to achieve our goals, but it can still be done. Even if it's one small achievement a day, the smallest things, like doing some gardening, tidying a small section of the house.

For those like me I would say don't ever forget that the belief and determination you have in yourself is what helps you push through the hard days. Those hard days are what make you stronger.

# Medical Education Training Unit brings together services for orientation

An expo for new house officers has again proved a popular way for them to receive vital information.

The expo aims to provide important clinical and non-clinical information from smaller services and departments and, in some instances, parties that are not part of Canterbury DHB, says Medical Education Co-ordinator Karen Dreaver.

"It gives presenters the opportunity to let the house officers know who they are, where they can be found and how they can help house officers, and through them, their patients.

"The expo is the second we have run, and we've had really positive feedback from the house officers and services that attended. It was held on the ground floor open space in Manawa, which is a perfect location."

Karen works in the Medical Education and Training Unit (METU) and facilitates clinical orientations for new registrars and house officers. The house officers receive a four-day clinical orientation that is designed to prepare them for starting at Canterbury DHB.

"There's a lot of information they need to know and lots more that might be useful, so we need to find the right balance to present it in the most engaging way possible and to avoid information overload. That's when I thought about running an expo.

"A diverse range of services attended and took up the opportunity to promote themselves to our new house officers. I am hoping this will be a permanent fixture that we can now invite more services to, which is fantastic," Karen says.

Organisations that attended this year:

- › Resident Doctors Support Team
- › Specialty Trainees of New Zealand
- › Resident Doctor's Association
- › Medical Assurance Society
- › Christchurch City Council – re the Metro sports facility
- › Smokefree
- › Journey planners
- › Social workers
- › Physiotherapy
- › Speech Language Therapy
- › Nutrition and dietitian

- › Canterbury Health Laboratories
- › Green prescription programme
- › Blood Transfusion Service
- › Māori Health
- › Interpreter Services.



Scenes from the METU expo 2021

# Rangiora maternity role “rewarding”

Charge Midwife of Rangiora Health Hub Suzanne Salton is leaving the role on Friday after 18 years to take up a new job as a core midwife on the Birthing Suite at Christchurch Women's Hospital.

Suzanne was a core midwife at Rangiora for five years before taking up the position of Charge Midwife.

“That's 23 years in total. On the wall in the hallway we have a gallery of previous charge midwives and Charge Midwife Rhoda Harper was here from 1940 for 25 years, so it's not quite a record!” Suzanne says.

Suzanne was working at Christchurch Women's Hospital when the opportunity came up to move temporarily to the then Rangiora Hospital. After six months there Suzanne, who lives in North Canterbury, asked if she could stay another six months, and the rest is history.

“It's been a journey, a really rewarding job and I have enjoyed it, but it has certainly had some challenges as well.”

One of these was the transition to new facilities, and the new Rangiora Health Hub building, which opened in October 2015.

“For the last six months before the move I did project management for about two thirds of each week, but I did enjoy being part of the project team, it was a learning experience, dealing with a lot of people and things I'd never had to before.”

The number of births and post-natal transfers at Rangiora Maternity have more than doubled in recent years, reflecting its popularity.

“The general convalescent patients, predominantly cardiac and orthopaedic patients, are very grateful for their time here to rest and regain independence after surgery.”

One of the highlights of her 23 years there is the staff.

“We have fantastic staff, who are very loyal to the place and help each other out. We are like a big extended family, which includes our wonderful lead maternity carers (LMCs).”

Suzanne says she is incredibly grateful to the Friends of Rangiora Hospital, most of whom are aged in their 70s and 80s and have raised \$150,000 for the hospital in the past 20 years.



Suzanne Salton

She is looking forward to having a tertiary hospital experience again and refreshing her skills in IV cannulation and equipment.

“It will be nice to be back working with women rather doing the management.”

Suzanne has made a fantastic contribution to maternity services in Rangiora and in fact the whole of North Canterbury, says Director of Midwifery Norma Campbell.

