



## Are we there yet?

**We expect to peak this week, in terms of the total number of community cases, with today's tally of 2,272 new community cases, and 16,290 total active cases. We currently have 59 people in our hospitals with COVID-19.**

For some days now, Canterbury has taken out the dubious honour of being the region with the highest number of active cases. This further indicates that the peak has passed through the Auckland region and we are seeing high numbers of daily cases.

General practice teams and the Care in the Community team are supporting the thousands of Cantabrians and those on the Chatham Islands who are recovering from COVID-19.

Since early December 24,955 Canterbury people have recovered from COVID-19.

Today we have 462 staff who are affected by COVID-19 either as a case or as a household contact. In addition, we have staff away on sick leave for other reasons.

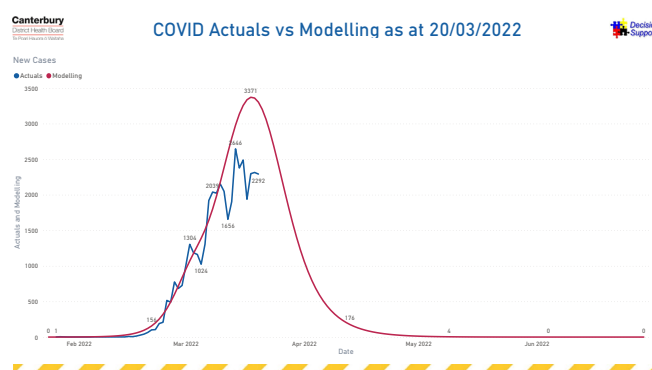
Expectations are that towards the middle of next week we'll be seeing the peak in COVID-19 related hospital admissions as some people, particularly those who are older or with underlying health conditions, will need additional hospital-level care. This has been the trend further north, and we can expect to see the same increase in hospitalisations occurring around seven to 10 days after the peak of community case numbers.

It's important for everyone to understand that reaching the peak doesn't mean the end of new community cases. Nor does it mean the end of staffing challenges. Just as we have experienced high demand on health services as case

numbers increased, it will be a similar situation down the slope as we continue to manage care in the community and in our health facilities.

Planned care and other health services which have been put on hold due to COVID-19 will slowly be reinstated as staffing allows, however, our priority will remain firmly on managing COVID-19 cases in the community and in our dedicated facilities, as we slowly but surely increase the flow of planned care where we can do so safely, and with confidence that surgery, procedures and appointments can go ahead as planned.

It will take some time to 'catch up' with deferred appointments and surgery, and work is already underway to plan how this can be managed most efficiently.



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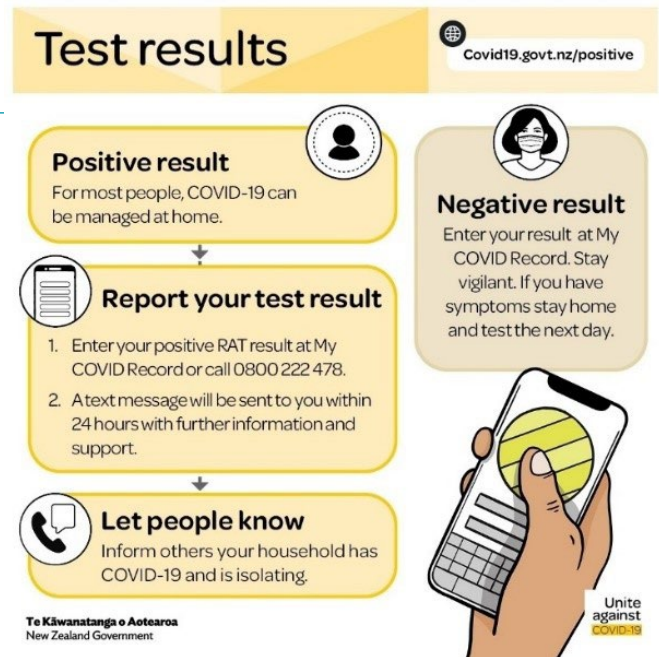
## Positive or negative, please report your rapid antigen test (RAT) results

Thanks to everyone who is getting tested or testing themselves and [reporting results](#).

Whether it is positive or negative, please [report your RAT result](#). It only takes a couple of minutes and helps health officials assess the outbreak and better understand the spread of Omicron.

In addition to reporting the test results through 'My Covid Record', parents and caregivers are now able to report test results of children under 12 and other family members by calling the My Covid Record team on [0800 222 478](tel:0800222478).

