



Weather forecasters don't always get it right...sometimes the predicted rain doesn't appear, the clouds part and the sun shines.

Waiting for Omicron to arrive in our community is a bit like that – we know it's coming, but when is anyone's guess!

Part of me thinks 'we're ready, let's get on with it' – on the other hand every day without community transmission in Canterbury is a bonus, and one I know our vaccination, Care in the Community, workforce, primary care and public health teams, are extremely grateful for. We can see what's happened overseas, and we can see what's happening in other parts of the country – particularly the North Island and top of the South, with some DHBs already managing large numbers of people with Omicron, alongside contact tracing and clusters in schools and other large events.

Seeing how others are managing the outbreak is useful as we can learn from their experience and refine our plans. The slower than predicted spread in Canterbury gives us time to pace ourselves, take a breath and ensure all Is are dotted and Ts crossed. Is there a scenario we haven't planned for? Possibly, but we will adapt our plans and respond when the unexpected happens – whatever that might be.

We currently have 12 active cases in Canterbury, and all are in isolation and linked to known cases, so there is no unexpected transmission in our community.

While grateful for every day we are not operating in an Emergency Coordination Centre environment, anticipating a pandemic is an unusual feeling. We have revised the initial trigger for standing up all our Emergency Response functions – the current trigger is 10 new Omicron cases in a day.

When that occurs, all response structures will be stood up and we will be working seven days a week responding to the outbreak and managing our health system through the various phases until we reach the Recovery Phase.



Take sickness seriously

If you have symptoms or are a close contact, isolate and call Healthline on 0800 358 5453

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19

In this issue

- › Regulars – Kōrero ai... pg 6-8
- › Te Tiriti o Waitangi, aiming high, committing to action... pg 9
- › Outstanding contribution of Christchurch Oncologist recognised... pg 10
- › Marie Cooper - Smokefree Champion... pg 11
- › World Cancer Day... pg 12
- › Jogging 10km a day in MIQ for a good cause... pg 13
- › Many stories, roles, and now off to new adventures... pg 14
- › One minute with... Carmel Gregan-Ford, Chairperson of Smokefree Canterbury and Nurse Manager of CanBreathe (Canterbury Asthma Society)... pg 15
- › Notices – Pānui... pg 16-21

For many of us being able to enjoy a long Waitangi weekend was a bonus that we weren't counting on, largely due the uncertainty about how each week will pan out.

Working BAU while in planning mode and waiting for Omicron to arrive can be challenging which is why it's so important to take a break when you can and be kind to yourself and others – remember to cut yourself some slack too.

This is a time for calm in a sea of unknowns, so please pace yourself and remember it's ok to ask for help. Above all be kind, stay connected with friends and whānau, and we will all get through this together.

There are lots of useful resources and tips on the Getting through together – [Whāia E Tātou Te Pae Tawhiti page](#).

One key thing for all of us to remember is that for most of us this will be a mild to moderate illness.

Identifying and making plans for those who are more vulnerable to serious disease is something we can all be doing now. If you know someone who is at higher risk of getting sick due to having an underlying health condition, help them take steps to lower that risk, by having a plan, a support network and importantly ensuring they are fully vaccinated with a booster on board – it makes such a difference.

COVID-19 vaccine

If you're **18+** get
your booster
after **3 months**

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19

MINISTRY OF
HEALTH
MANATŪ HAUORA

Our vaccination rate for all ethnicities is now greater than 99 percent first dose, 98 percent second dose and we are making huge in-roads with boosters, and vaccinations for tamariki aged 5 to 11. Due to high demand for vaccinations you do need to book at most sites. Bookings can be made at www.BookMyVaccine.nz and details of local clinics are at www.VaccinateCanterburyWestCoast.nz

THE BIG BOOST WEEK

9-16 February

I can't stress enough how important boosters are. While two doses provide good protection, having your booster gives most people around 95 percent protection from serious illness requiring hospitalisation. It's worth rolling up your sleeve today for peace of mind later.

Last week the Prime Minister announced that the gap between your second dose and booster changed. You can now have your booster as soon as three months after having your second dose. That means even more people are now eligible to get that added layer of protection. With Omicron in particular, the booster dose really does lift the level of protection.

Mandatory staff vaccination – boosters needed for the first group of eligible staff by Tuesday 15 February

Vaccination for all health staff is mandatory and from 15 February the Health Order includes boosters. In effect, that means 15 February is the cut-off date for all staff who were eligible for a booster 183 days after their second dose. If you're a DHB employee and you haven't had your booster 183 days after your second dose you will be stood-down from your employment.



Get your booster,
get ready

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19

Let's talk wellbeing

While we have a little time before things step up a notch, now is a perfect time to refresh your awareness of some very good evidence-based wellbeing habits, tips and expert advice, that will make the coming weeks easier for you and those around you – at work and at home.

Take time to check out this video from psychiatrist Dr Caroline Bell – it was recorded last year, but the messages and advice she provides are universal, evidence-based and have stood the test of time. It's 16 minutes long – why not play it at your team meeting this week. No matter how experienced you are, we can all take something from her calm, sound advice.

You can see [Dr Caroline Bell's video 'Managing through challenging times' here](#).

Many of the things Caroline talks about are based on the Five Ways to Wellbeing, but she has personalised her messages for people who work in health. Continue with routines, exercise, learning, mindfulness, connectedness and gratitude.



Take breaks when you can. If you can get outside for a breather – even better. Do something for you every day – something that makes you happy, puts a smile on your face and a spring in your step. Ask for help when you need it and prioritise keeping connected. The Five Ways below are a useful reminder.

