

# ceo update



**Monday 4 August 2014**

**We've done it – now let's get all our Dry July funds in**

Congratulations to all Dry-Julyers and supporters – the dry part of Dry July is officially over!

We still have a month left to get all our donations in though, so the total may well yet rise.

The bake sale held at Christchurch Hospital last Wednesday was a great success – it raised a whopping **\$1180.80** for Dry July!

Laura Ross from the Christchurch Cancer and Haematology Service Dry July team says they are thrilled with this amount.

"This far exceeded my expectations, so well done everyone. Thank you to everyone who donated baked goods and their time to help sell everything. It was a team effort and we should all be proud of ourselves. The money has been donated to the Christchurch Cancer and Haematology Service Dry July team, bringing our team total to over \$4000! Great job," says Laura.

We couldn't have done it without all our supporters - from volunteers who put up posters, to our musical marvel Seán Macpherson who wrote and performed 'Gonna be a dry July' to Bob in Medical Illustrations who produced videos for our website and of course all our DJs.

iPads, electric beds and lazy boy chairs, all purchased from last year's funds are on their way to Christchurch Hospital.

Wall and ceiling murals for treatment rooms are scheduled to be underway in September. Artist's impressions are shown to the right.

We'll keep you updated on their arrival and the final totals for this year's fund in future updates.

*Continues on the following page...*



*Above: Proposed mural for treatment room one.*



*Above: Proposed ceiling images*



*Above: Proposed mural for treatment room two.*

Thanks so much for everything you've done (or not done i.e. not drinking alcohol) to help our adult cancer patients. Remember every donation is a good donation – and it's not too late to make a donation here [www.dryjuly.com](http://www.dryjuly.com)

If you haven't already seen Canterbury's Dry July song written and sung by one of our doctors, Seán McPherson you can watch the video here <http://vimeo.com/99065419>.

The song is for sale with proceeds going to Dry July. You can sing along here (free of charge) <http://seanmacpherson.bandcamp.com/track/gonna-be-a-dry-july>

Check our [Dry July webpage](#) for mocktail recipes and tips for staying dry any month of the year.

If you are planning to continue with your healthy body strategy you may be interested in a free, 14 day trial membership at Les Mill gym. We have been provided with 10 vouchers entitling the bearer to the trial membership at Les Mills which is an official Dry July sponsor. The voucher needs to be redeemed by 10 August. Please email [vicky.heward@cdhb.health.nz](mailto:vicky.heward@cdhb.health.nz) if you would like a voucher which will be given out on a 'first in – first served' basis.

**Have a good week,  
David Meates**



*Above: Iain Ward, Radiation Oncologist and spokesperson for CDHB's Dry July campaign, cuts the cake to mark the end of another successful fundraising effort.*

## Award for Child Health

Child Health has celebrated the success of its nurse educators who recently won the Inaugural Medication Safety Award, sponsored by Baxter Healthcare.

The award was launched at the Intravenous Nurses New Zealand (IVNNZ) Annual Conference in Wellington in March 2014.

Although the award was presented to Alison Duggan, who was responsible for submitting the paper, it was the result of the great work of Alison and her colleagues Becky Conway and Tracey Bruce in developing medication safety study days, which were delivered to all Child Health nursing staff between April 2013 and March 2014.

Lynne Johnson, Women's and Children's Health Nursing Director, says the Child Health service is extremely lucky to have a great team of educators.

"As an education team their diverse interests and skills are complimentary and synergistic," Lynne says.

"Their approach is collaborative and inter-professional to develop a culture of active learning and translating that learning into clinical practice.

"It is a pleasure to work with such a great team who use every skill in their arsenal to promote quality and safety and better outcomes for children and their families."

Becky, Alison and Tracey are the first to recognise that the success of the study days was down to the great multidisciplinary team involved in delivering the package which included Graeme Webb (Child Health Quality Coordinator) and Pharmacists, Louise McDermott and Mary Young.

The award was presented by Chris Beasley (CDHB-Coordinator CSU) and Allie Hale (SCDHB) – members of the IVNNZ executive committee.

