

Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

Issue No.36 | 17 April 2023 | 17 Paenga-whāwhā 2023



Te Whatu Ora
Health New Zealand
Waitaha Canterbury



In this issue

Kupu Arataki – Introduction... pg 3-7

- › Quiz – Great American comedies... pg 8

Ā mātou korero – Our people

- › Tireless advocate for people with a brain injury... pg 9
- › One minute with... Ayan Hussein – Health Protection Officer (HPO)... pg 10
- › Akoranga reo Māori – lesson #10 Ngā Kākahu – Clothing... pg 11
- › International winter warmer recipes... pg 12
- › Whakamihi – Bouquets... pg 13

Ā mātou korero – Our stories

- › Waitaha Canterbury on the sustainability road with its new fleet... pg 14
- › Better communication with people who are Deaf and hard of hearing... pg 15
- › Creating accessible documents and information ... pg 16

Pānui – Notices ...pg 17-22

Cover photo: Health Protection Officer Ayan Hussein at Lyttelton Port after a ship inspection

Kupu Arataki – Introduction

Tell us how you travel to and from work

It's been around five years since our Canterbury kaimahi were last surveyed on the modes of transport we use to get to and from work. In that time, a lot has changed. We have seen more electric options become available in the form of bikes, scooters and cars. Bus routes have been added and changed and car parking has become more expensive and restrictive around the city.

On Wednesday 26 April a survey will be released to staff and we are asking everyone living and/or working in the greater Christchurch area to complete it.

The data provided will inform planning and decisions for future facilities and allow us to better support the services our staff need across our Christchurch campuses to travel safely to and from work.

The survey will be emailed directly to be completed online but paper copies will also be made available. On top of that, there are some great random prizes to be won, including gift vouchers for health and beauty products, gym discounts and more.

A full list of prizes will be provided when the survey is released.

Tell us how you travel to and from work and help shape future campus facilities and services.



Complete the travel survey from 26 April and be in to win prizes!

Protecting your pēpi
from **Whooping Cough**
starts during pregnancy

Te Whatu Ora
Health New Zealand

Te Aka Whai Ora
Māori Health Authority



The latest on the change consultation and more

Staff should refer to the Information Hub on [PRISM](#) for the latest Te Whatu Ora news including:

- › The change consultations
- › How you can have your say
- › The latest documents and hui recordings/transcripts.

All staff are encouraged to read the proposals and provide feedback.



Welcome to Te Whatu Ora | Health NZ. Get all the latest information and updates on the Information Hub

Construction begins on third tower of the Waipapa Building at Christchurch Hospital

Construction has started on 'Tower C' – new inpatient wards in the Waipapa Building – and it is anticipated that the third tower will be completed by the third quarter of 2025.

Canterbury Executive Director of Infrastructure Rob Ojala says the new tower will provide 160 beds in total, with 64 available as soon as it opens. Fit-out of the remaining floors, with a capacity of 96 beds, will be the next stage of the development.

The construction of the six storeys on the eastern end of the existing Waipapa building will match the footprint, facade, and internal design of the current towers. Seismic strengthening and resilience to withstand earthquakes and provide health services immediately post-disaster is an integral part of the design, along with features such as increased airflow and the ability to separate wards if needed for a future pandemic.



This artist's render shows how the Waipapa Building will look once Tower C (left) is completed

New National Finance Director Infrastructure and Investment – Timneen Taljard

Timneen Taljard has been appointed as National Finance Director Infrastructure and Investment effective 3 May. She will lead finance business partnering for the financial management of operational and capital spend which falls under the accountability of the Infrastructure and Investment service. There are over 100 projects across the motu which represent nearly \$7 billion of funding prioritised by Government to improve health infrastructure.

Timneen is currently the Acting CFO for Counties Manukau and has been involved with the major capital projects underway in the district.



New National Finance Director
Infrastructure and Investment
Timneen Taljard

Earth Day

This Saturday 22 April is Earth Day. Celebrated annually since 1970, the theme of this year's Earth Day is 'invest in our planet'.

President of Earthday.org Kathleen Rogers says that collective investment in the health of the earth is crucial in 2023.

"Businesses, governments, and civil society are equally responsible for taking action against the climate crisis and lighting the spark to accelerate change towards a green, prosperous, and equitable future. We must join together in our fight for the green revolution, and for the health of future generations. The time is now to Invest In Our Planet."

Despite the many green policy initiatives enacted across the globe in 2022, most countries are not on track to meet greenhouse gas neutrality by 2050.

Governments, businesses, and citizens are essential in harnessing the revolutionary progress needed to save humanity from the climate crisis. Overcoming climate change is within reach if we work together to commit to action and invest in our planet and our collective future.

Watch the Earth Day 2023 theme video [here](#).

To learn more about Earth Day, check out the website [here](#).



It's vaccination season

There may be a strong focus on vaccination at the moment but there is still confusion about who is eligible for what and when. Many vaccines can also be given at the same time. Always refer to your general practice team if you have any questions about vaccination. Please also see the New Zealand national immunisation schedule (below) for the full list of recommended vaccinations.