Our Workplace Wellbeing team have some wonderful resources, reminders and [posters available here](#) to help support you.

A massive thanks to everyone who stepped up to support the Coast last week

Many of you were involved in various aspects of the response to the floods that affected our colleagues on the West Coast – your efforts were so very much appreciated.

While the waters have receded, and things are starting to dry out, there is still a massive clean-up job for many. For some the added stress of another devastating flood only six months after the last one has been a huge setback, so once again, please continue to support your colleagues and check in to see how they are doing.

Safely moving 68 residents from a rest home in Westport to a range of new temporary 'homes' is a massive undertaking and I loved reading about our intrepid duo – I'll call them our 'Angels from Ashburton', Sue and Colleen who packed up their vans in Ashburton drove across to Westport to pick up their precious passengers, and bring them back to safety in an aged care facility in Canterbury. It can't have been easy, and I take my hat off to you both for agreeing to take on this important task relocating some of Westport's most vulnerable people. I also want to give a big shout

out to St John who were integral to the safe relocation of patients and residents from O'Connor home.

I know that behind the scenes on this side of the Alps people worked some very late nights to ensure residents' families were kept in the loop, temporary homes were found for everyone, logistics sorted, additional staff were sent to boost the ranks on the Coast, including clinical and emergency response staff, comms for staff and media were prepared and supplies were where they needed to be. Recovery and wellbeing work will be ongoing this week and for some time to come.

As the saying goes, it doesn't rain, but it pours – planning for a pandemic, while managing another natural disaster is all part of the challenge of working in a DHB.

A massive and heart-felt thanks to you all. Your efforts made a difference. I am so impressed with the way people worked collaboratively to make things happen to ensure the West Coast community was so very well supported. The preparation and team work certainly paid off.

Waitangi Day

It was a different kind of Waitangi Day this year, with many virtual or smaller scale events. The Prime Minister delivered a speech, which among other things, provided a sobering reminder of the important work we have to do to improve health outcomes for Māori. Here's an excerpt from her [Waitangi Day speech](#):

We want all New Zealanders to live longer and healthier lives and that is why we are working hard to reform the health sector. COVID has shown we need a health sector that is responsive to community needs.

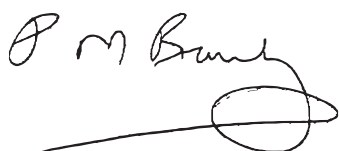
And that is what we are looking to achieve, and the Māori Health Authority will be a core pillar of that in advocating for and supporting Māori health needs.

Because we have an obligation to make sure everyone has access to the healthcare they need, and that you don't die younger than everyone else in New Zealand because you are Māori.

And yet that is not the case. Here we have such an obvious example of where we must do better, and where we are not passing the test of our partnership together. Yet efforts to address this have been described by some as separatist. This statement ignores the reality that:

- › Māori die at twice the rate as non-Māori from cardiovascular disease.
- › Māori tamariki have a mortality rate one-and-a-half times the rate found in non-Māori children.
- › Māori are more likely to be diagnosed and die from cancer.
- › And Māori die on average seven years earlier than non-Māori.

Kia pai tō koutou rā



Peter Bramley, CEO
Canterbury District Health Board

That is the problem that we have to address. And if we are to make progress as a nation, we have to be willing to question practices that have resulted over and over in the same or even worse outcomes.

Whether it's poverty, education, housing or health, solutions are required. Not labels, and not responses that say different policies for different communities is segregation. What we all want by and large for our people is the same. The same chance to fulfil our potential. To live decent lives. To make decisions for ourselves.

How we get there will differ. That is partnership. That is building the bridge.

At Canterbury DHB an important part of our 'building the bridge' included the establishment of the Mana Taurite team. I commend you to read the excellent piece commemorating Waitangi Day by our Workforce Development Partner – Mana Taurite, Equity, Recruitment and People Partnering, Lee Tuki. It's a great read on [page 9](#) with some simple but important take home messages we can all reflect on as we work together to improve the experience of Māori in our health system, and importantly improve health outcomes for Māori.



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

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz. Please note the deadline for story submissions is midday Thursday.

If you're not a staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).

Health system staff COVID-19 testing

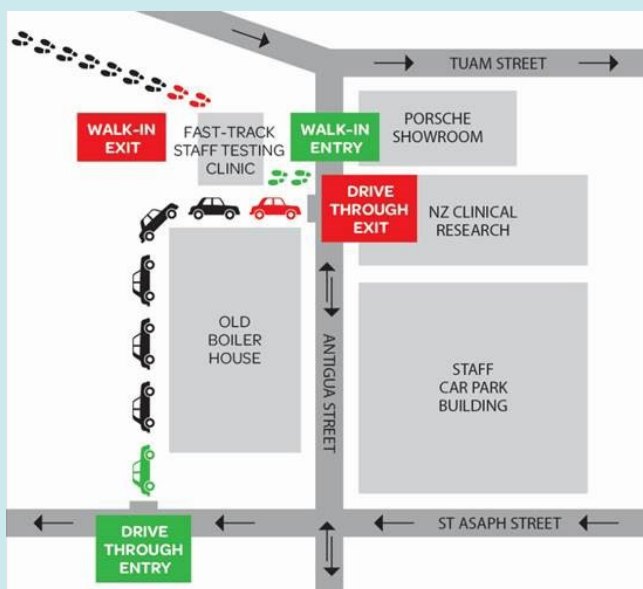
The COVID-19 Staff Testing Centre located on the corner of Tuam and Antigua Streets is open for any person who works in our health system (not just DHB staff) and has COVID-19 symptoms or is a close contact and needs to be tested.