If you have a whānau or a friend who has tested positive but may struggle reporting their results, you can help by reporting for them – with their permission of course. You'll need their NHI number, full name and date of birth, and you just log in at [www.mycovidrecord.health.nz](https://www.mycovidrecord.health.nz).



## A big shout out to everyone who's been redeployed to other services, other DHBs and community providers including ARC, primary care and RAT collection centres

This week I want to recognise the hundreds of DHB staff who have put themselves 'out there' in many cases, right out of their comfort zone – from behind a desk, to a more customer or patient-facing role in order to help care for our community.

I've heard many are loving their new temporary roles and who knows, the experiences might lead to some career

changes once things quieten down and everyone is back to their day jobs.

There's a real sense of camaraderie and 'we're all in this together' so thanks to those who have put their hands up, and also a high five to the teams on the receiving end, who have made the newcomers feel very welcome. It's been great to see and hear about.

## First tranche of community pharmacies joining the RAT pack

Last week the first group of community pharmacies joined the growing number of locations where the public can collect RATs throughout Canterbury.

These pharmacies will be only be fulfilling orders so please remember to place your order for RATs before heading to a collection site – and have your order number ready when you arrive. Please wear a mask when attending the pharmacy and advise staff if you are symptomatic.

Orders can be made via the online system at <https://requestrats.covid19.health.nz/> by free calling 0800 222 478 to request your RATs.

RATs are free for:

- > people with COVID-19 symptoms or who are a household contact or who have been instructed to get tested by a health official

- > Critical workers who are household contacts
- > Border workers who are required to be tested under the Required Testing Order

It's great to see these pharmacies coming on board and expanding the ranges of locations RAT tests are available to our communities. This will also help ease pressure on our community testing centres.

Please, only request RATs if you have symptoms, you are a household contact or have been directed to take a test by a health official. There's no need to get a RAT just in case.

Additional pharmacies are gearing up to become RAT collections sites in the coming days.

The latest list of pharmacies who now offer RAT collection is regularly updated here: <https://www.healthpoint.co.nz/covid-19/canterbury/?covidTesting=rats>

The list of drive-through RAT pick up points, and their opening hours (which change regularly) is listed here: <https://www.healthpoint.co.nz/community-health-services/community-health/canterbury-dhb-rapid-antigen-testing-rats/>

Please be patient and kind if you need to wait if it is busy. Staff are doing their very best to provide RATs to everyone who needs them as quickly as possible.



**Tested positive?**  
Register your result at  
**MyCovidRecord.nz**

Te Kāwanatanga o Aotearoa  
New Zealand Government

Unite  
against  
COVID-19

## The COVID-19 national guidance and FAQs for all DHB staff has been updated

A reminder that the latest national guidance, information and answers to frequently asked questions (FAQs) can be found on the [TAS website](#).

TIP: It's best to read the guidance online, rather than downloading, as that way you will always be reading the latest information.

## Etu Pasifika Pacific COVID Hub

**Open Monday to Friday**  
**9.00AM - 4.30PM**

### Service:

- ☒ COVID-19 Advice
- ☒ COVID-19 Testing
- ☒ COVID-19 Welfare Support
- ☒ COVID-19 Medical Support
- ☒ COVID-19 Mental Well-being Support

**We have RATs for Pacific families**  
**— call our number to arrange pick up.**

### Location:

173 Montreal Street, Christchurch 8011

Call 0800-388-434 or Email [covidhub@etupasifika.co.nz](mailto:covidhub@etupasifika.co.nz) to book



## Now that we're into Autumn...it's time to think about winter and flu and other immunisations

The current Omicron outbreak is expected to have a long tail. As we've seen overseas there can be a resurgence of cases after an initial peak – so it's not over till it's over, so please, keep doing all the good stuff, including wearing a mask which, along with physical distancing and ventilation provides your best protection against Omicron.

To avoid a 'twindemic' this year, I encourage you all to have your influenza vaccination as soon as it's available – which looks likely to be early April for staff. Keep an eye on the [Prism page](#), the Daily Global email and next week's CEO Update for the latest on where and when you can get protected.

And another reminder, we've said before "measles is just a plane ride away" with borders opening and flights arriving from around the world, it's vital that if you have tamariki and pēpi in your whare, please check that their childhood immunisations are up to date to protect them against measles and whooping cough.

# Stop the flu before it stops you

*"Getting the flu vaccine prevents the spread of influenza and saves lives. Many of our patients are immunocompromised so are very vulnerable. I don't want to be responsible for a preventable illness or death."*

Victoria Hoban – Clinical Nurse Specialist, Infectious Diseases

**Free staff flu vaccinations available from early April**

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

**West Coast**  
– District Health Board –  
Te Poari Hauora a Rohe o Tai Poutini



## Out and about checking in on Supply & Procurement

It was great to get out to check in with the Supply team last week and hear about the logistics of managing the receipt and distribution of managing the massive supplies of RATs, masks and other personal protective equipment that has been shipped in and out of our warehouses 24/7 over the past few weeks.



