



## Preparing for the year ahead

**Welcome to the first *CEO Update* of 2021. Hopefully many of you managed to spend some quality time with friends or whānau over Christmas or away on holiday and have returned feeling recharged.**

For those of you who worked through, thank you once again for caring for our community and I hope you have a decent break planned in the coming months.

I am sure I am not alone in feeling very grateful that we are able to enjoy the freedoms that are the envy of so many others, as COVID-19 outbreaks continue to severely impact the lives of so many overseas and cause havoc on health systems across the world.

While we are in a good position here in New Zealand, we know how quickly things can change – especially with new and much more contagious variants – so it is important we all continue to unite against COVID-19 and play our part.

Ensure our summer remains uninterrupted by keeping up the good habits we know help protect us. Check out the [video of Medical Officer of Health Ramon Pink](#) who provides a timely reminder of what we all need to do.



Watch this video of Canterbury DHB's Medical Officer of Health Ramon Pink talking about the simple things we can all do to keep our summer unstoppable

## 2021 – A reminder to care for the carers

The World Health Organization (WHO) has declared this year to be the International Year of Health and Care Workers, in recognition of the enormous contribution health and care workers have made around the world throughout the COVID-19 pandemic.

Every day, healthcare workers around the world are at risk. Not just from COVID-19, but from other people's perceptions of the risk they pose. Health workers are caring for us.

Here in New Zealand we are fortunate to have an incredible team of health workers who have quickly and ably adapted to the changes brought about by COVID-19 and remain our frontline defence against the virus. Thanks to them, thousands of Kiwis have been able to return home and reunite with their whānau.

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The WHO theme is a reminder to communities here and across the world to care for the carers. Be respectful. Be supportive. Be kind.

Our team working in the managed isolation and quarantine facilities have continued to go above and beyond in their care of people coming through the facilities. They know that the little things can make a huge difference to the mental wellbeing of people in isolation. Over Christmas, some team members surprised international mariners with Christmas cake to help mark the Russian New Year. Their managers let us know that gestures like this for their crews make a huge difference and are certainly recognised and very much appreciated.

Likewise, it's always heartening to hear from the guests themselves, such as this message from recent returnee, Kristie Orawiec.

*"I just wanted to write to say thank you to the entire team at Crowne Plaza Christchurch. From the moment I entered isolation we were treated warmly, made to feel incredibly welcome and had clear communication throughout. The facility itself was clean and well organised, food was great and arrived on time, we were given ample supplies and they were in constant communication to check if we needed anything. Nothing seemed to be a bother for them. Thank you for a very warm welcome back to New Zealand."*

This is the sort of welcome home that can make us all proud.

## Appointment of new Chief Executive

Last year it was announced that Dr Peter Bramley has been appointed to the position of Chief Executive of Canterbury and West Coast DHBs. Peter starts on Monday 15 February 2021, and I will return to my role at Waitematā DHB. More details on Peter's appointment can be found [here](#).

## Passing of Canterbury DHB's kaumatua

It is with great sadness that we learnt of the recent passing of Reverend Maurice Manawaroa Gray, Ūpoko for Te Rūnaka ki Ōtautahi o Kāi Tahu and kaumatua for the Canterbury DHB. We will share a tribute to Maurice in the coming weeks.

## Remember, it's the simple things that get us through

Returning to work after taking a break can be a big adjustment – for mind and body.

As we move back to work after the summer holidays, it can be difficult switching our minds back into work mode. Luckily, there's a proven way to get your mojo back... doing more of the small things that give you joy.

Doing more of the simple things, like catching up with a friend, going for a walk or getting lost in a good book can make our lives happier and more memorable. More often than not, it's these little moments that stand out in our memories, years down the track.

We don't have to stop doing the things that make us happy just because we are back at work – but we do need to find ways to prioritise them. Check out this AllRight? article [Boosting Your Wellbeing at Work](#) for some tips that may work for you.