“She has consistently maintained a high standard of professionalism herself and also in her expectations of those who work at Rangiora.”

Those standards are reflected in the confidence women and their LMC midwives have about giving birth there and, for those women who cannot for some reason, their request of the staff at Christchurch Women's Hospital to return to Rangiora for postnatal care.

“The extensive networks Suzanne has in North Canterbury have also added huge value to the unit. We are pleased she is not leaving the maternity system here in Canterbury and are looking forward to welcoming her to Christchurch Women's Hospital.”

Associate Clinical Midwife Manager Jen Cunningham has been appointed to replace Suzanne as Charge Midwife Manager at Rangiora.

# One minute with... Sam Allan, Orderly, Christchurch Hospital

## What does your job involve?

A lot of people contact, including patients, whānau, staff members and visitors to the hospital. I also deliver portable medical gases and equipment to the wards and departments and, when required, I also collect rubbish and deliver the clean linen throughout the hospital.

## Why did you choose to work in this field?

Because I enjoy the people contact and doing what I can for the Christchurch community.

## What do you like about it?

Definitely the team I work with, as well as the people I help.

## What are the challenging bits?

Seeing sick children, as I have two younger sisters whom I love.

## Who inspires you?

My Uncle Spencer, he is a surgeon here the hospital. I really admire the amount of care he shows towards his community and the compassion he has for his friends, family and patients. He does a huge amount of work for the community.

## 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?

I take these seriously as the job of orderly involves a lot of people contact. We use an acronym in the Orderly Service: C.U.E. (Compassion, Understanding and Empathy). We use this for every task we perform.

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

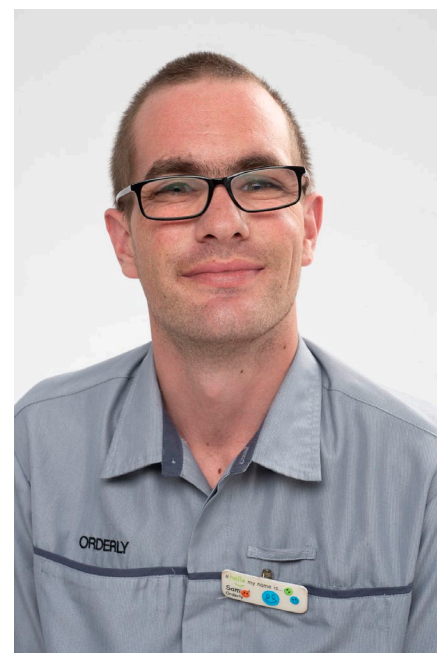
I really enjoy gaming and riding my electric bike.

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

As a boy, watching all the cop shows on TV, my dream was to work in law enforcement in America. It just looked awesome! Now, I am happy working for Canterbury DHB as an orderly, helping others and giving back to the community in a positive way.

## What do you do on a typical Sunday?

Helping my mother with some housework, and getting out on my electric bike and seeing what Christchurch has to offer.



## What's your favourite food?

Chicken. Roasted is my favourite, I love the crispy skin. KFC comes a close second.

## And your favourite music?

I love old-school music – Elton John, etc.

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



### BNZ

BNZ bank is offering special rates and services to all Canterbury DHB employees – see more information [here](#).



### Poppy Cain Hairstyling

10 percent off every cut and colour, bookings essential – Call 021 022 60668 to book. Remember to show your Canterbury DHB ID to redeem.



### Wego Cars

296 Breezes Road, Aranui  
\$300 Off any car purchased, plus full service, free delivery and free one-year mechanical insurance – show your Canterbury DHB ID instore to redeem.



### Sushi Solider

255 St Asaph Street, Little High Eatery, Christchurch Central  
Get 20 percent off your food order – show your Canterbury DHB ID to redeem.

We also have plenty of other great deals from local businesses, check them out [here](#)!

## South Island Alliance update



The latest bi-monthly update from the South Island Alliance Programme Office is out now. The South Island Alliance is a collaboration of the five South Island district health boards (DHBs).