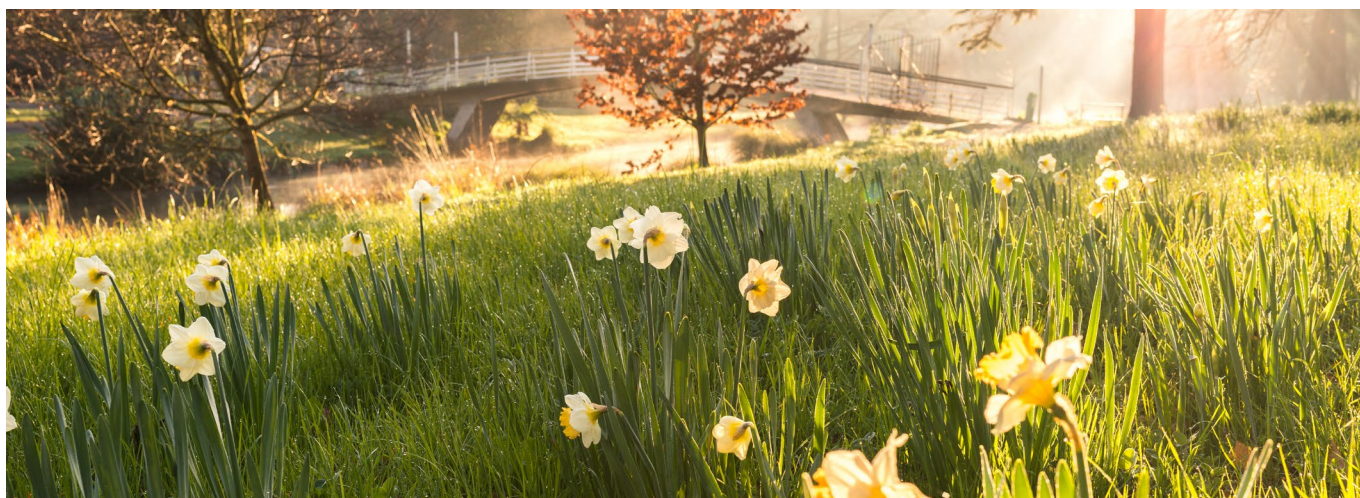
A sore throat is the most common early symptom of Omicron, so please get a test if you get a sore throat or have any other [symptom of COVID-19](#).

This week the Tuam Street staff testing centre is open weekdays 9am – 3:30pm. Booking is essential. Please email staff.testing@cdhb.health.nz and someone will get back to you as soon as possible.

Our community-based drive through testing centres at 174 Orchard Road, Nga Hau e Wha Whanau Ora clinic in Pages Road and the clinic on the Ashburton Hospital grounds are also available for staff testing at any time.

Please show your staff ID badge so your test can be prioritised. These three community-based centres can do testing for staff seven days a week on a drop-in basis. [Canterbury COVID based testing centres](#).





Bouquets

Respiratory Laboratory and Respiratory Outpatients, Christchurch Hospital

I really appreciate the clear communication, kindness and professionalism of the Respiratory Lab staff and Respiratory Outpatients. Great at explaining tests and putting you at ease.

Emergency Department (ED), Theatre, Post Anaesthetic Care Unit (PACU) and Day Surgery Unit (DSU)

I would like to offer sincere compliments to the staff of your service at Christchurch Hospital. I encountered some exceptional people during my recent injury and subsequent surgery. I would especially like to mention a few who were amazing, these were; Saxon and Paul (Ambulance Paramedics), Aleisha and Linda (ED Nurses), Dr Kati Smith, Dr Louise Willocks, Jo Lambie (PACU Nurse) and Claire (DSU Nurse). Fantastic staff! Thank you so very much.

ED and Ward 12, Christchurch Hospital

This is to express our heartfelt appreciation for the outstanding health services received recently, at Christchurch Hospital. ED admission was immediate, and the tests that followed into the evening included a CT scan in the early morning hours. Subsequent treatment in Ward 12 from doctors Ian Crozier and Abhi Kolla, and from nurses led by Anita, Rachel, and Tony was noteworthy, for three main reasons. Firstly, we felt that this team cared deeply about, and were focused on, the restoration of [patient name's] health. Secondly, we were impressed with the excellent communication within the team and the resulting high levels of engagement, trust and efficiency. This seemed to operate at all levels, as for instance, between different nursing staff, administration, healthcare aides, WellFood staff and orderlies. The result was a peaceful ambience that contributes to trust in the medical team and to healing. Lastly, we received relevant and timely

information on test reasons and results, and the evolving probable diagnosis, also on treatments, and their risks and benefits – this was despite obviously high staff workloads. On top of this, the meals were nutritious and appealing, and a restful courtyard was accessible with fresh air, sunshine and native ferns (many thanks to the nurse who showed me this!) Staying in this ward was very good for restoration of the body, and for the soul. Thank you all.

Surgical Assessment and Review Area (SARA), Christchurch Hospital

The staff in SARA provided 10/10 care and made me feel welcome, safe and not a burden to them.

Ward 12, Christchurch Hospital

Many thanks to the staff members who, whenever I looked lost, directed me. I used to work at the hospital but there have been many changes in four years.

Sam, Ward 10, Christchurch Hospital

Sam was brilliant and very helpful. Her manner was terrific, she is a credit to the hospital. Very impressive attitude.