### Burwood

Dan Coward, General Manager, Older Persons' Health is running two sessions for staff to share progress on the Burwood redevelopments. Come along today at 2pm to the Chapel at The Princess Margaret Hospital, or on Friday 8 August at 10 am at Burwood Hospital (location either the Marshlands Room or the staff café).

*Last week, the first precast wall panels were delivered to the site, for the Back of House building. Thanks to project director Bryan Spinks for this photo.*



*The Nurses' Hostel building, which formerly housed Pain Management, is currently being demolished to make way for the new developments. Catherine-Rose Watson snapped this view of the building without its cladding – was it an historic Tudor mansion in a former life?*

The project team has already had some good feedback on what to put in a time capsule to be buried somewhere in the concrete of the new ward blocks. If you have any further ideas, please let us know. It could be commemorative coins, photos from a special event, fabric swatches from the sample boards, recipes, newspapers etc.

Email your idea of what you would like to see included in the capsule to [itsallhappening@cdhb.health.nz](mailto:itsallhappening@cdhb.health.nz)

### Christchurch

Ahead of work beginning on the Acute Services Building, the site preparation team is working hard to resolve issues around patient and staff parking on site. Solutions will be publicised widely as soon as they are known.

#### User group news

A session with the Ward user group and design team has been undertaken to resolve any final Preliminary Design issues. The Haematology, CHOC, Child Health and Oncology groups have also had sessions with the design team to review an updated plan and close out a number of preliminary design caveats.

The Helipad user group went to the Design Lab this week to mock up the helipad support area, which will be located on top of the Acute Services Building next to the helipad. This area contains two stretcher/bed bays to hold/manage patients in transit.

The Haematology user group mocked up the day space area in the ward. They plan to seek consumer feedback on how much patients value privacy versus the ability to socialise whilst receiving day treatment.

### General

The wayfinding group (which operates across both the Burwood and the Christchurch projects) met this week to define key principles, including how to identify and number wards so that people can easily locate them, and the use of Te Reo language. The group comprises representatives from clinical areas, Community and Public Health, Māori Health and project staff.

# Bouquets



## **Christchurch Hospital**

I would like my compliments passed on to all that I dealt with.

- The admitting staff at the Emergency Department
- The doctors and nurses at the Emergency Department
- The nurses at Urology
- The nurses in Ward 10
- The junior doctors in Urology were very good.

The above were extremely helpful, showed caring/empathy and I thought performed outstandingly well. I was very impressed with my care in general.

Overall I thought I was very well cared for. Very impressed with the Emergency Department as it was Saturday night which I imagine is a busy time for them yet they had caring understanding smiles and took their time with me.

## **Respiratory Unit Outpatients, Christchurch Hospital**

I just want to compliment this unit for their professionalism from the booking to the initial appointment. My son had to do a test for his final medical fitness assessment for the NZ Army which unfortunately was not a good outcome for him. The respiratory technician was wonderful whilst she was coaching him through the procedure and very empathetic towards him and myself as his mother when the outcome was not what we hoped it should be. You can be proud of your high calibre staff.

## **ICU, Christchurch Hospital**

I wanted to pass on my appreciation to the ICU team for their care of my mother during the final days before she passed.

## **Bone shop, Christchurch Hospital**

I came earlier and expected to have to wait longer, I didn't! I got in early, friendly staff also!

## **Christchurch Hospital**

We have received fantastic treatment and support from the doctors, nurses and social worker while Mum has been very unwell here. Thank you very much and keep up the good work.

## **Ward 24, Christchurch Hospital**

I'd like to express my sincere thanks to all doctors and staff whom looked after my wife after her stroke. Thanks to all.

## **Christchurch Hospital**

Recently our mum was at Christchurch Hospital...I want to genuinely thank all your staff for taking such wonderful care of her during her numerous hospital stays in Ward 12, her two operations and then during her after care. We are also very grateful that at 84 she has been given the chance to enjoy her life with all her family including a number of great grandchildren. We love her and are very pleased she is with us and are grateful that the public system supported this. Thanks again.