From left, Finance Systems - Solution Lead/Purchasing and Supply Chain Phillipa Botting, Procurement Manager Andrew Summers, Blue team Controller Tracey Maisey, and CEO Peter Bramley. The team have distributed more than 6,600,000 individual tests throughout the South Island

## We're more than a month in to our response

We are now on day 35 since setting up our Emergency Co-ordination Centre (ECC), which continues to operate seven days a week. Thank you to everyone from throughout our health system for your continued energy, expertise and leadership as the days, weeks and months pass as we work to minimise disruption the disruption to our community due to COVID-19.

*He waka eka noa*

*We're all in this together*

Kia pai tō koutou rā

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

Please email us at [AskPeter@cdhb.health.nz](mailto: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](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

### **Burwood Hospital**

Second operation for me this year and another excellent result. Fantastic and professional team. Absolutely no complaints or suggestions, ok, maybe one, keep doing what you are doing, it works! Thank you all, and please keep as safe as you can.

### **Ward 23, Christchurch Hospital**

Thoroughly looked after by caring staff who obviously enjoy their job. They are empathetic and take time to talk. Wonderful teams. Best hospital in the country. Thank you.

### **Maternity Assessment Unit**

Thank you so much to the wonderful midwives in the Maternity Assessment Unit. I was seen by Julie, Karen, Kate and Gilly, and the care I received was outstanding!

### **Seeing Our Systems Room, Christchurch Hospital**

I wanted to pass on how wonderful the experience was communicating with Christine Baxter and Diane Brown via the Seeing Our Systems Room. They were so prompt, responding to my questions, approachable and knowledgeable. I was feeling quite anxious, but they put me at ease with their reassuring and kind approach. A special mention to Louise Hoban-Watson also. A fantastic team coordinating with a large and complex response. Keep it up team, you're doing a wonderful job.

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

I didn't get the chance to thank Dr Sarah Carr. Thank you very much for your sense of humour and professionalism that turned a very stressful situation into something almost normal. Please keep up your good work.

### **ED, Christchurch Hospital**

Our son was admitted to ED after having a seizure on the street. He had another in ED and the doctors and nurses were there at his bedside so quickly and were so professional and comforting to me as it was traumatic to see my son go through this. I would like to pass on a huge thank you to all those amazing staff from a very grateful mum and dad. Many thanks.

### **Oncology, Christchurch Hospital**

I want to acknowledge how kind and caring the staff in the Oncology department are. This is a traumatic and uncertain period and the team work like a well-oiled machine. It's a credit to a hospital system that's under such pressure. Thank you.

### **COVID-19 vaccination, Maui Clinic, Hornby Hub**

I had my COVID-19 booster at the Maui Clinic in the Hornby Hub. All the staff were friendly, welcoming and very professional. Please acknowledge their wonderful work.

### **Day of Surgery Admission and Ward 15, Christchurch Hospital**

The staff have all been wonderful. Thank you, Emily, for being excellent at your job and most kind. Thank you also to Dr Ranjan for being very kind. I appreciate the work that you do.

### **Christchurch Women's Hospital**

Everyone was very friendly and supportive, and I felt very safe and looked after. Thank you very much.

### **WellFood, Christchurch Hospital**

Beautiful meals, really nice, thank you.

**Gabby Kelly, Physiotherapy, Christchurch Hospital**

Fantastic job. Improved my confidence when I thought I'd never move my arm and hand properly again.

**Gynaecology, Christchurch Women's Hospital**

I just wanted to say thank you so much to all the staff in the Gynaecology ward. I came in unfortunately to have an induction abortion, it was a really rough time, and unfortunately my partner wasn't able to stay with me for the procedure, however all the staff were so lovely and made things so much easier. I really appreciate all the time and care I received and could never thank you all enough.

**Christchurch Hospital**

I am writing a short letter to thank you for the fact that you, as healthcare workers, in spite of often great stress and enormous effort, continue to look after someone's health and many times save their life. Someone like me (i.e. 95 percent of the population), who do not have daily contact with human tragedies involving the loss of health or even life, can only guess at how stressful, exhausting and difficult your job is. Until a person experiences such an event themselves. So, I would like to thank from the bottom of my heart and with all my soul, the staff who assisted us immediately after the accident. I also want to sincerely thank all health care workers for your undoubtedly responsible, hard and many times very stressful work. I am well aware that your work is at times undervalued, even though it is so valuable to society. Once again, I would like to thank you very much for all your work now and in the future.