Ward 18, Christchurch Hospital

I am not usually one to write these things, but I was a patient on Ward 18 for four days and my time there was nothing but pleasant. My thanks to the superb nursing staff and healthcare assistants, a couple of whom looked after me for the majority of my stay and performed personal procedures with the utmost care and sensitivity. The ward staff remained professional and very patient with a disruptive unwell patient on the ward, whilst also providing reassurance to the rest of us. I wish to make special mention of my night nurse, (with the squeaky shoes), who made the best milo when I couldn't sleep at night. Truly angels, thank you.

ED and Ward 11, Christchurch Hospital

Unfortunately, I had an accident and ended up spending a couple of nights in hospital. Madison was my nurse in ED, she was absolutely wonderful. I have difficult veins and her IV cannulation skills were excellent. It was obvious that they were busy, but she always had a smile and was very reassuring. I was then sent to Ward 11. I can't speak highly enough of the staff there. I won't try and name specific people because I would hate to leave someone out. From the WellFood staff to nurses, everyone was so helpful. The WellFood staff went out of their way to make sure my diet issues were taken care of and that I received meals I could actually eat. The nurses and healthcare assistants made not being able to mobilise so much better than it could have been. All the Ward 11 staff were so cheerful and friendly despite being so busy. I wish I could do something special to show how grateful I am.

Theatre, Post Anaesthetic Care Unit (PACU) and Gynaecology, Christchurch and Christchurch Women's Hospital

I had surgery and the Anaesthetic team were so lovely and the music playing in Theatre was so calming. It felt so relaxing and reassuring that I was in safe hands. The PACU staff were lovely when I woke up and took such good care of me and then I was taken to the Gynaecological ward where yet again the nursing staff were fabulous. I really appreciate all their care very much.

ED, Children's Acute Assessment (CAA) and A7 Christchurch Hospital

A huge thank you to some wonderful people who made an overnight stay in hospital with our baby as easy as it could possibly be. A personal thank you to: St John's ambulance officer Adam, Social Worker Sebastian Maedler, ED Physician Sarah Carr, Paediatric Registrar Stanley Leong, House Officer Clemency Hay, all the CAA registered nurses (RNs), Ward A7 RN Jenna and Paediatrician Dr Janet Ferguson. You are all incredible and we won't forget your kindness and expertise.

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

We have a son in NICU. All staff have been outstanding. They're working tirelessly to care for the NICU babies and are always positive, approachable and reliable.

NICU, Christchurch Women's Hospital

NICU nurses are amazing. They are taking such good care of my brother, very grateful.

ED and Surgical Progressive Care Unit, Christchurch Hospital

On behalf of my brothers and sister and my whole family I would like to thank Dr Sasha in ED and Older Persons Advocate Suzanne and all the doctors and nurses who were involved in our mother's care from the time she came in via ambulance until when she passed away. Also, the consideration everyone showed us allowing us to spend time with Mum after her passing until we were ready to leave her in their care was amazing. We can't thank everybody involved enough. Please pass on our thanks to your team.

Shuttle driver and Interventional Radiology, Christchurch Hospital

I supported an aunt to her Interventional Radiology appointment. The shuttle service was great, just so easy, reasonably priced, and efficient. It took the stress out of where to park. The staff at every point of the visit were professional, so pleasant and helpful, from reception to the clinical staff. I speak for my aunt, as well as myself –thank you. An anxious patient's experience made less so.

ED, Christchurch Hospital

I brought my son into ED with a fractured wrist. The staff who cared for him were absolutely lovely. We were treated with care and compassion and this made what was a pretty difficult day much easier to navigate. Clinical Nurse Specialist Eddie Elia and Registered Nurse Sven Oudshoorn were the staff we primarily dealt with. They communicated very clearly with us every step of the way. Please pass on our sincere thanks to not only these two staff but the wider team for the excellent standard of care they provided to my son.

Ward 15, Day of Surgery Admission, (DOSA), Christchurch Hospital

I want to thank my two nurses, Mackenzie and Vanessa, for their excellent care. They were professional, caring, patient, empathetic and incredibly kind. Their bedside manner and care were without fault. They are brilliant nurses and I am so grateful to have had them caring for me.



From left, Day Care Manager Sue Hopkins and driver Colleen Tilson

As wild weather lashed the West Coast, two of our team in Ashburton stepped up to the mark to support our patients and our colleagues in Westport.

Residents at O'Connor Rest Home needed to be evacuated to alternative accommodation – some went to stay with family, a handful to a facility in Nelson-Marlborough, some down to Te Nikau in Greymouth and the majority were transferred to Christchurch.

Sue Hopkins, Day Care Manager, and Colleen Tilson, one of our drivers, grabbed two vans and drove all the way from Ashburton to Westport. They evacuated 15 dementia patients and two other residents to Christchurch over two days in trying conditions.

Sue says that it was amazing to be able help.

"I was so lucky to be able to go and help and keep them all nice and safe. Everyone over on the Coast involved in supporting people needing care during this time is doing wonderful work"

Mardi Postill, Team Leader, Older Person's Health, is incredibly proud of the pair.

"They went above and beyond to support our efforts and they did it all with the smile on their face the whole way through, even though it was not an easy task"

Big Shout Out

The O'Connor Rest Home in Westport evacuated 68 residents on Wednesday last week due to potential flooding from a severe weather event. Some residents went to stay with family, while others were moved to facilities in Christchurch, Nelson-Marlborough and Greymouth.

To: Christchurch and Burwood campus nursing staff and rest home staff

I would like to acknowledge the huge help we have had in staffing rest homes at very short notice. A big shout out to Christchurch Campus and Burwood Campus nursing staff along with the staff from the rest homes: Hoon Hay Village and Aldwins House, and O'Connor Home for the huge effort they have made to support the O'Connor residents. Staff really stepped up and have offered to help in so many ways and its really appreciated and confirms that the Canterbury care community is amazing.