You can read about a step forward in a quality improvement project for children with type 1 diabetes, the results from the first South Island survey of bereaved people which have been released by the South Island Alliance Palliative Care Workstream, and much more [here](#).

# Strength in numbers



## How we're rolling out the COVID-19 vaccine

We have secured enough doses of the Pfizer vaccine for everyone 16 years and over in Aotearoa. Any vaccine's strength is in numbers. The more of us who get vaccinated, the stronger and safer we'll all be. It will give us more freedom in our daily lives, and more options for our whānau, our businesses and our country. Because when we roll up our own sleeves, we're helping to protect all of us.

### Here are the key facts about the Pfizer vaccine:

#### It's safe

It has been approved by our own Medsafe experts. It's also already been used successfully all around the world by millions of people, and by thousands here in New Zealand too.

#### It's effective

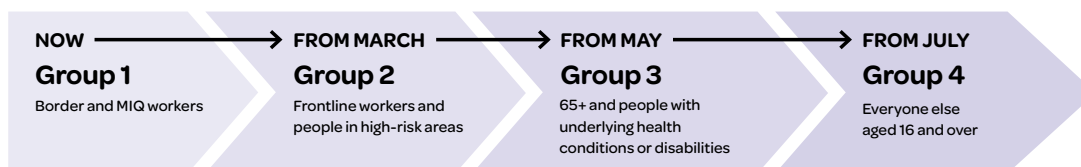
The Pfizer vaccine is 95% effective when you receive both doses.

#### It's free

The vaccine will be free for everyone in the country. We have secured over 10 million doses of the Pfizer vaccine. That's enough for all of New Zealand.

### New Zealand's vaccination rollout plan

The rollout plan for the Pfizer vaccine is simple. Everyone in the country aged 16 and over falls into one of four groups. Firstly, we'll protect those most at risk of picking up the virus in their workplaces – and then those most at risk of getting seriously ill or dying from COVID-19.



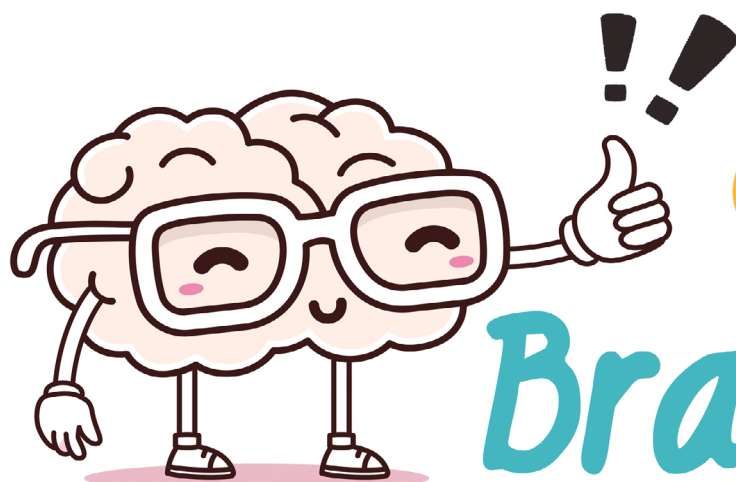
### More strength. More freedom. More options.

We'll let you know when it's your turn for the vaccine. Until then, please keep using the NZ COVID Tracer app, and stay home if you're sick.

[Covid19.govt.nz/vaccine](https://covid19.govt.nz/vaccine)

New Zealand Government

**Unite  
against  
COVID-19**



15-19  
March

**Burwood  
Hospital**

# Brain Week

Brain week is a chance to raise awareness of delirium, dementia, and other neurological conditions and the role we can all have in supporting brain health. Get involved with Brain Week at Burwood Hospital!