## Gold medallist's family overjoyed at win

Rural Canterbury PHO Specialist Project Manager, Laila Cooper, says she and her husband "brought the house down" as they watched their son, Anton Cooper, win a gold medal in his Commonwealth Games cross country mountain bike race.

"My husband Paul and I were at a friend's house in Rangiora watching it live in the early hours of Wednesday morning and there was lots of happy screaming. It was pretty emotional."

Anton, 19 and fellow Kiwi, Sam Gaze, 18, not only won New Zealand's first gold-silver double of the Commonwealth Games, they upset the hot favourite of the 37km race, 28 year old Australian, Dan McConnell, to do it.

Dan is the world's third ranked mountain biker and was presumed to win at Glasgow's Cathkin Braes Mountain Bike Trails.

Anton, who is from Woodend, did a breathtaking sprint near the finish line to beat Sam and Dan. He told media winning was a dream come true, particularly because the last couple of months of training were "super tough". Anton had been ill with severe food poisoning and another gastric bug and credited the time at home, training in Christchurch's Port Hills and mother Laila's home-cooked meals for his return to form.



"I got a bit sick and I had to head home. I've just been based at home in Christchurch over the winter. I stayed at home with the parents and they looked after me well. Mum cooked some good food and I was able to train well and deliver a result."

Laila, who trained as a dietitian, says it was thoughtful of Anton to partly credit his win to her good home cooking.

"He is disciplined with his diet, eating plenty of fresh fruit and vegetables and lean meat and fish. His favourite meal is roast lamb and kumara."

*Left: Anton Cooper wins gold.*

## University of Otago, Christchurch Midwinter Dialogue

There is no Grand Round this week. In its place is the University of Otago, Christchurch's Midwinter Dialogue. The Dialogues feature speakers selected by UOC Dean Professor Peter Joyce. This year all Dialogue speakers are politicians.

This Friday's Dialogue will be given by Labour Party Health Spokesperson Annette King.  
**Friday, 8 August from 12.15 in the Rolleston Lecture Theatre.**

Annette King says she will talk on:

The challenges and opportunities for health provision in New Zealand over the next decade. A recent Treasury report on long term fiscal projections presents policy matters, health professionals, politicians, and the public with some hard decisions about what New Zealand health priorities should be.

For any enquires about Midwinter Dialogues contact [kim.thomas@otago.ac.nz](mailto:kim.thomas@otago.ac.nz) or 027 222 6016.



## RELEASING TIME TO LEAD

At the CDHB, leaders, managers and their administrative support staff in Older Persons Health and Rehabilitation Services are currently completing the programme, which consists of a series of facilitated and self-development modules.

The core of the programme has five modules: Leadership Team Coaching, Email Management, Workload Management, Meetings Management and Sustaining Improvement. The email, workload and meetings management modules focus on the issues faced in these areas and the effects that these have on productivity.

Teams that have completed the modules will quickly see improved efficiency, better productivity in clinical and leadership settings, and a reduction in time spent on administrative tasks.

Developed by the National Health Service in the UK, the Releasing Time to Lead programme aims to make it easier for staff and managers to concentrate on getting their jobs done.

Based on proven “lean thinking” methods to reduce waste and variation in processes, the programme is full of practical, easy to implement tools for health-sector staff such as how to manage emails and how to make meetings more productive.

Releasing Time to Lead empowers leadership teams to work together in a more productive way and to streamline communication between leaders and PAs.

Here are a few examples of how Releasing Time to Lead is making a difference to people's work practices and in their workplace:

### Email

*The use of auto delete was fantastic in that I was able to come back to work and get straight back into useful work ... rather than spending hours on trawling through emails that were usually either dealt with anyway or were now out of date.*



### Workload

*I am more vigilant about doing things in a timely manner – still let myself down at times, but it's an ongoing process. Because of this the last minute rushes are greatly reduced and I find I now have time to do more.*

### Meetings



*I currently chair a resource group meeting, and I wasn't very good at completing and circulating the minutes out prior to the meeting. I have now ensured that I complete and circulate them out as close to the meeting date itself and send out reminders to group members around meeting dates and attach minutes again to remind people.*

### Wrap up

*My day goes smoother, time is saved because everything is actioned or filed. There is an understanding across teams about more efficient meetings and agreement about not answering emails unnecessarily.*

For CDHB staff a 'Releasing Time' intranet site is currently being developed – it will contain handy tips and hints to improve your work practices and workplace.