Everyone has been amazing and it's made our job so much easier.

From: Nurse Director Care Capacity Demand Management, Janette Dallas

#carestartshere

Find a clinic

delivering COVID-19
immunisations for
children aged 5 and over



Te Tiriti o Waitangi, aiming high, committing to action, making a difference for our future generations

The chiefs and rangatira who signed Te Tiriti o Waitangi (TToW) on 6 February 1840 would never have imagined 182 years later in 2022, [virtual celebrations](#) would mark the anniversary. What will our direct descendants think in a further 182 years of us in 2022 and how will they be commemorating Waitangi Day, 364 years after it was originally signed?

I would hope our descendants are enamoured by their tūpuna (us, their grandparents) for getting it right. The generation that led the way making a significant difference, improving the health and wellbeing outcomes of whānau in Waitaha me Te Tai Poutini (Canterbury and West Coast). By respecting and honouring Whakaputanga (the Declaration of Independence, signed 28 October 1835) and TToW. Aspirational? Perhaps. Aim high, we are likely to get there, aim low and that's where we'll land.

How do we continue to recognise and honour these founding documents?

Firstly, by expanding our understanding, not with dates and what we did wrong. Let's move from those blame and shame mindsets and reset. Today I can choose to do something different, to make a difference in our mahi (work). The WAI 2575 (Waitangi Tribunal hearings) found the 3 Ps (the principles of partnership, participation and protection) were outdated and a reductionist view of TToW. The [Whakamaui Māori Health Action Plan 2020-2025](#) on page 15, outlines the WAI 2575 principle recommendations:

- ✓ Tino Rangatiratanga:
- ✓ Equity:
- ✓ Active Protection:
- ✓ Options:
- ✓ Partnership:

It's not difficult to live the principles daily, embed them into what you do so they become your norm. Not something that sits 'over there' only to be looked at when we come to planning and reporting. Respecting those we work with contributes hugely to better outcomes for everyone. Take time to engage, be culturally humble, be positively curious and ask, instead of assuming. It is important to



Executive Director of Māori and Pacific Health Hector Matthews and Kaimātai Mahi Māori, Workforce Development Partner – Mana Taurite, Equity, Recruitment and People Partnering, Lee Tuki contemplate the six versus nine lenses



The People and Capability Equity, Recruitment and People Partnering team at Rehua Marae

remember that we are all people who come with our own beliefs, philosophies, culture, values, tikanga, practices and whānau. Ko au ko koe, ko koe ko au; I am you and you are me.

Some suggestions I have observed working well for other tāngata (people) and rōpū (groups) are:

- ✓ Learn a new te reo Māori kupu (word) every week and use it as much as possible in verbal and electronic communications
- ✓ Say “kia ora” when answering the phone or meeting someone for the first time
- ✓ In regular tīma (team) meetings, agenda TToW and share how you have incorporated the principles since the last time you met and the impact of doing so
- ✓ Practise pronunciation, there are many accessible apps, courses, resources available to all of us. This little sentence helped me with vowel pronunciation.
 - › **Are**=(A) **there**=(E) **three**=(I) **or**=(O) **two**=(U)?
- ✓ Don't speak for others, let others have their voice, they are the expert of themselves
- ✓ Reflective / closed looped communication practices.
 - › Are you hearing what someone is saying to you and have they understood what you have said?

✓ Understanding the 6 and 9 lenses

- › I see a 6 and you see a 9
- › we are both right and we are both looking at the same thing.
- › Our lens with which we view the world is how we will experience the world.

My wero (challenge) to you is to actively look for ways to make a difference by using the principles of TToW, doing the same thing day after day gets the same outcomes. Why do we expect changes if we don't make any?

“We uphold what we passively assent to in this world”

– Anand Giridharada

Outstanding contribution of Christchurch Oncologist recognised

The New Zealand Society for Oncology (NZSO) has named an annual award in honour of Christchurch Hospital Medical Oncologist and University of Otago Professor, Bridget Robinson.

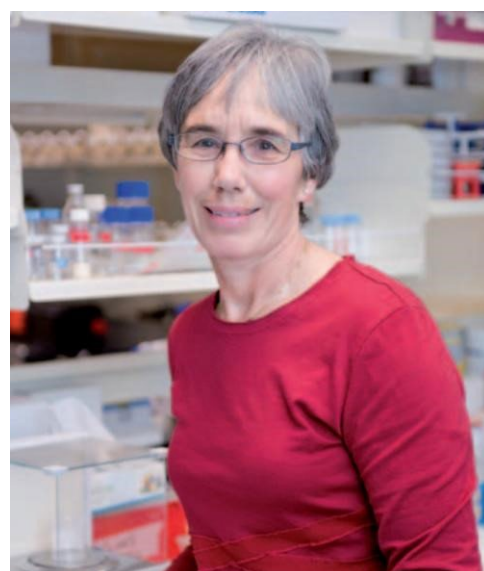
Bridget is Clinical Director of the Mackenzie Cancer Research Group.

The award, which recognises exceptional career achievement in translational cancer research, has been renamed ‘The Bridget Robinson Award’ in recognition of Bridget’s outstanding contribution to both clinical cancer care and cancer research.

She has been an exceptional role model as a clinician, researcher, teacher and mentor and has helped shape the careers of many cancer clinicians and scientists throughout the country.

Bridget has worked tirelessly to forge links ‘from bench to bedside’ and has been a passionate supporter of public outreach and charitable initiatives to facilitate cancer research, as well as chairing the Canterbury Tissue Bank Board.