Ngā mihi nui

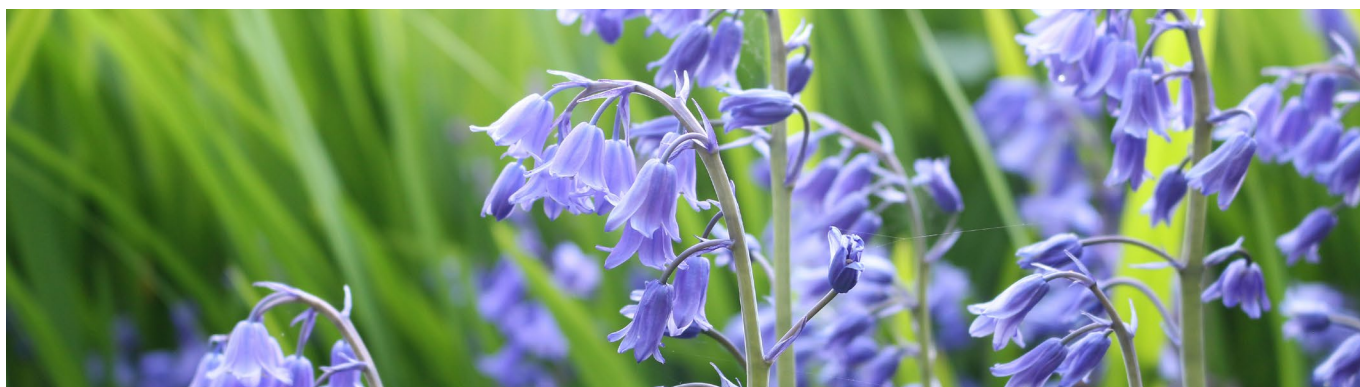


**Andrew Brant, Acting CEO**  
**Canterbury District Health Board**



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

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



## Bouquets

### **Beth, Customer Services, Christchurch Hospital**

I had occasion to speak to your Customer Services Coordinator at Christchurch Hospital, Beth Hamilton, early this afternoon by phone. I was feeling frustrated at the time, hence my reason for contacting the hospital.

I would like to comment that Beth was calm, helpful and empathetic putting me in the right direction to solve my concerns. I would like to thank Beth for her assistance and reassurance. It is appreciated.

### **Ward 24, Christchurch Hospital**

I had a call from my father's rest home saying that Dad had had a stroke and they were calling an ambulance. It seemed no time at all that I had a call from your team in Ward 24 saying Dad was there and they would do a scan. At all stages during the day they called and kept me fully informed. We flew to Christchurch from Queenstown the following day and on landing I had several missed calls. When we got to the hospital, they were so pleased to see us, and not only did they treat Dad with total respect, they were also very good to us. Unfortunately, Dad passed away the following morning, but again, when we came in to see him, your team were nothing but totally professional. I guess that our situation was no different to what they deal with every day but treating us humanely really helped our grieving process. Would you please pass our sincere thanks to your team in Ward 24.

### **Oncology, Christchurch Hospital**

Thank you for all your help and support throughout 2020. [Patient name] treated her visits to chemo as the social event of the week, especially during lockdown. This was greatly appreciated by me and the family. We did not win the battle but are comforted by the fact that all involved gave it their best shot – Sarah Ellery, Lorraine, Registrar Zhi Chai and the Chemo Suite and triage nurses.

### **Emergency Department (ED), Christchurch Hospital**

The staff (two nurses and a doctor) were amazing. Kind, compassionate and dignifying. My apologies, I did not get their names, but I want to acknowledge their professionalism and care.

### **Ward 10, Christchurch Hospital**

I was brought into Christchurch Hospital by ambulance and treated after an accident at home. I was very impressed by the whole experience, from the ambulance ride, to the treatment, and a night's stay in hospital. The staff, nurses and doctors, all were simply nice people concerned with my injuries. Thanks a lot.

### **Sam, Radiology, Burwood Hospital**

I had an MRI at Burwood Hospital. Sam was the radiologist. I found him professional, helpful and easy to talk to. Thank you.

### **ED, Christchurch Hospital**

Every single ED staff member who assisted my son with a broken elbow, from the triage nurse to the doctor, was kind and caring and made sure we knew what was happening and apologised for the wait – which was really not that bad. High quality care.