Hapū māmā / pregnant people

- › It is generally safe to get vaccinations during pregnancy (except MMR – measles, mumps and rubella) – speak to your general practice team
- › Pertussis / whooping cough vaccine is important for māmā and bub and is free in the second and third trimesters
- › Protect yourself from the flu and COVID-19 by getting vaccinated and up-to-date with your boosters.

Pēpi and tamariki / babies and children

- › Pertussis (whooping cough) has taken the lives of three New Zealand babies in 2023
- › Babies need to be vaccinated at six weeks, three months and five months with boosters at four years and 11 years. Speak to your general practice team if you need to get your kids up-to-date (especially if there is a new baby on the way)
- › Tamariki aged between six months and 12 years are eligible for a free flu vaccination
- › Measles is highly contagious and extremely dangerous. The MMR vaccine is given at 12 months and 15 months
- › Anyone can have catch up MMR vaccinations (two doses at least four weeks apart)
- › Tamariki aged between five and 11 years can have two paediatric doses of the COVID-19 vaccine – at least eight weeks apart.

Rangatahi / young people

- › Check with your general practice to make sure you have had your MMR vaccinations. If not, or if you're not sure, get the two doses
- › It is important that young people protect themselves from the flu, especially if they're attending school or university. Those with certain pre-existing health conditions may be eligible for a free flu vaccine

- › Meningococcal vaccine is particularly important for young people with compromised immune systems and those entering communal accommodation such as boarding school hostels, tertiary education halls of residence, military barracks and prisons
- › Young people should also ensure they are up-to-date with their COVID-19 vaccines and boosters.

Pākeke / adults

- › All adults and seniors should be vaccinated against the flu. The vaccine is free for those with certain pre-existing conditions, Māori and Pacific people aged 55 years and over and anyone over the age of 65
- › Certain employers (including Te Whatu Ora) offer the flu vaccine to staff for free
- › People over 30 years of age are eligible for the new bivalent COVID-19 booster and this is highly recommended for seniors
- › If there is a new pēpe joining your whānau, speak to your general practice about getting vaccinated against pertussis / whooping cough
- › Have you had your MMR vaccines? It does you no harm to get vaccinated again if you have any doubts.

More information:

- › [New Zealand national immunisation schedule](#)
- › [COVID-19 vaccines and boosters](#)
- › [Flu vaccination](#)
- › [Pertussis / whooping cough vaccination](#)
- › [MMR vaccination](#)
- › [Meningococcal vaccine](#)
- › [Book my vaccine \(flu and/or COVID-19\)](#)

It's not too late to get outdoors

We may be in the thick of autumn but that doesn't mean it's too cold to get out into the great outdoors. As long as you have the right gear and play it safe, you can head into nature to fulfil one of the five ways to wellbeing (be active).



Your time,
your words,
your presence



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

 Mental Health Foundation
mauri tu, mauri ora

Senior Manager Specialist Services and Non-Clinical Support Keith Wright shared these images he took on Mt Oxford at the weekend.



Quiz – Great American comedies

We looked at British comedies recently; how much do you know about these popular US TV comedy shows?

1. The Korean War lasted for three years. How long was the comedy TV show M*A*S*H, set during the war, on TV?

- a. Three years
- b. Five years
- c. Seven years
- d. 11 years

2. In what city was the comedy show Cheers set?

- a. Detroit
- b. Boston
- c. Philadelphia
- d. New York

3. In the TV show Frasier, what was the dog's name?

- a. Teddy
- b. Freddy
- c. Eddie
- d. Neddy

4. In 1992, then President George Bush blamed a comedy series for much of American society's ills. He said families should be more like the Waltons and a lot less like -----?

- a. The Cosby family
- b. The Simpsons
- c. The Connors (Roseanne)
- d. The Bundys (Married with Children)

5. The American version of The Office is a knock-off of the original British show created by Ricky Gervais. Which of the following is not true?

- a. Both shows were filmed in mockumentary style
- b. Both companies sold paper products
- c. In both shows the receptionist and salesman fall in love
- d. The company is called Dunder-Mifflin in both shows

6. The I Love Lucy TV show created a lot of firsts for major US television networks in the 1950s including which of the following?

- a. The first to show a married couple sleeping in the same bed
- b. The first to show a pregnant woman
- c. The first to show an unmarried couple living together
- d. The first to use the word 'pregnant'

7. What was the name of Karen's poorly treated maid in the TV show Will & Grace?

- a. Rosario
- b. Rosita
- c. Maria
- d. Lydia

8. On Seinfeld, who first said: "These pretzels are making me thirsty!"?

- a. George
- b. Elaine
- c. Kramer
- d. Jerry

9. On the TV show Modern Family, what does Phil do for a living?

- a. Lawyer
- b. Real estate agent
- c. Teacher
- d. Magician

10. How did Ross and Chandler know each other in the TV show Friends?

- a. They were college room mates
- b. They went to high school together
- c. They met when Chandler moved across the hall from Monica
- d. They grew up in the same neighbourhood

[Check your answers on page 17](#)

Ā mātou tāngata – Our people

Tireless advocate for people with a brain injury

Patients and their families who find themselves in Burwood Hospital's Ward CG after a brain injury are navigating a confusing, scary time – but they don't do it alone.