The NZSO Bridget Robinson Award comes with a prestigious lectureship at the NZSO’s Annual Scientific Meeting and will be highlighted on the NZSO website and social media platforms.



Professor Bridget Robinson

Marie Cooper - Smokefree Champion

The Smokefree Education and Liaison team recently had the pleasure of meeting Ward Clerk on the Children's Surgical Ward, Marie Cooper, and hearing her story of how she managed to conquer her relationship with tobacco.

Marie has generously agreed to share her story to inspire others to give 'smokes the flick' and to encourage more Canterbury DHB staff and others to be Smokefree Champions too.

Thank you, Marie, you are an inspiration.

Why do you think you began smoking?

Especially for our Māori people it's a generational thing. My mum smoked, Mum and Dad smoked in the house, I smoked, my daughter smokes. I began smoking when I was 14 or 15 and thought I'm never going to be able to give this up. Even when my mum died of cancer from smoking, I still carried on.

What were the costs of smoking?

Smoking takes a lot of your time. It becomes a part of your life. You've got to have a smoke before you do anything, like going to the beach, or just after getting out of the car. I would have a puff before a netball game. What a waste of my time, what a waste of my life. And because I played top grade netball and smoked; it could have been better.

What were some key strategies you used to quit smoking?

I didn't go out for about six or seven months until I felt secure, until I felt safe that I could go out and handle the smell. Quitting cigarettes also required a different approach to stress management. Instead of stressing and using cigarettes to deal with it, I'd go and talk to my partner or my mother-in-law about how I was feeling. You're not fixing the issue you're smoking. When you go back, the issue hasn't been fixed.

What did you do to maintain motivation?

I used a calendar and every day I was smoke-free, I'd cross it off with a red cross. It gave me incentive to keep going – my incentive was my calendar. Something so little, meant so much to me. The more I saw the red crosses, (the) more determination I had to get to the next month and before I knew it, I had a whole year of red crosses and we celebrated it, yay smoke-free!

What did you learn from your smoke-free journey?

In the end I figured it out – to be honest and straight up with yourself. Have the courage to understand you and what's keeping you holding onto cigarettes. Learn who you are, you are not the addiction. Heal yourself within –



Ward Clerk, Children's Surgical Ward, Marie Cooper

be honest – who enjoys smoking really? I didn't like the taste, I didn't like paying for them, but I just smoked. I used cigarettes and alcohol as a crutch, it was easier to do than face reality. But once you're honest about yourself and face it you don't need those crutches at all.

When asked about how she talks to whānau who smoke...

I use humour and I'm mindful of not lecturing whānau. They'll walk past me at the front desk, and I'll ask, "where are you going?" They'll reply, "I'm going out for some fresh air." And I'll say, "you're going for a cigarette!" They will try and hide from me and go around the back of the ward, and I will say, "I can see you, you need to give that up!"

What motivated you to share your story?

To let others know they too can quit - you can do it; it's not unachievable. I've been to hell and back and I'm here and I feel great, I feel healthy, I'm just a different person, I'm a whole different person. You need to be focussed – everyone has an excuse – at the end of the day just do it, even if you give it 10 goes, don't give up.

World Cancer Day

On World Cancer Day (4 February), Te Aho o Te Kahu released [Pūrongo Ārai Mate Pukupuku, the Cancer Prevention Report](#).

After more than two years of global focus on the other C word, this report is important and timely. Around 25,000 New Zealanders are diagnosed with cancer each year making it the leading cause of health loss in Aotearoa New Zealand.

The concept of health loss refers to both the quantity and quality of life lost by the impacts of cancer. In 2019, the people of Aotearoa lost the equivalent of over 220,000 years of life in full health due to cancer,

The theme of this year's World Cancer Day was 'close the care gap' - recognising and attempting to address the inequities in cancer diagnosis and care.

Māori are 20 percent more likely to develop cancer than non-Māori and twice as likely to die, with poorer survival across nearly all the most common cancers. Pacific peoples in New Zealand are also more likely to develop certain cancers and have a lower survival rate for some of them.

Other inequalities exist across a range of factors including by levels of deprivation, living with mental illness, living with disability, sexual orientation, and geography or rurality.

Some common cancers affecting New Zealanders are highly preventable and the Cancer Prevention Report seeks to explore the impact of these inequities on cancer-causing risk factors.

Learn more about [World Cancer Day here](#).

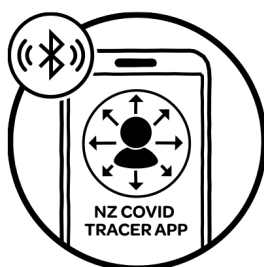


**World
Cancer Day**
4 February

Close 
 **the care**
gap 

Current FAQs for staff on leave, travel, vulnerable workers, child care, contractors, mask wearing etc.

TAS, the organisation that supports all DHBs has provided national guidance on employee-related HR/Workplace Health & Safety via an FAQs document which has been updated to reflect changes in relation to the COVID-19 Omicron variant. This document will be reviewed monthly and updated as new evidence and advice is available. The current guidance as at 1 February 2022 is now [available here](#).



**Unite
against
COVID-19**

Jogging 10km a day in MIQ for a good cause

A trio in Auckland are running around their managed isolation quarantine (MIQ) hotel room – not out of boredom but to raise money for a good cause.

It may be more of a jog than a dash, but there are serious looking sweatbands and sporty tracksuits as Christine Prince, her stepdaughter Issy Hinton-Russell, and husband Greg Russell, take on a mission to each run 10km a day for the Flying Doctor Service.