### **Christchurch Hospital**

I have spent the whole last year doing battle with breast cancer. I am hoping I have beaten the beast! But more importantly... I would like to thank every single one of the people who have helped me so very much. You are all amazing. This journey was a big frightening life-changing event for me and to be enveloped in the care and support I received was so awesome. From the surgeon, Birgit Dijkstra, to the Oncology staff, the receptionist, the security guard at the door, and the Radiology staff... I love and thank you all so very much.

### Orthopaedic Ward, Burwood Hospital and Bone Shop, Christchurch Hospital

I want to give a big thanks to the Orthopaedic Ward at Burwood Hospital, the care could not have been better right from the Admissions office all the way through to discharge. Every staff member I came across from Admissions, Physiotherapy, and Occupational Therapy, to the orderlies, cleaners, WellFood staff, nurses, doctors and anaesthetists were fantastic. My particular thanks to Nurse Alana who was particularly lovely. I was pretty nervous this time but with everyone's friendly attitude and professionalism I was put at ease quite quickly. It's mind blowing when you realise how many staff are involved in the journey of one patient. Thank you all so much. Also, I would like to say thanks to the nursing staff in the Bone Shop – all so fantastic and caring.

### Oncology Department, Christchurch Hospital

Upstairs and downstairs, everyone is absolutely awesome, totally dedicated, and so very kind. Thank you so much to everyone.

### Ophthalmology Outpatients, Christchurch Hospital

My husband needed his eye seen to urgently. Dr Adam Gartner was amazing. He took a lot of trouble checking my husband's eye for every possibility. The outcome being that his eye improved dramatically. He was kind and patient. We also saw Dr Louis Han, he too is kind and patient, as are the lovely nurses. We are aged 82 and 84 so appreciate their kindness. Keep up the good work.

### Acute Medical Assessment Unit (AMAU), Christchurch Hospital

The staff on AMAU were lovely.

### Ward 24, Christchurch Hospital

My mum and I were very thankful to have friendly staff on Ward 24. God bless you.

### Christy, Shirley and Jen, Ward 12, Christchurch Hospital

Receptionist Christy, and Registered Nurse Shirley, thank you so much for your very appreciated help and kindness for my husband. Also, Nurse Jen, thank you so much for your help. May you be richly blessed.

### Hand Therapy, Occupational Therapist, Christchurch Hospital

It was a lovely visit; the care was really great. Thank you for your support. Please keep up the good work.

### Dental Department, Christchurch Hospital

To Dentist Nathan and his nurse, thank you so much for explaining to me the X-ray for my tooth and gum disease. I am really grateful, and thanks to the lovely receptionist who booked my appointment. Thank you so much for my care. Abundant love and blessings.

### ED, Radiology, Theatre staff, Intensive Care Unit, (ICU), and Ward 10, Christchurch Hospital

My thanks to the many staff who cared for my dad when he presented in ED with an abdominal aortic aneurysm. From ED and Radiology, to the Theatre staff, ICU and Ward 10 staff, the care Dad received was outstanding. We are so lucky to have such high-quality facilities and skilled staff in Christchurch.

## Big Shout Out

### To: Health and Safety Representatives

I wish to nominate and have recognised with a Big Shout Out all Canterbury DHB Health and Safety Representatives (HSRs) who play an essential role in the health and safety community and keeping Canterbury DHB workplaces healthy and safe.

**From: Gareth Shaw, Health and Safety Advisor, Wellness Health and Safety – People and Capability**

#carestartshere

## Big Shout Out

### To: Service Desk Technician Sakhna Lap

A Big Shout Out to Sakhna who went beyond the call of duty (and with a smile on her face despite many frustrations) to get my newly allocated work phone up and working so I could get on and do my work (where the phone is essential).

**From: Mischale Collins, Community Rehabilitation Enablement & Support Team (CREST) Liaison Team**

#carestartshere



# 2020 New Year's Honours recognise contribution to health

## For services to infectious diseases research, Steve Chambers

Infectious diseases researcher and clinician Steve Chambers has been awarded one of the country's highest awards in the New Year Honour's list.