## Releasing Time to Care is helping Older Persons' Health with the move to Burwood

In late 2015/early 2016 the Older Persons' Health Specialist Services division is moving from The Princess Margaret Hospital to the new campus at Burwood Hospital.

As we move towards this milestone, we are also looking to standardise the way we deliver elements of our models of care, so that our service is consistent across a new site.

The Releasing Time to Care programme will help us to adapt our ward process and practice ahead of the move to the new facilities so that it matches our new working environment.

### What is Releasing Time to Care?

Developed by the UK's NHS Institute for Innovation and Improvement, Releasing Time to Care helps staff to work more effectively and efficiently.

The Ministry of Health is actively promoting the programme as a quality improvement initiative. Currently eight other DHBs in New Zealand are using this framework.

### But haven't we done this before?

The CDHB ran a successful Making Time for Caring Programme over several years which was highly valued by staff.

The challenge now is to build upon these great foundations and make further improvements to our working environment so that:

- current work process and practice can match the design and the future models of care planned for the new facilities at Burwood;
- more time can be spent with patients;
- patient and staff experience will improve;
- patient safety, quality of care and efficiency will improve.

### What happens next?

We are currently in the planning stages and we will be needing your help. Watch out for a Releasing Time to Care lunch and learning session near you soon!

## New DVD about keeping kids safe in hospital

A new DVD on the Child Health Division's website tells parents and caregivers about how to keep children safe while they are in hospital.

Just like home, there are potential hazards in the hospital environment that people need to be aware of, says Child Health Service Manager, Anne Morgan.

"It is important that while a child is in hospital, those caring for them, including parents/caregivers are aware of these hazards."

The latest DVD 'Keeping Kids Safe in Hospital' was made in May this year by whitebait-tv and loaded onto our website on 17 July.

Child Health has been working with whitebait-tv since 2010. The company has produced all Child Health Division's DVDs on the website. Funding has been provided by external providers such as Countdown and The Warehouse. The Warehouse donated funds for this DVD as well as another one called, "What happens when you need an operation?"



Above: Jason Gunn narrates the DVD.

Check out the new video at:

<http://www.cdhb.health.nz/Hospitals-Services/Child-Health/children-arrive-hospital/Pages/default.aspx>

## Lucky prize winner

A CDHB staff member is the very lucky winner of the final main prize in the tracksuit-inc Resiliency Challenge.

Information Services Group Support and Trainer, Peggy Love, won a \$1000 travel voucher.

Peggy says she saw the Resiliency Challenge advertised on the CDHB Staff Communication Update and in the CEO Update.

“Finding new and better ways of managing stress has got to be a good thing so I thought I would give it a go.”

She found the Challenge to be very helpful in identifying “what stresses me out” and it also gave her some ideas about how to turn around negative self-talk to thinking more positive thoughts.

“Of course being the lucky winner of the travel voucher and being able to plan a holiday is also pretty good as a stress reliever!”

Peggy says she isn't sure yet where she will go but, “I plan on having a great time. Thank you so much to everyone.”

Other prize winners from Canterbury and West Coast DHBs are:

- \$50 Red Balloon Voucher: Julie Bell and Geraldine McGettigan.
- \$50 Rebel Sports Voucher: Chengyee Chan.
- \$30 Book Voucher: Liz Malcolm and Anna Pain.

The Resiliency Challenge started on 14 July and ran for two weeks (10 days) Monday-Friday. It involved daily challenges to get people thinking about the sources of their own personal stress and to help them develop strategies to manage the effects of that stress, in order to become more resilient.

Every participant who entered each daily activity was entered into a final individual prize draw to win the \$1000 travel voucher.