“Before Christmas my mother-in-law, Marietta, was very sick,” says Christine, who is the New Zealand Flying Doctors Trust CEO.

“We travelled to Canberra to see her. Sadly, she died on Boxing Day, and now we’re in the Grand Millennium, central Auckland, after luckily securing spots in MIQ to return to New Zealand.

“My step daughter Issy decided it would be good to do something to honour the memory of Marietta, who volunteered for, and supported, many charities. Issy has heard me repeatedly talking about how the Flying Doctor Service urgently needs funds.

“This lifesaving, mobile intensive care unit is getting busier and busier, but with COVID-19 we are struggling. Issy, inspired by fundraisers she has seen in MIQ, immediately suggested we do the same. So, our mission is to raise \$10,000 to pay for four lifesaving missions, more if we can,” Christine says.

So far, they have raised over \$7,000.

The Flying Doctor Service provides critical care patient transfer services between hospitals across New Zealand. In 2020 it flew 1212 missions with over 2000 flight hours.

The service operates 24/7, transferring burns, spinal injury, neonatal, trauma and surgery patients, and providing organ delivery, blood and equipment supplies.

Like the rescue helicopters and St John this essential service is not fully funded, each year the deficit climbs as missions increase, Christine says.

Link to the [Givealittle page is here](#).

More information on the Flying Doctor Service is on their [website here](#).



Centre, New Zealand Flying Doctors Trust CEO Christine Prince, her stepdaughter Issy Hinton-Russell and husband Greg Russell



Issy running in her hotel room in managed isolation in Auckland to raise money for the New Zealand Flying Doctor service

Many stories, roles, and now off to new adventures

After more than 17 years working for Canterbury DHB Ngaere Dawson retired at the end of January to set off on new adventures exploring Aotearoa in Tess (her campervan) with her dogs.

Ngaere has held many roles over the years, and as a result has many stories to tell, about her experiences and people she's met along the way. She started in the Social Work department, then spent time in the Business Development Unit.

She was involved with designing and running the Xcelr8 programme; the emotional patient journey; facilitating team development; was a key team member at the Design Lab; and involved in an RMO programme 'Sex, Bugs and Rock'n'Roll'.

As a culmination of all the experience and skills built up over the years Ngaere evolved to become Canterbury DHB's Patient Stories Coordinator and joined the Communications Team. Her work led to a library of hundreds of patient stories used for training.

Along the way there have also been recruitment videos and of course the 'This week with Peter videos' for the CEO Update as well.

Thanks Ngaere for all you've done to support the Canterbury Health System and promote the patient voice. We wish you a long, happy and adventurous retirement.



Ngaere Dawson



Make sure your vaccine pass is event ready

Get yours at MyCovidRecord.nz

One minute with... Carmel Gregan-Ford, Chairperson of Smokefree Canterbury and Nurse Manager of CanBreathe (Canterbury Asthma Society)



What does your job involve?

Being new to the chairperson role, my current role is listening and learning and looking for further opportunities to connect and encourage support from as many communities as possible. In my role at CanBreathe I am fortunate enough to have a management role which has a clinical component too, I really enjoy working with patients and hopefully being able to help make a positive difference.

Why did you choose to work in this field?

I am passionate about prevention of chronic disease in our community so being involved with Smokefree Canterbury is the perfect opportunity to be part of stopping the damage caused by tobacco for our future tamariki and whānau.

Working for CanBreathe has taught me new skills and every day I interact with such interesting people and know that we provide a community service that makes a difference for people affected by asthma and other breathing issues.

What do you like about it?

Being part of a team who are committed to improving people's health and wellbeing, and the impact smoking has on our community. Having an opportunity to connect with other organisations and meeting new people and hearing their stories.

What are the challenging bits?

Trying to convince tobacco companies and tobacco retailers to understand what damage the products they are selling are doing to people's lives, and the impact this has on society as a whole. Also, I'm not very good with IT!

Who inspires you and why?

The Smokefree Canterbury team, both past and current members, their steadfast commitment to supporting the Smokefree Aotearoa 2025 goal, and their genuine passion to help reduce the health and societal burden caused by tobacco smoking.

Oh, and my three children, all so different, but carving their way in the world with integrity and kindness (I hope).

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?

To help people when they are often at their most vulnerable, to be able to understand how frightening it can be to be very unwell and to support and navigate the patient through this time is a true privilege. My belief as a healthcare professional is that it's important to acknowledge that pain is what the patient says it is, not what we perceive it to be.

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

I worked as a horse-riding instructor on a Summer Camp for five seasons, in a little place called Tuxedo, in the Blue Ridge Mountains of North Carolina, USA. I'm also feeling very virtuous as I have just completed a year without buying any clothing, for those who know me that is quite a feat!

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

The quintessential Kiwi bach we have rented for our family summer holiday for 15 years in Stephens Bay. Far enough away from the busyness of Kaiteriteri, but close enough to walk for a catch up and a Prosecco with friends.

What do you do on a typical Sunday?

I head up into the Port Hills, usually via Rapaki Track, trying to catch the sunrise, then spend the day catching up with family or friends

What's your favourite food?

Anything I haven't had to cook.

And your favourite music?

Can't beat the 80s to get me on the dance floor. Also love some Rex Orange Country and Mild Orange.

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.



DELL

Get exclusive discounts (20 percent off Dell RRP products and seven percent off Dell online store products) when you buy online with your Canterbury or West Coast DHB email address. Read more about the offer [here](#). Click here for detailed instructions on how you can redeem this offer.



warehouse
stationery

Warehouse Stationery - 11-13 Winchcombe Street, Central City (South City)

When shopping at the South City Branch, get 20 percent off all stationary, art, craft and furniture in store - please take a copy of [this letter](#) and your Canterbury DHB ID to redeem.