**Cakes!**



## Mon 15 March Brain Week Cake-off

Cakes with a message!  
Check out the cake masterpieces in the Burwood atrium 10am-12.30noon:  
- take home one of the fabulous cakes by buying a raffle ticket  
- vote for the people's choice prize

**WORLD DELIRIUM  
AWARENESS DAY!**

## Tues 16 March Brain Health Expo

The atrium Brain Week hub will host a range of information about protecting our most valuable asset.

## Wed 17 March Delirium Day

Head to the atrium Brain Week hub for all things delirium all day!

## Thu 18 March Dementia friends

Kate McIntyre from Alzheimers NZ will be running fun and friendly in-person Dementia Friends sessions in BWD2.3 at 9.30am, 11am, and 2.30 pm.

?



**Dementia friends  
WIN GREAT PRIZES!**

## A dementia friendly hospital needs dementia friends.

We are challenging \*all\* our staff to complete Dementia Friends training online or in person on Thursday. Please let the main Burwood Hospital reception desk know when completed, to help us count how many dementia friends we have and to go in the draw for prizes.



**Open  
to all**

## Fri 19 March Dementia

Head to the atrium between 10am and 1pm for the last event of the week. Talk with Dementia Canterbury and find out more about local resources, initiatives, and support.



**DEMENTIA FRIENDS**

[demfriendsnz.firebaseio.com](https://demfriendsnz.firebaseio.com)

15 March 2021



# BRAIN HEALTH MATTERS

1 in FIVE New Zealanders live with a neurological condition.

Come and join us to hear the latest research on the brain - from experts here in Canterbury.

Registration essential.

**FREE PUBLIC EVENT**

Proudly presented by:



**New Zealand  
Brain Research  
Institute**



**TE PAPA  
HAUORA**  
*The future of health*

In association with:

**Canterbury District Health Board  
University of Canterbury,  
and the University of Otago.**

Te Papa Hauora is hosting the New Zealand Brain Research Institute's **Brain Health Matters** event to mark International Brain Awareness Month.

Come and join us at this free event to hear leading researchers here in Canterbury talk about why your brain health matters.

**When: Wednesday 24th March**

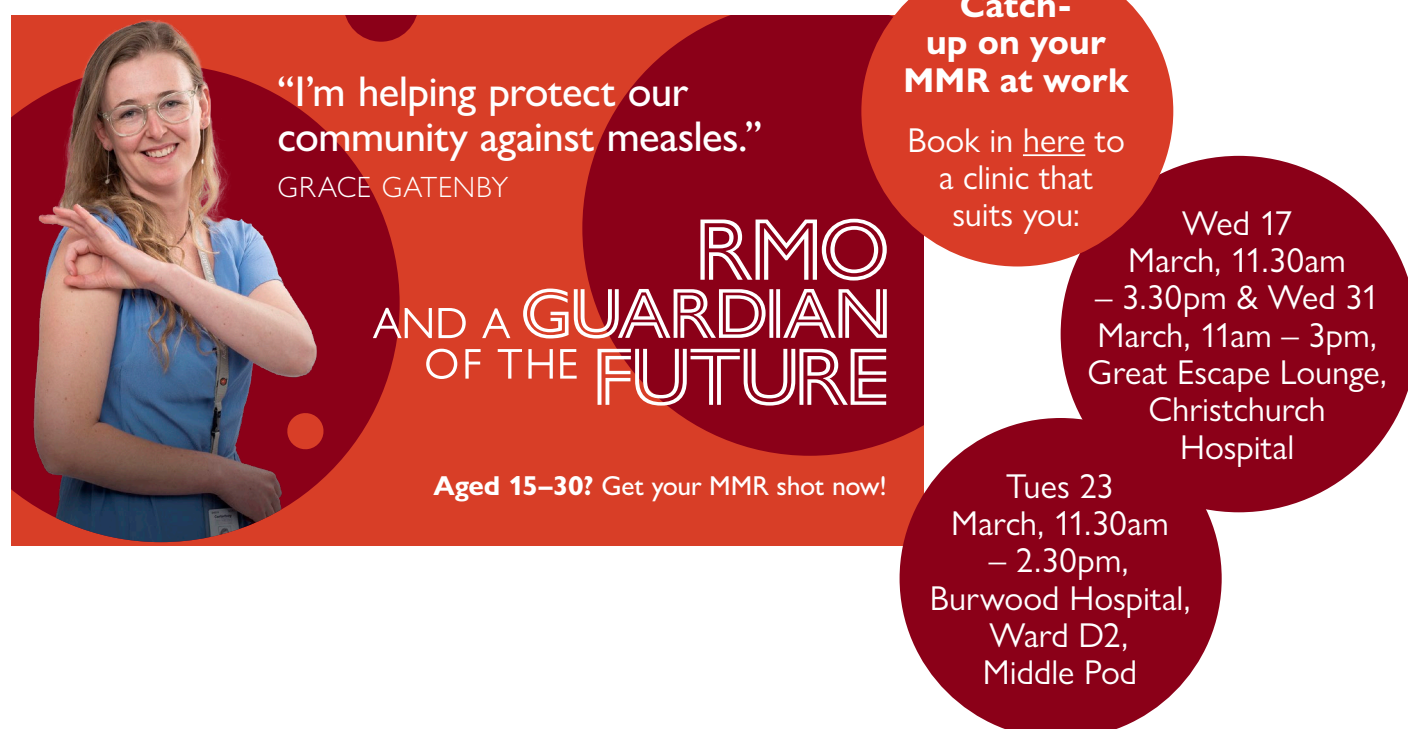
**Time: 5.30–7pm (refreshments from 5pm, talks start at 5.30pm)**