**Coronary Care Unit (CCU), Christchurch Hospital**

I have spent a week in CCU having a cardiac ablation under Dr Ian Crozier. I want to thank everyone who was involved in my care and making the experience as good as it could be. I want to especially compliment three of my nurses who went above and beyond to help – Karren who took time to talk when I was feeling low, Amy who was so kind and caring and Hayley who helped me through the day of surgery and recovery. I hope to be able to thank them in person at some stage, but this will have to do in the interim.

**Christchurch Hospital**

I was admitted into hospital with a blood clot on the lung. I have never experienced pain like it and was a very unpleasant experience. I was nursed at one stage by a nurse named Misty. The empathy that Misty showed was second to none. To be in so much pain and to be treated so humanly and with outstanding care was truly amazing. This lady needs to be congratulated so I would appreciate it if you could pass on my thanks. Thanks again, and a huge thank you to Misty.

**Eye Clinic**

For the last 15 months I have been in treatment for thyroid eye disease. I would like to thank the team at the Eye Clinic for looking after me, always being friendly and welcoming. I am also particularly grateful for the excellent outcome of the eye surgery performed by Consultant Ophthalmologist Antony Bedgood. Thanks a lot.

**Ear, Nose and Throat (ENT) Outpatient Clinic, Christchurch Hospital**

After a sudden hearing loss in one ear I have been treated by a few registrars, audiologists and specialists at the ENT Clinic. Every encounter has been great, the staff have been so reassuring and accommodating of my lack of hearing them. I cannot praise them all highly enough. Thank you, ENT team!

**Ward 23, Christchurch Hospital**

The nurse who looked after my father was fantastic and made his stay fun, even though he'd just been diagnosed with cancer. He has since passed away. We wish to pass on our gratitude to this nurse.

**Gastroenterologist Michael Burt, Christchurch Hospital**

Thanks a lot, to Dr Michael Burt for looking after me for the past a few years. He is very knowledgeable, approachable and humorous. He explains things clearly and confidently which makes you feel authoritative. He still discusses treatment plans and options and respects my views as a patient.

**General Surgery and Outpatients, Christchurch Hospital**

I would like to thank my medical team for the exceptional service and treatment given to me during a very stressful time. Dr Halley Waller and her team are amazing – respectful, kind, professional, and just amazing. Thank you, thank you, thank you.

**Anaesthetist, Christchurch Hospital**

I would like to make a special compliment to the female anaesthetist, sorry I don't know her name, for how well she communicates with patients. It gave me a lot of confidence. I have worked for over 20 years in a university hospital overseas so have experience in the medical field myself.

**Maxillofacial surgery, Christchurch Hospital**

A huge thank you to Dr Ella Jerram and all the nurses at Christchurch Hospital. I was admitted for emergency jaw surgery and despite being extremely busy and short staffed the team were so helpful and made a traumatic event as comfortable as possible. Service was friendly, prompt and professional. This has been my second positive experience with the doctors and nurses at Christchurch hospital in the past 18 months. Thank you so much.



## Big Shout Out

### To: Community Dental Team

I want to acknowledge the Community Dental team who we are having the privilege to work with on our rapid antigen test (RAT) distribution locations. The team have supplied their dental vans for the Christchurch Arena and Rolleston sites to act as staffrooms and offices on site as well as for storage of RATs. This has greatly reduced the costs to the DHB and allowed for staff to stay warm when out in the elements. The site leads, and clinical leads, have nothing but great things to say about the dental team. They are a hard-working, conscientious, engaging, and dedicated team who step up to any challenge positively. Their flexibility, and adaptability, is appreciated by all on site and they ensure a fun and positive worksite. This is a credit to your leadership team and the culture in your teams. So, thanks!

**From: RATs Distribution  
Site Manager Rolleston and  
Christchurch Arena Michael  
O'Dea**



The dental vans acting as staffrooms and offices

#carestartshere

## Wellbeing advice video

A new video, called Aotearoa e te toa! COVID-19 and your mental health and wellbeing, has been released.

This latest animation from Health Navigator's Aotearoa e te toa! series outlines things you can do to support your mental health and wellbeing while you're isolating at home with COVID-19.

You can view it on the [Health Navigator website here](#).

### TIPS FOR SLEEPING WELL

**TRY NOT TO ENGAGE  
IN STIMULATING  
ACTIVITY JUST  
BEFORE BED (EG  
TRYING TO WORK  
OUT TODAY'S  
WORDLE).**





# Last Friday was World Sleep Day

This year's theme was Quality Sleep, Sound Mind, Happy World.