Microsoft New Zealand – Home use programme

The Microsoft Home Use Programme (HUP) allows you to buy Office 365 subscriptions or the latest version of Office, Visio and Project software to use at home at a substantial discount - see more information [here](#).



Riccarton Shoe clinic - Riccarton Mall, 129 Riccarton Road

20 percent off all items instore (which are not already reduced) for Canterbury DHB employees and their immediate family members - show your Canterbury DHB ID to redeem.



Riccarton Athletes Foot - Riccarton Mall, 129 Riccarton Road

Get 10 percent off shoes (excluding already discounted or sale items) - show your Canterbury DHB ID instore to redeem.

We have several hotel chains like CPG, Millennium, Swiss-Belhotel, Heritage and Mi-Pad (in Queenstown) offering discounted accommodation for Canterbury and West Coast staff. Visit the [Something for you page](#) to get the discount codes.

Christian Medical Fellowship of Christchurch welcome dinner

The Christian Medical Fellowship of Christchurch invites medical students and doctors to attend a welcome dinner on Saturday 26 February 2022 from 6.30pm until 9pm. This will be an opportunity to welcome new health professionals to the city, and to reconnect with old friends alike.

Please bring some kai (food) to share.

For more information and to RSVP please email host, Dr Amanda Landers, at amandalanders1974@gmail.com.

Dementia Canterbury newsletter

The latest Dementia Canterbury newsletter is [available here](#).

In this edition:

- › Updates on activity groups and the younger onset programme
- › Advice for friends and whānau on how to care for the dementia care givers
- › Details of the Specialist Dementia Education Series 2022
- › And much more!

He manu teka – news from the Health Quality & Safety Commission

The [February He manu teka newsletter](#) is available.

Included:

- › COVID-19 and impacts on our broader health system
- › Advance care planning calendar campaign (coming soon)
- › New report highlights impact of 2020 COVID-19 lockdown on health care experiences of disabled people
- › And more...

THREE THINGS CHECKLIST

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

ALL RIGHT?

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

**GETTING
THROUGH
TOGETHER**
WHĀIA E TĀTOU TE PĀE TĀWHITI

DEMENTIA SYMPOSIUM



BRAIN HEALTH AND LIVING WELL WITH DEMENTIA

Join us during Brain Health month for an educational afternoon where experts in their fields will share information on brain health and living well with dementia. This symposium was planned for September 2021 and is now rescheduled.

THURSDAY MARCH 10TH 2022

1.00PM - 5.00PM

At the Westpac Events Space - Cashel Street

Tickets available via Eventbrite - limited spaces

Standard Ticket: \$45.00

Care Partners: \$25.00

Person with dementia: Free

Afternoon tea will be provided.

**Proudly Supported
by Westpac**



VENUE INFORMATION

Westpac The Terrace, Corporate Offices

Level 4, 81 Cashel Street, Christchurch

Entrance and lift access via Cashel Street; Full of Beans Cafe.



There are various parking options nearby, for more parking information see <https://ccc.govt.nz/transport/parking/carpark/>



Professor Nick Draper (below) is investigating the impacts of head collisions in junior rugby.

Raising money so our children can play rugby safely.

Help us by bidding in our online auction or by making a pledge.

www.cmrf.org.nz



Get ready for Omicron



With Omicron in the community, it's important to be as prepared and protected as possible. That's why boosters are now available 3 months after your second dose from today.

If you're 18 or older and it's been 3 months or more since your second dose, get your booster as soon as possible. The tamariki in your whānau aged 5–11 can also now get immunised.

Find a vaccination centre near you at [BookMyVaccine.nz](https://bookmyvaccine.nz)

Plan in case you test positive

If you test positive for COVID-19, your whole household will need to isolate. When self-isolating, food and other necessities may need to be delivered. Organise a buddy outside your household (like a neighbour or friend) to keep in touch with, drop off supplies, or help with daily tasks.

Check what support is available

If you need help when you're isolating at home, you can call the COVID-19 support phone line on **0800 512 337**, 7 days a week. There is support available for:

- access to food and essential items
- support with mental health
- financial support
- talking with your employer if you're worried about taking time off work.

In case of emergency

While many people will be able to recover safely at home, if you need advice or your symptoms get worse, call your doctor, health provider or Healthline on **0800 358 5453**.

If you are having trouble breathing, **call 111** immediately.

Your preparation checklist

Use this checklist to prepare your plan for getting well at home:

- ☐ Emergency contacts
- ☐ Care and support plans (e.g. for children, dependants)
- ☐ How you'll let people know you're isolating
- ☐ Household instructions (e.g. pet and plant care, household maintenance like paying bills)
- ☐ Who can help make isolating easier (e.g. by dropping off food).

Dealing with symptoms

A wellness kit should include:

- ☐ Nasal sprays
- ☐ Lozenges
- ☐ Paracetamol
- ☐ Ibuprofen
- ☐ Cough mixtures
- ☐ Prescription medicines.

Hygiene products

- ☐ Masks
- ☐ Gloves
- ☐ Tissues
- ☐ Hand sanitiser
- ☐ Rubbish bags
- ☐ Cleaning products.

Find out more at Covid19.govt.nz

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19

THE BIG BOOST WEEK

9-16 February

It's easy and free to get your booster, so don't wait.

If you had your 2nd vaccination at least 3 months ago,
and you're 18 or over, it's time to get your booster.

**Check www.VaccinateCanterburyWestCoast.nz
noting that due to demand, you need to book
for most clinics.**