Social workers such as Sue Waight are on hand, supporting those who can't communicate or advocate for themselves to access the financial and legal help they need with issues such as thresholds for Work and Income New Zealand payments and Enduring Power of Attorney.

Sue is a Registered Social Worker in Burwood's Brain Injury Rehabilitation Service (a 12-bed inpatient ward that provides comprehensive rehabilitation for people aged 16 – 65). She works alongside people who have a brain injury caused by a health condition such as a brain tumour, stroke, or a neurological disease.

As part of an inter-disciplinary team, Sue is committed to helping maximise every patient's recovery and rehabilitation, working in a holistic manner and engaging with families, as well as those directly affected.

Her role includes identifying social issues which may negatively impact a patient's recovery. Sue's advocacy has seen her undertake a tireless effort to solve a common 'sticking point' where patients need to supply Inland Revenue with proof of their IRD number to access financial assistance.

"Not many people still have the original Inland Revenue letter with their IRD number on it and this was a particularly challenging situation for those who can't communicate," she says.

Sue was determined to find a solution and decided to raise it with Inland Revenue.

"After nearly two years of talking with them, a working party was formed by the Inland Revenue team and the legislation was changed. Now there is a form that I can send to Inland Revenue and within an hour get a letter with the patient's IRD number. This has benefited not just our patients but thousands of people around the country."

Social Work Clinical Manager Jackie Bould says Sue always provides creative solutions for the patients she works with.

"Her unwavering support of patients needing access to their information

demonstrates everything about the power of great social work practice. Her advocacy working alongside the patient empowers them to move forward and provides long term solutions for their own lives."

More than some, Sue understands what it is like to support a person with a significant neurological disorder, as both her parents had Parkinson's. Prior to her current role Sue worked as a Nationwide Health and Disability Advocacy Service, was Recovery Coordination Manager at the Salvation Army and Social Worker at Alzheimer's Canterbury and Anglican Aged Care.

"I do what I do because I like to advocate for people in difficult circumstances. Everybody needs someone in their corner and I want to do something of value with my life."

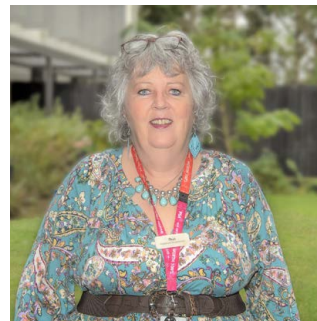
She joined the Welfare Guardian Trust which was set up in 2018 to provide volunteer Welfare Guardians for those who don't have anyone to act on their behalf. The trust is made up of a team of professionals including social workers and lawyers.

"I wanted to be a voice for those under 65 years who were vulnerable and needed protection. I remain to this day, a trustee and feel I can offer a different perspective to those more accustomed to working with older people."

Sue says a brain injury is a stressful time for all concerned and takes a lot of adjustment.

"We as a team endeavour to help patients and their families through their rehabilitation journey and focus on the gains they are making day to day rather than the things that they are challenged by. It is important to try to remain positive and we do our best to help patients and their families to do so."

[For more information on BIRS go to Te Whatu Ora's website here.](#)



One minute with... Ayan Hussein – Health Protection Officer (HPO)

What does your job involve?

I identify and manage potential health risks to the general public. HPOs carry out a regulatory role on behalf of the Director General of Health. The main areas we focus include:

- › Communicable diseases
- › Environmental health
- › Food safety.

What pathway got you to this job?

I hold a Bachelor of Medical Laboratory Science and Post-graduate Diploma in Public Health.

What advice would you give someone keen to enter your field?

Our days are filled with a variety of activities and are never boring or predictable. A week in the life of an HPO may involve:

- › Surveillance of exotic mosquitoes around the airport and seaport
- › Responding to a case or an outbreak of infectious disease
- › Investigating a chemical spill and providing advice to protect the public
- › Carrying out a pre-licencing assessment of a prospective early childcare centre and providing health reports to the Ministry of Education
- › Granting pratique (health clearance) to incoming maritime vessels
- › Inspecting a ship and issuing Ship Sanitation Certification
- › And much more.

Who inspires you and why?

My dad has been a constant source of inspiration. I have seen him work hard and put the needs of others first before his own needs for as long as I can remember. He has made it his life's mission to increase literacy and eradicate poverty, not only within his immediate family, but his local community back home by sponsoring youth education, contributing towards setting up small businesses for his siblings, nephews and nieces, feeding the orphans and taking part in building schools, mosques and public facilities. He always reminds us to lift others who are in need without expecting favours in return so that Allah can lift us up when we are in need.

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

I take pride in how I show kindness, caring, empathy, and compassion with all aspects of my work, within the community and at New Zealand's points of entry.

If you could be anywhere in the world right now where would you be?

In Turkey helping my earthquake-stricken brothers and sisters. The catastrophic February earthquake has devastated the people of Turkey and the already displaced people of Syria, leaving behind huge destruction of lives and infrastructure. I feel their pain on a personal note because in 2011, Turkish President Recep Tayyip Erdogan, then prime



minister, set foot in Mogadishu, to draw the attention of the international community to the great drought disaster in Somalia and to show solidarity with the Somali people. That visit became the most high-profile visit by a non-African leader to Somalia which attracted the world's attention to the dire humanitarian crisis in my birth country. Turkey's priority in Somalia was to deliver humanitarian aid to those affected by the drought. As a global citizen who knows one or two things about natural and man-made disasters, my heart aches for the people of Turkey and Syria.