He received the Companion of the New Zealand Order of Merit for his services to infectious diseases research. The honour is the next most senior award following the Knight or Dame Companion.

Steve established the Infectious Diseases department at Christchurch Hospital in 1987, the first such service in New Zealand outside of Auckland. He remained clinical director until 2015. During this time Steve built the department from a one-doctor operation to a service that now trains a large proportion of New Zealand's infectious diseases physicians.

He founded and developed The Infection Group, a collaboration between Canterbury District Health Board and the University of Otago, Christchurch. The group is now a leading New Zealand infectious diseases clinical research team and a world leader in research on certain diseases.

The collaboration has been used as a model for how practical and clinically-relevant research can be incorporated into health service activities and lead to improved patient outcomes.

Steve has held a range of public health roles including as Chair of the Polio Eradication Committee for the Ministry of Health, the Medical Committee of the Pacific Leprosy Foundation, Chair of Canterbury DHB's Antimicrobial Stewardship and Infection Control committees, and Co-Chair of the South Island Hospital Antimicrobial Group.

In 2016 he founded the Charles Farthing Memorial Scholarship Fund to promote research among young doctors and scientists.



Infectious diseases researcher and clinician Steve Chambers

## For services to health and business, David Kerr

David received the Companion of the New Zealand Order of Merit for services to health and business.

David worked in general practice in Christchurch from 1976 to 2008 and was a driving force behind the establishment of Pegasus Medical Group in 1992. Pegasus Health (Charitable) Ltd is a primary care network performing the function of a Primary Health Organisation (PHO), as well as supporting general practices and community based health providers within Canterbury to deliver quality health care to over 445,000 enrolled patients.

David was Chairman of Pegasus Medical Group from 1992 to 1998 and Clinical Leader Mental Health from 2002 to 2012. He was one of the main drivers of the Health Pathways information system, which streamlines the referral process and helps general practitioners interact with hospital-based specialists. He was a director of PHARMAC from 2007 and Deputy Chair from 2010 until 2017, and has held a number of positions on medical advisory boards, particularly around mental health.

He has been a member of the Executive Committee for the Christchurch City Mission Redevelopment campaign, is a Trustee of the Champion Centre for those with intellectual disabilities, and was previously a Trustee of Life Education Trust South Island. David had also been Chairman of Ryman Health Care Ltd since 1999.



David Kerr  
Courtesy of Ryman Healthcare

# Orderlies' "highly successful" contribution to care of blood products

Burwood Hospital's Orderly team is being congratulated for the excellent job they are doing taking care of the hospital's blood fridge.

Hospitals that have a blood fridge must have the management, monitoring and care of it meet approved New Zealand Blood Service (NZBS) standards to receive and store red blood cells. Previously Burwood Hospital's blood fridge was under the oversight of laboratory phlebotomists.

The job includes, but is not limited to, receipting of blood and the return of blood from the blood fridge to the Blood Bank.

Following a review, orderlies were identified as the ideal group to oversee the blood fridge due to their involvement and knowledge of the hospital generally and ability to deliver urgent blood, says Quality and Patient Safety Manager Jo Lilley.

A Blood Fridge policy and a procedural suite to meet ISO requirements were created and document controlled, and NZBS Christchurch Blood Bank senior scientists developed and delivered a training module.

"Once this was completed, the labs phlebotomists provided a month of supervised buddy training for practical skills and signed off the orderlies when competency and confidence were achieved," she says.

The Burwood Hospital Orderly team has been totally dedicated to the task, says Blood Bank Team Leader Sandra Jacobs.

"They have really owned all the processes involved in receipting blood into the fridge, checking and organising the documentation, packaging and dispatch of blood back to Blood Bank, and daily maintenance of the fridge."

This has been vital in ensuring that the blood is stored correctly and safe for transfusion, as well as safe to return to stock at the Blood Bank if unused, she says.

"There are times when the Blood Bank call to have something double-checked and nothing has been too much bother for the orderlies. Similarly, they are diligent to let the Blood Bank know if anything is amiss."

Although the blood fridge is monitored 24/7 via a real time asset management system by Clinical Engineering, orderlies are required to do daily temperature range checks.