Throughout the challenge there were also prize giveaways for people who participated in the daily activities.



*Above: Resiliency Challenge main prize winner, Peggy Love.*



## South Island DHBs ensuring equitable access to weight loss surgery

South Island DHBs have established the South Island Bariatric Surgery Service to provide bariatric, or weight-loss, surgery for at least forty eight patients each year for the next four years.

Under the new Service, entry criteria and care will be standardised, and patients can have confidence they will have the same access to surgery when other options have been exhausted irrespective of location.

[Read more...](#)



## Celebrating wahine ora (women's health) at He Waka Tapu

Mawhero (Pink) was the colour of the day at He Waka Tapu on Friday 18 July. Despite the cold weather, around 200 women and their tamariki attended a wahine ora (women's health) day.

The organizing team of Cindy, Tess and Lisia (nurses and health promoters) recognise that many women will be coping with a whole heap of pressures and sometimes their own health is not the priority when looking after young families.

Team Leader Lovey Ratima said *"Improving access to health can be done in a fun, whānau way – and if we have a good relationship with mamas we often reach into the whānau"*.

Wahine were offered hand massages, manicures, pedicures, eyebrow shaping and mirimiri all the while listening to Billie Jean Project, a live band playing in the background.

Face painting, lucky dips and making gifts for their mums kept the tamariki busy and well looked after.

One wahine stated *"Thank you sooo much - me and my tamariki had a great day my waewae (legs/feet) look beautiful thanks but my eyebrows are very sore."*

Over 30 appointments were made for cervical and breast screening, and the dental treatment. Quit smoking advice was delivered, and whānau ora services were explained – a whole of family approach to health care – for all that attended.



Chief Executive, Dallas Hibbs is keen to connect more of these types of events with the new integrated health care developments so that integrated health care becomes an ordinary part of how NGOs, general practices and allied health care professionals work together.

He Waka Tapu is already planning a whānau day on 10 October 2014, and expect to host up to 500 people. If you'd like to know about the whānau day or our wahine ora services please call Cindy Ruakere or Tess Burrows on 0800 439252.



e-update

## Open for better care newsletter

Check out [Issue 11 of the Open for better care e-update](#).

It includes stories about:

- Patient Safety Week 3 – 7 November
- Starring in your own surgical safety checklist video
- Improving patient safety in the operating theatre
- Commission advisors presenting at district health boards grand rounds

There's also a link to a webinar with Dr William Berry called 'Beyond the tickbox' which was held on Friday 11 July. Dr Berry discussed the importance of teamwork and communication within the perioperative environment.

### **What does your job involve?**

Development and delivery of multidisciplinary staff training in the following key portfolio areas:

- Risk Assessment & Management- Suicide and Violence to others
- Professional Supervision
- Co-existing Alcohol and drug disorders
- Family Work

And assisting with training in Communication, De-escalation and Interpersonal skills.

Professional leadership of social workers employed in community and inpatient services for adult consumers of general mental health services in the north and west of Christchurch.

This includes recruitment, staff development, performance management, consulting on social work issues, change management and service development as part of the relevant Service Directorate.



*Above: Cynthia Spittal.*

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

I have wanted to be a social worker ever since I was 14 years old! This arose from a keen interest in social justice and inter-personal issues. I completed my undergraduate social work training at Massey University in 1981, and found a perfect fit between my personal values and interests and those of the social work profession.

I am passionate about empowering disadvantaged people to be active participants in a democratic society. This involves addressing the structural social, economic, individual and interpersonal barriers to a purposeful and meaningful life.

### **What do you love about it?**

Seeing people (consumers, their families and staff) achieve a quality of personal or professional life which maximises their potential. The countless opportunities to be the best I can to make a difference to others.

### **What are the challenging bits?**

Structural and organisational barriers to achieving best outcomes. Managing a decent work /life balance to keep the passion alive.

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

Colleagues whose professionalism enables them to keep consumers' needs foremost and inspire hope in others, even when facing huge challenges themselves related to post earthquake recovery. No names here – you know who you are!