Who would you want to play you if there was a movie made about your life?

Angelina Jolie. I admire her service to the United Nations High Commissioner for Refugees and commitment to protecting the rights and safety of displaced people.

What are your hobbies/interests outside of work?

Trying new recipes, creating teaching content for kids and reading.

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

Akoranga reo Māori – lesson #10

Ngā Kākahu – Clothing

E mihi ana ki ngā aumangea o te tōpūtanga nei, tēnā koutou.

Greetings to you, the tenacious and resilient ones of this organisation.

Nā, kua tae noa mai te ngahuru, ā, ākuanei ka hōtoke.

Well, autumn has absolutely arrived and pretty soon it will be winter. This week we will be covering kākahu or clothing. Something that is pretty important for us in these colder climates. The following are just some names that are used for different items of clothing. Remember that different iwi/hapū may have different words for these items also.

He Kupu – Word

Pūtu	Boot	
Ngā pūtu	Boots	(plural – no ownership)
Tō pūtu	Your boot	(singular – ownership)
Ō pūtu	Your boots	(plural – ownership)
Ngā Mōwhiti	Glasses	
Ō mōwhiti	Your glasses	(plural – ownership)
Tōkena	Sock	
Ngā tōkena	Socks	(plural – no ownership)
Tō tōkena	Your sock	(singular – ownership)
Ō tōkena	Your socks	(plural – ownership)
Tīhāte	T-shirt	
Tō tīhate	Your t-shirt	(singular – ownership)
Tarau roa	Pants/ trousers	
Tō tarau roa	Your pants/ trousers	(singular – ownership)
NB: Māori concept of tarau is singular, not plural as with English trousers		
Pōtae	Hat	
Tō pōtae	Your hat	(singular – ownership)
Kaka	Dress	
Tō kaka	Your dress	(singular – ownership)
Koti	Coat	
Tō koti	Your coat	(singular – ownership)
Hū	Shoe	
Ngā hū	Shoes	
Tō hū	Your shoe	(singular – ownership)
Ō hū	Your shoes	(plural – ownership)

He whakapātaritari – A challenge

Next time you are directing someone to put on or take off an item of clothing, try to incorporate some of these kupu Māori (Māori words) for those items. If you are feeling particularly clever, you could use one or both of the following phrases.

Unuhia Take off
ō your (plural)
hū shoe
Unuhia ō hū – Take off your shoes

Kuhua Put on
tō your (singular)
koti coat
Kuhua tō koti – Put on your coat

Pai tū, pai hinga. Nau mai ngā hapa! E mihi maioha ana ki a koutou katoa

It is okay to stand, it is okay to fall.
Welcome the mistakes! Respectful greetings to you all.

If you have any questions or feedback, please make contact via the email below.
Hauora.Maori@cdhb.health.nz

International winter warmer recipes

Japanese curry

Country of origin: Japan

Dish: Meat or vegetarian based curry

Ingredients:

- › 500g chicken breast cut into small pieces – you can also use beef, lamb or pork
- › 1 brown onion diced
- › 2 medium potatoes cubed
- › 2 large carrots diced
- › 1 medium/large kumara, peeled and cubed
- › 1 cup diced pumpkin
- › 2 cups baby spinach (optional)
- › 1 litre stock (chicken or vegetable)
- › 1 packet curry paste – Golden Curry or Torekeru (see below)

It may seem to be a 'cheat' using a packet curry, but this is how the Japanese make it too! There are two main varieties available in New Zealand and both are excellent. You'll find these in the Asian or International section of the supermarket.

Golden Curry and Torekeru (both available in mild medium and hot) – see right. Try the mild or medium first time round!

Method

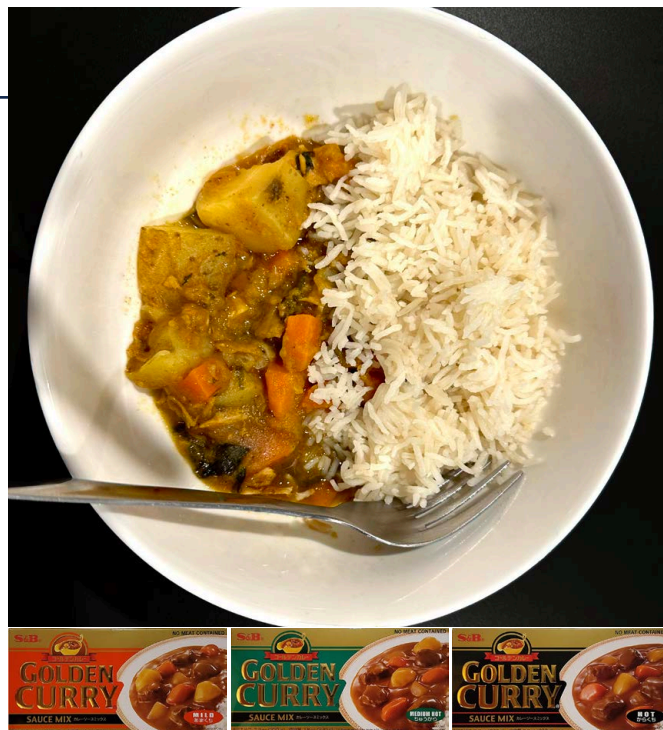
In a large pot, brown the onion and chicken in a little oil.