From left, Orderly Supervisors, Burwood Hospital, Tony Danenberg and Jason Lamont

"The alarm limits in the blood fridge are very tight and alarms do sound for various reasons, and when this happens it is so important that these spikes are investigated. The orderlies have been right onto it, advising the Blood Bank of any faults or temperature deviations and calling in engineers where necessary. This ensures the integrity of the stored blood and keeps wastage to a minimum."

Blood Bank commend the Burwood Hospital orderlies for the excellence that they have shown, Sandra says.

Jo says the Burwood Hospital Transfusion Focus Group (which she chairs) deeply appreciates the orderlies' contribution to patient safety.

"We want to acknowledge their important role in ensuring clinicians are prescribing and administering an uncompromised product. While they started this in 2018, they're silent heroes in this area, and deserve to be celebrated for their contribution to ensuring our patients receive blood that has been transported and stored correctly against strict cold chain requirements.

"The orderlies are as committed to the process now as they were at the beginning. This has been a significant change process but highly successful," she says.

# Tribute to Matthew Christophers

*Written by Maintenance Manager Weeks Heist.*

On 31 December 2020 Matthew Christophers, Shift Engineer in Canterbury DHB's Maintenance and Engineering (M&E) department, passed away peacefully at his home at the age of 30.

Matt started work at Christchurch Hospital as a plumber in 2013 but quickly ascended the ranks and in 2015 assumed the role of Shift Engineer.

There is at least one shift engineer onsite 24 hours a day, 365 days a year and they are the first point of call when there are building or site issues that require immediate attention. The charge nurse managers have a direct line to the shift engineers, allowing them to respond quickly to anything from blocked toilets to complex air conditioning systems.

The shift engineers are a part of a handful of people who know many of the Canterbury DHB sites and systems inside and out and Matt's deep knowledge of the inner working of the various sites was something that his co-workers frequently relied on.

When new employees started with M&E and were facing the daunting task of learning their way around plant rooms, wondering where certain systems were and how they are all interconnected, Matt was always quick to step up and take them under his wing to share his wealth of knowledge, for which his co-workers were always grateful.

Since Matt worked both day and night shifts, and also had to travel off-site to Burwood, Hillmorton, and The Princess Margaret hospitals and other sites, he was a well-known and a much-loved member of the Canterbury DHB community.



Shift Engineer Matthew Christophers (centre) with some of his colleagues from the Maintenance and Engineering team

People would usually see him smiling in the corridors or saying something to make one of his co-workers laugh. He was even spotted sometimes grabbing a cup of coffee with some of the senior managers, just having a chat.

The M&E department has benefited greatly from the addition of Matt to its ranks and will be feeling his loss for a long time to come. He was a gentle giant with an obvious love of life who will be missed by many.

His family has asked that if anyone wants to make donations in Matt's memory that they are made to the Cancer Society or to Dogwatch, as Matt was a great lover of dogs.

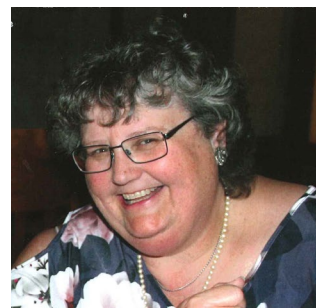
## Memorial Service to honour Vicki Prattley

We would like to invite you to a Memorial Service to honour Older Persons Health and Rehabilitation's Finance Manager Vicki Prattley on **Friday 22 January at 1pm** in the Burwood Hospital Chapel.

We would like to take this time to remember and reflect on Vicki's life and her contribution to Canterbury DHB.

If you would like to contribute a message to the memorial book before the service, please send it to [Fiona.Armitage@cdhb.health.nz](mailto:Fiona.Armitage@cdhb.health.nz) by 4pm, Wednesday 20 January.

Vicki's family will be joining us for this event and we will present the memorial book to them at the service.