### **The last book I read was...**

"Vroom with a view" by Australian travel writer, Peter Moore. It is a witty account of his journey from Milan to Rome in 2003, using a 1961 Vespa for transport.

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

Scouting in Tuscany (on my 'to do' list for 2015)

### **My ultimate Sunday would involve...**

A sunny open road ride on my Vespa with good friends for company, great coffee and plenty of laughs. Catching up with family and then spending the evening curled up with my partner, watching a DVD or listening to music over a glass of good wine.

### **One food I really dislike is...**

Tripe!! Closely followed by lamb's fry.

### **My favourite music is...**

Depends on the mood. I have an eclectic taste. I love dancing, so something with a strict tempo helps. For chilling out – Melissa Etheridge, KD Lang, Salmonella Dub, Fat Freddy's drop. For romance – Eva Cassidy, Roberta Flack. For nurturing the soul – Deva Premal, Jan Garrett. Best of all – Whirimako Black.

If you would like to take part in this column or would like to nominate someone please contact

[Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz).



## Department of Psychological Medicine, University of Otago, Christchurch & SMHS, CDHB Clinical Meeting

Tuesday 5 August 2014  
12:30 pm – 1:30 pm

Venue: Beaven Lecture Theatre, 7<sup>th</sup> Floor, School of Medicine Building

### "Physiology and other considerations in Physiotherapy"

Presenter: Joke van Staveren

Chaired by: Associate Professor Sue Luty

#### Details

These meetings will be held on a weekly basis (except during school holidays).

A light lunch will be served at the School of Medicine venue from 12noon.

Psychiatrists can claim CME for attending these meetings.

#### The sessions will be broadcast to the following sites:

- For TPMH attendees the venue is the Child, Adolescent & Family Inpatient Unit, Ground Floor. Access is from the main reception at TPMH.
- For Hillmorton attendees the venue is the Lincoln Lounge, Admin Building, Hillmorton Hospital

The dial in address is: **Psych Med Grand Round**.

If you have difficulties dialling in please call **0800 835 363** to be connected.

## Latest from the Consumer Council

The Consumer Council is engaged in helping identify areas in the Māori Health Framework where consumers could make a difference in achieving health equity and improved quality of life for Māori clients of the Health System.

Consumer Council members have accepted an invitation to provide feedback into the Information Use & Management Group's (IUMG) consultation document "*HealthSafe framework for sharing health information*" before the end of July.

This month Consumer Council members have also been asked for feedback and involvement with:

- MedChart Electronic Medication Management
- The Strength & Balance Exercise Magnet – patient information
- National Training Day: Child Trauma
- Planning for Education and Training Development workshop for Consumers to be held in September.
- Recruitment is underway for a Refugee/Immigrant Consumer Representative and a Physical Disability Representative.

If you have any questions regarding the Consumer Council or would like to engage a consumer representative for work you are involved in please contact Wayne Turp, [ConsumerCouncil@cdhb.health.nz](mailto:ConsumerCouncil@cdhb.health.nz); Phone (03) 364 4130.

## Take Gravida's Health Workforce Survey and WIN a \$100 Visa Prezzy Card!

All maternal and early childhood health care professionals in New Zealand are being asked to give **5-10 minutes of their time in August 2014**, to take part in a national workforce survey about nutrition and physical activity professional development education.



Recent policy, public health and community interest in the evidence behind a healthy start to life, means there is increasing momentum towards including healthy lifestyle advice for pregnancy and families in all health professionals' roles.

[Gravida](#) is working on a new initiative, funded by the Ministry of Health, to offer two new professional development programmes to offer support and knowledge in this area.

To ensure these programmes will be as relevant and useful as possible, Gravida needs to know about your experience of education and training in nutrition and physical activity to date, what format it was in, if this has supported your practice, and your interest in the area.

**All responses will be confidential and go into the draw to win a \$100 Visa Prezzy Card.\***

You do not have to be already planning to undertake professional development in this area to complete this survey and give valuable feedback. Gravida is keen to hear from as many maternal and child health care professionals as possible.