Add the potato, carrot and kumara and stir for 2 – 3 minutes. Add the pumpkin and stock. Bring to a boil then down to a simmer on a lower heat.

Open the curry paste and break up into pieces. Pop into a heat proof bowl or jug then add just enough boiling water to dissolve the paste (you won't need a lot). By dissolving the paste before adding it to the pot, you avoid lumps in your curry.

Pour the curry mixture into your pot and gently stir before adding the spinach.

Keep at a low simmer until the meat and vegetables are cooked through. Serve with rice.



"I lived in Japan for four and a half years and anyone who has spent any time there will tell you that the food is a highlight. Japanese curry became my winter comfort food. It was easy to make at home and really tasty. On a night out, we would often stop at little curry places to try some of the more interesting menu items, including curries with cheese, potato croquettes or mushrooms. A really popular dish is to have the curry sauce (just with potatoes and carrots), poured over a crispy chicken or pork katsu. Oishi!"

Sue Henderson, Senior Communications Advisor

We would love you to share your favourite winter dishes from around the world. Hearty, healthy (or a little naughty is okay too!), tasty and simple dishes that express your culture, a place that means a lot to you, or just food you love to eat. [Click on this link to submit](#). If you have any issues, please email communications@cdhb.health.nz

Whakamihi – Bouquets



Ward D1, Burwood Hospital

To the staff of Ward D1, many thanks to you all for your care, support and dedication while I have been at Burwood. I am so grateful for your kindness and encouragement during my recovery and rehabilitation.

Britta Carol, Ward 25, Christchurch Hospital

I would like to make sure that Occupational Therapist Britta Carol gets a huge thank you for all the help she has given to me over the past 12 months to find a solution to a problem. Her determination, tenacity and polite helpful manner has amazed me. She has made my life with disability a lot easier now. She is a great dedicated member of your staff. Once again, a big thank you to Britta.

Ward B4, Christchurch Hospital

A huge thank you to all the nurses, doctors, hospital aides and other staff on Ward B4, who took such exceptional care of [patient name] over the last week. They were all so lovely and genuinely caring, and it was just appreciated so much. She was so lucky to have been in such great hands. You all do an amazing job looking after your patients, as well as putting smiles on their faces and having some laughs.

Amber Rex, Clinical Nurse Manager, Canterbury Hauora Coordination Hub

I cannot thank you enough for your help. Both my husband and I love your country and we cannot wait to go back! Please know how much I appreciate your taking time to help me obtain my COVID-19 test results. You are proof that New Zealand's greatest treasure is its people. My

husband and I wish you, your family and work colleagues much good health and happiness.

Valentina Hay, Interpreter Services

Big thanks to Valentina Hay who has been helping my mother with her hospital appointments. Her professionalism and translating skills made my mother feel confident and comfortable during her hospital appointments. Valentina is a great asset during vulnerable times. Many thanks for giving my mother an opportunity to be assisted by Valentina, such a competent interpreter and empathetic person!

Ward A7, Christchurch Hospital

Very well-equipped ward, my son loves it so much. Very relaxing stay that helps his recovery. I am well pleased with the prognosis and treatment. Thank you very much!

Neonatal Intensive Care Unit (NICU), Christchurch Women's Hospital

I would like to thank all the staff in NICU. A special thanks to Receptionist Charlene. She was so bright and welcoming, making my short stay in NICU less overwhelming.

Gynaecology Ward, Christchurch Women's Hospital

I cannot speak highly enough of the staff I have had contact with and there are no words to express my deep appreciation for the care they have given me. Special mentions go out to Dr Ben and Dr Albie for being such genuinely lovely people and being so accommodating. I must also mention Annie, who is an absolute delight to chat to. These people are real assets to this hospital.

Ā mātou kōrero – Our stories

Waitaha Canterbury on the sustainability road with its new fleet

Te Whatu Ora Waitaha Canterbury recently added 27 Battery Electric Vehicles (BEVs) – 24 Hyundai Ioniq Series 2 sedans and three Renault Kangoo vans to its fleet.

“As a part of the government's ongoing sustainability focus, we began replacing light vehicles, with lower emission vehicles specifically BEV, where practical,” says Service Manager, Transport (Fleet, Courier, and Parking) Justin Jones.

“In late 2022, we received funding from the Energy Efficiency and Conservation Authority (EECA) for our vehicle replacement plan and charging infrastructure to fuel the vehicles. As a result, the BEVs are now in several local pools being used daily by our staff.”

Kaitohu Hauora/ Health Promoter Climate Change and Wellbeing Sarah Macfarlane says she is pleased to know that Te Whatu Ora Waitaha Canterbury is replacing pool vehicles with EVs.