# One minute with... Meik Dilcher, Scientific Officer, Virology/Serology department, Canterbury Health Laboratories (CHL)

## What does your job involve?

The development of new diagnostic assays (tests), the validation of in-house assays and verification of commercial assays and analysers with the focus on molecular virology. In addition, I'm working in research projects. I'm also responsible for the National Measles and Rubella Laboratory at CHL, which involves reporting to the Ministry of Health and the World Health Organization. I'm sometimes also involved in day-to-day diagnostic work in our Molecular Virology lab.

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

I was working in a virology research lab at a university in Germany before, but then I thought life in New Zealand might be nicer and more laid-back, so I moved here. Hahaha, then came the measles outbreak and the COVID-19 pandemic. But, honestly, it's quite interesting and fascinating to experience a one-in-a-hundred-year pandemic directly at the frontline of diagnostic testing.

## What do you like about it?

The job offers a nice combination of diagnostic work and research and the team here at CHL is fantastic.

## What are the challenging bits?

Too many emails and too many meetings.

## Who inspires you?

The wonders of nature are the biggest inspiration.

## 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?

Every sample that we test has a patient history connected to it. This is quite different to my previous job in a research lab. If you make a mistake in a diagnostic test, then the consequences are much bigger. This is something I constantly need to remind myself of.

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

My cat.



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

Peel Forest or somewhere deep in the bush on the West Coast – without phone and internet connection.

## What do you do on a typical Sunday?

Probably gardening, a cycle tour or a hike.

## What's your favourite food?

In general, I like Indian, Asian and Mediterranean food. But the longer I'm living here in New Zealand the more I start missing traditional German food. However, since I recently became vegan most of it is off the table now anyway.

## And your favourite music?

Alternative and 80s, like Placebo, Sigur Ros, Daft Punk, Radiohead, alt-J, Efterklang, Björk, London Grammar, Goldfrapp, Jamiroquai, Air, Eurythmics, etc.

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



# Learning programme for managers launches next month

*Update from the People and Capability team*

Te Huarahi Hautū is a newly developed learning programme for team leaders who may have financial and/or rostering input or delegations, as well as people who have been recently promoted into managerial roles.

By working your way through this pathway, you'll be provided with everything you need to reach your full potential as a leader at Canterbury and West Coast DHBs.

In December the People and Capability team selected a small group from around the organisation to take part in a pilot phase of the Te Huarahi Hautū programme.

We recognise that management and leadership is an ongoing journey that will feature ups and downs, so it was important to get an understanding of what learnings worked well and which ones needed to be further customised according to our people.

Some feedback from the participants included:

"Great initiative – even though I've been a manager in this organisation



for a while now, I learnt a lot and am looking forward to completing the other modules and workshops."

Canterbury and West Coast DHBs are fortunate to have some very experienced managers and operational leaders. An aim for this programme is to take learnings from our experienced leaders' wealth of knowledge and share this with all leaders.

As part of this programme we have also teamed up with the University of Canterbury who will provide insights on our progress throughout 2021. This work will begin with a survey that

all Te Huarahi Hautū attendees will be asked to complete. You should receive an invitation for this in the next few weeks.

For now, get excited because Te Huarahi Hautū officially launches in February 2021! Make sure you check out all the information on [HELM](#) and for any queries "Send us a question" via max. with the subject line 'Te Huarahi Hautū'.



Riding a bike brings us so many benefits – from improving our health to putting a smile on our faces.

Next month, Canterbury District Health Board will be competing to get the most people smiling and riding a bike this February. We need your help to win! You don't have to be an experienced rider to take part, just a 10-minute ride will count and help our team earn big points!

Once you're registered, you'll receive all the tips you need to get started! Sign up now at [aotearoa.bike](https://aotearoa.bike).

## MIHI 501 HEALTH PROF APPLICATION OF THE HUI PROCESS/MEIHANA MODEL TO CLINICAL PRACTICE.

The objective of the course is to support health practitioners to feel informed and confident in the development of Hauora Māori competencies, focussing on the application of the Hui Process and Meihana Model. The course is tailored to assist learners to apply these models within their clinical practice alongside Māori patients and/or whānau. These models promote positive engagement, appropriate care/treatment and health advocacy that support Māori health equity. This course is inclusive of: online learning, on-site learning and assessment modules. It is expected that the course will take learners between 22-28 hours in total, to complete.