**Where: Manawa Foyer, 276 Antigua St, Christchurch Central**

### Speaker line-up

- › Dr Michael MacAskill – Parkinson's: More than just tremors
- › Tracy Melzer – Brain imaging research
- › Dr Nadia Borlase – Trauma and the earthquake brain
- › Dr Teddy Wu – Advances in clot retrieval treatment for ischaemic stroke
- › Professor Tim Anderson – Huntington's disease: New hope on the horizon
- › Dr Catherine Theys – Improving identification and treatment of communication difficulties
- › Professor John Dalrymple-Alford – Dementia: Variations, risk and prevention

[Register now.](#)



**"I'm helping protect our community against measles."**

GRACE GATENBY

## RMO AND A GUARDIAN OF THE FUTURE

**Aged 15–30? Get your MMR shot now!**

**Catch-up on your MMR at work**

Book in [here](#) to a clinic that suits you:

- Wed 17 March, 11.30am – 3.30pm & Wed 31 March, 11am – 3pm, Great Escape Lounge, Christchurch Hospital
- Tues 23 March, 11.30am – 2.30pm, Burwood Hospital, Ward D2, Middle Pod



## You're invited: Dementia Friends sessions in Christchurch

Become a Dementia Friend and join a growing community of 10,000 plus Kiwis helping to make NZ a kinder place for people living with dementia.

Join Alzheimers NZ for a **free, one-hour interactive session** to learn more about dementia and how you can help.

All are welcome. Places are limited so do please book in early if you'd like to come.

At **Alert Level 1** the sessions will go ahead as advertised, face to face, following the usual Covid-19 protocols. Please remember to check in to the venue when you arrive and use the hand sanitizer provided. If you are sick, please stay at home. At **Alert Level 2 or above** – the sessions will be offered online via Zoom.

### Wednesday 17th March

- 10am - Avebury House, 9 Eveleyn Couzins Avenue, Richmond
- 2.30pm - Te Hāpua - Halswell Centre, 341 Halswell Road, Halswell (part of the library complex)

### Friday 19th March

- 10.30am - Te Wharakararuruhau - Christchurch Community House, 301 Tuam Street
- 1pm - The Village (Presbyterian Church) , 460 Papanui Road, Papanui

**RSVP to [dementiafriendlynz@alzheimers.org.nz](mailto:dementiafriendlynz@alzheimers.org.nz)**