“As a health service, we must do our part in caring for the planet and reducing our emissions, if we want to care for the health of our communities. There are so many co-benefits to lowering emissions, just think of the improvement to respiratory health alone.”

The cars are based at the Christchurch Campus (located at the staff car park building), Burwood Hospital, Hillmorton Campus, Ashburton Hospital, Community and Public Health, and ISG.

The new cars are easy to drive, much quieter, and are proving to be very popular, Justin says.

“There is a change of mindset required because we need people to plug them in after use but full instructions (with pictures) are in the cars.”



Some of the new Battery Electric Vehicles (BEVs)

Stop Smoking Practitioner at Te Hā – Waitaha, Smokefree Support Ella Newey has used the new car to meet with clients and agrees that they are easy to drive while going between appointments across the city.

“For first-time EV drivers, I would recommend taking the car around the block first, to get used to how it drives, especially if they've only driven petrol cars.”

Waitaha Canterbury is committed to reducing its carbon emissions and is working towards the carbon-neutral government programme targets. The team is continuing the vehicle replacement programme this year and will be purchasing more BEVs to introduce into the fleet.

Better communication with people who are Deaf and hard of hearing

In both our professional and personal lives we encounter people who are Deaf or hard of hearing. It can be difficult for people with hearing difficulties to navigate the health system and clearly communicate with the clinicians and health professionals who are caring for them or their loved ones.

Te Whatu Ora Interpreting Services Booking Coordinator Robin Munro says there is high demand for New Zealand Sign Language (NZSL) interpreters through their service.

“NZSL interpretation services are the fifth most requested, behind Mandarin, Cantonese, Korean and Farsi.”

Not everyone with hearing difficulties knows NZSL or requires an interpreter which means many people who are hard of hearing attend hospital and medical appointments on their own or with a support person.

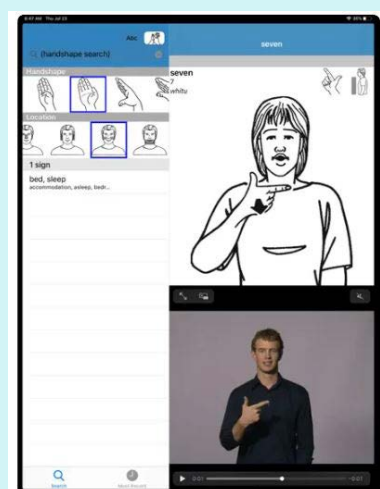
Deaf Aotearoa has provided some great advice for hearing people who might be unsure, or even nervous about interacting with people who are Deaf or hard of hearing.

DO

- › Use the terms Deaf and hard of hearing
- › Point and use objects around you to clarify your point
- › Try to learn a little NZSL – even a few basic signs make a difference to a Deaf person
- › Use your phone or pen and paper to communicate your message
- › Ask the Deaf person if they would prefer to have an interpreter booked
- › Maintain eye contact.

Some helpful resources:

- › Download the **NZSL Dictionary app**. It has easy to follow diagrams and videos to help teach you NZSL



- › Check out the [Deaf Aotearoa website](#) for more information and resources
- › The [Deaf Society of Canterbury](#) can help you find a class to learn NZSL
- › Don't forget we have a wonderful Te Whatu Ora team within Customer Services that coordinates interpreting services for at least 50 languages, from Amharic to Zomi and everything in between.

DON'T

- › Use the terms hearing impaired or dumb
- › Cover your mouth and obstruct lip reading or look away while you are talking
- › Think NZSL is 'English on the hands' or only for Deaf people
- › Leave people out of the conversation by saying things like "Oh this isn't about you", "I will explain later" or "It doesn't matter."
- › Run an event without an interpreter
- › Shout – unless someone who is hard of hearing asks you to speak a little louder.

Creating accessible documents and information

This is the 11th item in the series providing tips on creating accessible information and documents. For previous tips refer to [Tips and tools](#).

Information is frequently provided via video; however, this is often inaccessible to disabled people.

Why make videos accessible?

It's both a human right and a government mandate to make videos accessible to disabled people. Accessible videos improve usability for everyone and are more likely to appear in search results.

What makes a video accessible?

Click on the links below to find out more about those specific actions to improve accessibility.

- › [Captions](#) – Captions are text representing spoken words, such as dialogue or narration, and other meaningful sounds in the video.
- › [Descriptive transcript](#) – A descriptive transcript is a full text equivalent of the content in a video – that is, of all the meaningful audio and visual information presented in the video.
- › [Audio description](#) – An audio description is an additional audio track that's added to the video to describe and give context for essential information that's only presented visually on the screen.
- › [Sign language translation](#) – New Zealand Sign Language (NZSL) is one of New Zealand's official languages. People in the Deaf community use NZSL to communicate.
- › [Autoplay is disabled](#) – Autoplay is where a video is set to start playing as soon as the web page loads – it's best to avoid this.
- › [Title attribute, if video published in an <iframe>](#) – The HTML title attribute lets people using a screen reader know that a video is present and what it's about, so that they can play it or skip past it if they want to.