The survey will take **only 5-10 minutes** to complete and will be **open between August 4-13, 2014** on the link below.

Please [CLICK HERE](#) to begin.

If you experience problems accessing the survey, please contact [Gravida](#).

**Please note: This survey is currently not yet endorsed by the College of Midwives (COM) as it is going through COM Research Governance processes. This process may take up to two months.**

This survey has been approved by the University of Auckland Human Participants Ethics Committee (application no. 011367) which was granted on May 14 2014.

*\*Email addresses will be collected in confidence only for the purposes of this draw and will not be passed onto third parties. Addresses will not be linked to survey responses in our database. Ethics approval has been given for this survey.*

## Quality & Patient Safety Presentation Christchurch Campus Quality & Patient Safety Team

**Topic:** “#hellomynameis.....”

*(Could a well-crafted introduction be the key to a quality clinical interaction?)*

**Presenter:** Mark Jeffery, Oncologist, Clinical Director

**Venue:** Oncology Lecture Theatre

**Date:** Wednesday 6 August 2014

**Time:** 1 – 2pm

**An attendance record sheet will be provided.**





### University of Otago, Christchurch, Community Newsletter Winter edition

Read about some of the exciting research and teaching activities happening at the University of Otago, Christchurch campus.

Go to: <http://www.otago.ac.nz/christchurch/news/newsletter/>



### Whānau Ora update – July 2014

Read the [24th issue](#) of Te Kete Hauora's electronic newsletter, providing District Health Boards with Whānau Ora updates.

### Education Fairs August 2014

“Learning is a journey, not a destination” “E kore e mutu to ako.”

Have you been thinking about your development?

We have some good news for you. Our annual education fairs are on the way .... we have listened to what you have been asking for, and this year we will be delivering a wider range of options to you, but with a twist.....

More details – coming soon.

Born before 1964?  
A nurse?  
Interested in research?  
Then we'd love to hear from you!

We are looking for nurses aged over 50 interested in taking part in a focus group or interview exploring the barriers and facilitators to flexible working and career planning in the workplace.

We want to hear your views on how flexible working and/or career planning might help you shape your career.

We will be holding a focus group of the NZNO office (77 McAlister Way, Christchurch) on Tuesday 19th August at 1.30pm. It might take up to two hours but we'll feed you and provide tea and coffee.

The research is supported by the Health Research Council of New Zealand, Christchurch District Health Board.

If you are keen to be involved then please email [J.B.Chardon@nzno.org.nz](mailto:J.B.Chardon@nzno.org.nz) or call 0800283862

### Born before 1964? A nurse? Interested in research?

Then NZNO would love to hear from you!

They are looking for nurses aged over 50 interested in taking part in a focus group or interview exploring the barriers and facilitators to flexible working and career planning in the workplace.

[Click on the image for more details.](#)

### Nurses, other health professionals and BSc finalists Are you considering postgraduate study in 2015?

Come along to the University of Otago, Christchurch postgraduate information display, and discuss your options for next year.

[Click on the image for more details.](#)

**Nurses, other Health Professionals and BSc finalists**  
Are you considering postgraduate study in 2015?

Come along to the University of Otago, Christchurch postgraduate information display, and discuss your options for next year.

- FREE finding information will also be available
- No appointment required
- There will be staff available at the display at the following times:

**Wednesday, 23 August and Thursday, 24 August 2014**  
Ground floor foyer, University of Otago, Christchurch,  
Main Building, 27 Education Avenue  
11.00 a.m. to 3.00 p.m.

CONTACT: J.B. Chardon, 0800 283 862  
j.chardon@otago.ac.nz  
For staff information call 0800 283 862 or contact your supervisor  
www.otago.ac.nz

### SCIRT traffic update – week starting August 4, 2014

Remember to plan your journey around the city and to find out the latest information on how to do it [here](#).

More road works will soon begin at the corner of [Riccarton and Hagley Avenues](#), [Oxford Terrace](#) and [Tuam Street](#) from as early as Monday 11 August and will take about five nights over a two week period.