### IT IS EXPECTED THAT ALL LEARNERS WILL COMPLETE:

#### ON-LINE LEARNING MODULES

(begins from March 2021)

Online modules that support learners to explore the context of Hauora Māori in 2021;

- Te Reo within a clinical setting.
- Understanding the context for studying Māori Health.
- Orientation to Hui Process and Meihana Model.
- How the application of Hui Process/Meihana Model can help us reduce clinical bias and improve health literacy.
- The role of Whakatere

*Each module takes approximately 2 hours to complete. Each module has written material, a video and quizzes attached. These Modules must be completed 2 weeks prior to the on-site training.*

#### ON-SITE TRAINING SEMINAR

27th July 2021

One on-site training seminar in Christchurch inclusive of;

- Application of the Hui Process and Meihana Model to health professional practice.
- Application of the Hui Process and Meihana Model to working with whānau.
- Application of the Hui Process and Meihana Model to treatment and management plans.
- Application of the Hui Process and Meihana Model when working with whānau in complex situations.

*Approximately 8 hours (8.30am – 5pm). Attendance and engagement in all sessions is required.*

### ASSESSMENT MODULES

Assessment modules which provide an opportunity for learners to demonstrate their ability to utilise the Hui Process and Meihana Model in clinical practice.

- Assessment 1; Complete a case assignment, which involves a virtual patient case and allows the learner to demonstrate how they apply the Hui Process/Meihana Model (2 hours). Once this case assignment meets the pass criteria the learners will be awarded MIHI501 HEALTH PROF: Application of Hui Process/Meihana Model to Clinical Practice.
- Assessment 2; If the learner chooses to continue their learning past assessment 1, they can complete one further written case assignment. This involves the interview of a Māori patient whom they are working alongside, and then completing the assignment as dictated by the template (6 hours). Once this case assignment meets the pass criteria the learners will be awarded MIHI501 HEALTH PROF: Application of Hui Process/ Meihana Model to Clinical Practice with DISTINCTION.

### REGISTER NOW

<https://corpapp.otago.ac.nz/training/ce/course/course/list/>

# Be Active

## HEALTHY LIFESTYLE PROGRAMME



### TERM ONE 2021

### 8 WEEK PROGRAMME

#### Aranui / Wainoni Centre

31 Hampshire Street

Starting Monday 1 Feb

1 - 2.30pm

#### Pioneer Recreation Centre

75 Lyttelton Street

Starting Tuesday 2 Feb

10.30 - 12pm

#### On-line Be Active

In your living room

Starting Monday 1 Feb

\$3 per session

REGISTER **NOW**  
0800 BE ACTIVE

[www.sportcanterbury.org.nz/beactive](http://www.sportcanterbury.org.nz/beactive)





# GROUP EDUCATION FOR THOSE WITH *Type 2 Diabetes*



## INTRODUCTION AND MANAGEMENT OF TYPE 2 DIABETES

This course is for anyone with Type 2 Diabetes who would like to learn more about self-management.

### 2021 COURSES

Diabetes Society  
February 10 & 17 - 5.30 to 7.30pm  
North Canterbury  
May 19 & 29 - 10 to 12pm  
Linwood Union Church  
August 4 & 11 - 10 to 12pm  
Merivale  
November 3 & 10 - 5.30 to 7.30pm

The courses consist of two sessions over two weeks.



## TYPE 2 DIABETES ON INSULIN, SELF-MANAGEMENT

This course is for people with Type 2 Diabetes who have recently started or who are already on insulin (any type).

### 2021 COURSES

Merivale  
April 14 & 21 - 5.30 to 7.30pm  
Diabetes Society  
September 8 & 13 - 10 to 12pm

The courses consist of two sessions over two weeks.

## TO REGISTER

TALK TO YOUR GENERAL PRACTICE  
TEAM FOR MORE INFORMATION  
AND ASK FOR A REFERRAL

Nurse Maude

Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

 **sport**  
canterbury

**Canterbury**  
District Health Board  
Te Pōari Hauora o Waitaha