Web accessibility is essential for people with disabilities and useful for all. Learn about the impact of accessibility and the benefits for everyone in a variety of situations

Perspectives Videos

- › [Keyboard Compatibility](#)
- › [Colors with Good Contrast](#)
- › [Clear Layout and Design](#)
- › [Text to Speech](#)
- › [Large Links, Buttons, and Controls](#)
- › [Video Captions](#)
- › [Customizable Text](#)
- › [Speech Recognition](#)
- › [Understandable Content](#)
- › [Notifications and Feedback](#)

Click on the above links to view short videos on each of these 10 perspectives. Captions, Descriptive Transcripts and Audio Description are available for each of these videos.

For presentations: [compilation of all 10 videos \(7:36 minutes\)](#) .

To learn more about creating accessible information, look out for items in future pānui. For any queries, please contact Communications on Communications@cdhb.health.nz

Pānui – Notices

Something For You

Something for You is the Te Whatu Ora – Waitaha Canterbury employee benefits programme. The deals offered are from the New Zealand business community to say thank you for all that you do.

Please see below offers for you.



Embrace Skin and Beauty – 363 Colombo Street
Sydenham (The Colombo)

Embrace is offering staff 20 percent off treatments including facials, lashes, brows and nails. Show your staff ID instore to redeem.



Black Cat Cruises – Akaroa Main Wharf, Akaroa

Get 50 percent off the Akaroa Harbour Nature Cruise. Use the discount code found here when booking online (limit two people) and ensure you take your staff ID with you on the day.



Heritage Hotel Queenstown

Book directly through the Hotel – www.heritagehotels.co.nz to access discounted accommodation rates valid for stays until 31 March 2024. See more information and [discount codes here](#).



CPG Hotels – Fable Christchurch, Hanmer Springs Hotel, Fable Dunedin and Willis Wellington

CPG Hotels is offering a discounted rate at the Fable Christchurch, Hanmer Springs Hotel, Fable Dunedin and Willis Wellington. Valid till 31 December 2023. Book directly through the Hotel website using the [discount code found here](#).

QUIZ ANSWERS – Great American comedies

- | | |
|--|--|
| 1. d. 11 years | 6. b. The first to show a pregnant woman |
| 2. b. Boston | 7. a. Rosario |
| 3. c. Eddie | 8. c. Kramer |
| 4. b. The Simpsons | 9. b. Real estate agent |
| 5. d. The company is called Dunder-Mifflin in both shows (It's called Wernham Hogg in the British version) | 10. a. They were college room mates |

You are invited to attend these inaugural professorial lectures

Professor Catherine Stedman: Hepatitis C and liver disease: the journey to cure and eliminate

Professor Catherine Stedman is a Consultant Gastroenterologist / Hepatologist at Christchurch Hospital and Clinical Director of Gastroenterology. She is also President of the New Zealand Society of Gastroenterology.

Catherine is motivated by research that helps to solve problems of medical need, and her training in both gastroenterology and clinical pharmacology means that she has expertise in new drug development. Many liver problems begin as an unexplained hepatitis. The research journey involves discovering the cause of the hepatitis, and then development of targets for treatment and eventual cure.

Catherine has been involved at the forefront of the development of new oral antiviral therapies for Hepatitis C that were first demonstrated to cure Hepatitis C in Aotearoa / New Zealand. This research has led to major progress in treating people with advanced liver disease, and the WHO adopting global goals of Hepatitis C elimination. Autoimmune liver diseases have a high incidence in New Zealand, and Catherine's research has also been involved in understanding the epidemiology of these liver diseases and the impact they have on people who are affected by them.

In this IPL, Catherine will discuss her research journey through these fields of medical development and the rewarding interface of combining areas outside medicine, including motherhood, with an academic medical specialist career.

Date: Wednesday 3 May 2023

Time: 6.00pm – 7.30pm

Venue: Rolleston Lecture Theatre, University of Otago, 2 Riccarton Avenue, Christchurch

If you're attending in person, please register here.

Catherine's IPL will also be live-streamed, save this link and [watch here via Zoom.](#)

Professor Tony Walls: Research for Children Aotearoa

Professor Tony Walls is a paediatrician and infectious diseases specialist who works at Te Whatu Ora – Waitaha Canterbury. He trained at Great Ormond St Hospital for Children and completed an MD in clinical virology through the University of London. He recently set up a new research collaborative called Research for Children Aotearoa of which he is co-director. This brings together established and developing researchers across regions, disciplines and institutions to focus on research that will improve child health and wellbeing.

A key focus of Tony's research has been vaccines and vaccine-preventable diseases. Recent epidemiological work has led to PHARMAC changing the pneumococcal vaccine it funds on the infant immunisation schedule. He also has an interest in bone and joint infections in children and is currently involved in research to develop new diagnostic techniques and new approaches to antimicrobial treatment.

In this IPL, Tony discusses the newly developed research collaborative Research for Children Aotearoa, research that makes a difference to children and also discusses some of his pet projects – mostly immunisation topics.

Date: Thursday 4 May 2023

Time: 6.00pm – 7.30pm

Venue: Rolleston Lecture Theatre, University of Otago, 2 Riccarton Avenue, Christchurch

If you're attending in person, [please register here.](#)

Tony's IPL will also be live-streamed, save this link and [watch here via Zoom.](#)

Professor Gabi Dachs: Scatterlings: Cancer research across continents and time

Professor Gabi Dachs is a passionate cancer researcher and somewhat of a 'Scatterling'; a 'person with no fixed home', 'a wanderer', 'a vagabond'. She was born and raised in Namibia, studied in South Africa, completed her post-doctorate in England, and now thrives in Aotearoa. Her interest in the lack of oxygen has persisted for 35 years. Low oxygen, or hypoxia, is a poor prognostic marker for solid tumours, and her aim is to understand, exploit or modify low oxygen conditions in cancer.

Gabi's research encompasses molecular studies in cell culture, mechanistic studies in rodent models, association studies in clinical samples, and intervention trials in patients with cancer. Her research has added some of the missing puzzle pieces to understanding cancer cell's response to hypoxia and vitamin C's role in modifying this response.

Date: Thursday 4 May 2023

Time: 11.00am – 12.30pm

Venue: Rolleston Lecture Theatre, University of Otago, 2 Riccarton Avenue, Christchurch

If you're attending in person, [please register here](#).

Gabi's IPL will also be live-streamed, save this link and [watch here via Zoom](#).



1973-2023
UNIVERSITY OF OTAGO, CHRISTCHURCH
Te Whare Wānanga o Ōtago ki Otautahi
50 YEARS

2023 ipl

Inaugural Professorial Lecture

Celebrating our 2023 IPL Christchurch recipients

Speakers

Professor Catherine Stedman
Department of Medicine
Hepatitis C and liver disease: The journey to cure and eliminate
Wednesday 3 May 2023, 6pm



Professor Gabi Dachs
Department of Pathology and Biomedical Science
Scatterlings: Cancer research across continents and time
Thursday 4 May 2023, 11am



Professor Tony Walls
Department of Paediatrics
Research for Children Aotearoa
Thursday 4 May 2023, 6pm



Rolleston Lecture Theatre,
University of Otago, Christchurch

For more information and to register:
otago.ac.nz/christchurch/about/news/events/

1901867-05-20230909

Grant applications open

Te Aka Whai Ora have announced that [Te Pitomata Grants](#) are now open.

Te Aka Whai Ora is here to encourage and support you if you are intending to study and join the highly valued Māori health workforce.

There are five hauora categories to apply under:

- › Midwifery
- › Allied Health, Scientific and Technical (pharmacy, oral health therapy, anaesthetic tech, radiation therapy)
- › Nursing
- › Medical (such as dentistry, general practice)
- › Corporate (such as management, human resources, accountancy)

If you are interested in applying, follow this link to fill out and submit form: [Te Pitomata – The Power of Potential Grant application](#) (external link)

Applications are open until 5pm, Friday 28 April 2023.

Any pātai about applying for this grant – email: TePitomata@health.govt.nz

Calling all young people interested in the health system

Te Whatu Ora Waitaha Youth Advisory Council (YAC) is currently recruiting for rangatahi (young people) between the ages of 16 and 24 who have lived experience of the health system or are willing to advocate on behalf of friends or whānau who have lived experience in the health system.

Joining the team will allow you to help represent rangatahi between the ages of 12 and 24 years old in the Waitaha Canterbury health system while gaining experience, making a difference, and connecting with other like-minded individuals.

If you or someone you know is interested in applying to join the team, please fill out the application form here: <https://forms.gle/KQ6D6dADNsvGSAr89>

Applications will be closing in the next two weeks so make sure you apply sooner rather than later!

Refer any questions to the YAC Co-Chairs Chelsea and Anna at cdhbyouth@gmail.com.

JOIN OUR TEAM





Te Whatu Ora Waitaha
Youth Advisory Council;
cdhbyouth@gmail.com

Apply via QR code or find
the link on our socials.



Te Whatu Ora Waitaha Youth Advisory Council provides health advocacy for youth (12-24 years) by youth (16-24 years).

YAC is for you if you want to make a **difference**, gain **experience**, learn about **health careers**, and **connect** with peers.



WEBINAR

AUT

PERIOPERATIVE PRACTICE

Are you interested in a career in operating theatre patient care?

Join our perioperative practice webinar to learn more about the role of an anaesthetic technician and have your questions answered by industry professionals.

You'll also find out important information about the Perioperative Practice major as part of the Bachelor of Health Science at AUT.

We hope you can join us!



Tuesday 9 May



6.30pm-7.30pm

LEARN MORE



REGISTER NOW



Connect with us now:





Presented by:

**TE PAPA
HAUORA**
The future of health

In Association with



Health
Research
Society of
Canterbury



Canterbury
Medical Research
Foundation

we're talking hauora...

**FREE
PUBLIC
EVENT**

Your health and wellbeing

Come join us for an evening of talks from
Canterbury researchers who are improving
healthcare for us all. Registration essential.

Wednesday 10th May, 5.30pm – 7.30pm
Manawa Foyer, 276 Antigua Street.

For more information on our speakers
and their topics, visit our website
www.healthprecinct.org.nz

Supported by
Te Papa Hauora's
Partners

Te Whatu Ora
Health New Zealand
Waitaha Canterbury