Sleep is a foundational pillar of good health, and the quality of your sleep can impact not just your physical energy in the morning but your mental and emotional health, too.

The team at AllRight? have come up with some handy tips to help you get a better sleep tonight – or tomorrow morning, if you're working overnight.

Lack of sleep or poor sleep quality is known to have a significant negative impact on health — affecting attention, memory, learning, obesity, diabetes, weakened immune systems and other health problems.

If you have trouble relaxing, check out the curated, sleep-inducing playlists on your favourite music app to fill your room with white noise and serene sounds to help you unwind. Search for 'World Sleep Day 2022' on Spotify, Apple or Amazon music.

You'll also find more great tips for sleeping well on the [Canterbury HealthInfo website](#).



# TIPS FOR SLEEPING WELL

**ALL RIGHT?**

**ALLRIGHT  
.ORG.NZ**

## TIPS FOR SLEEPING WELL

# GO TO BED AND GET UP AT THE SAME TIME EACH DAY.



# Thumbs up for the COVID-19 vaccination experience

More than 98 percent of people who provided feedback in Canterbury say their experience of receiving a COVID-19 vaccination has been good or very good.

That's a big thumbs up for our staff delivering the vaccination programme.

The vaccination programme has been delivered at a range of sites throughout the region; from GPs and pharmacies, to mass vaccination and mobile sites, to low sensory clinics and deaf communities, to youth health centres, universities and rugby clubs.

The experience feedback survey, underway since August 2021, asked several questions about people's experiences of the vaccination programme at all these sites – from booking through to receiving their vaccine – with the aim of identifying any issues and improving the process.

Key findings included:

- › More than 91 percent said the booking process was good or very good
- › 92 percent said they received sufficient information before their appointment
- › More than 98 percent said they were treated with respect throughout the process
- › 95 percent said the clinic/site delivering their vaccine was easy to access

Just over six percent of those who provided feedback said they considered themselves disabled or experiencing a disability – and we were keen to hear how the experience met their needs. Their feedback includes:

*\*I think it is great place to have vaccines at the DSC (Deaf Society Canterbury).*

*Very easy for the deaf community to come to DSC.*

*\*I used the low sensory room and the nurses were incredibly kind and patient despite my many tears.*

*\*It helped a lot with a sign language interpreter.*

Hundreds of other general comments were left for staff too, including:

*\*I feel hugely grateful to the staff that are so cheerful and positive working during a difficult time. Thank you to all of them for their care and consideration.*

*\*My vaccinator was incredible. She went out of her way to give us information and settle nerves. Made us feel comfortable and just really did make it a good experience. Kudos!*

*\*All Kaimahi at the Maui clinic were super supportive friendly, and a couple of the ladies were bringing the laughs to make us feel comfortable.*


*\*This was my first time ever getting a vaccine and I felt very looked after.*

This feedback shows what a great job staff are doing, and we thank them again for their hard work and dedication to the people we support.

We value feedback from people who have used the vaccination service as this helps us continue to deliver a high quality, efficient and effective vaccination programme.

People who use the vaccination service can easily access the survey by scanning the QR code displayed or staff can provide a paper copy of the survey.

## Getting vaccinations after getting COVID-19



For first and second doses, at least

**4** weeks

For booster doses

**3** months

Please speak to your GP or healthcare provider for advice specific to your medical circumstances

Te Kāwanatanga o Aotearoa  
New Zealand Government

Unite against COVID-19

# Parkside building construction work

The construction work at the eastern end of the Parkside building is on track for completion later this year.

Areas are being reconfigured for relocated clinical teams, fire systems are being improved and strengthening work will make the building more resilient in the event of future earthquakes. The works are being managed by Canterbury DHB's Facilities and Infrastructure Programme Office.

On the ground floor, the old Emergency Department is having a modest make-over to accommodate the Medical Day Unit, Oncology Infusions and a Physiology testing and treatment unit. A number of clinical staff are currently reviewing the room layouts to ensure the rooms will meet the clinical requirements of their new function.

On the first floor, the old Intensive Care Unit (South) has been converted into the Medical Progressive Care facility for COVID-19 patients. This space has also been refurbished with its final state as Day of Surgery Admissions in mind. Planning has begun with the Gastroenterology Service for the remainder of the old Intensive Care Unit to be repurposed for the endoscopy service, pending approval for this to proceed.

One of the main activities is to strengthen Parkside by replacing (where necessary) the brackets that support the exterior concrete panels. Fitting the brackets is complicated because they are heavy and accessing the panels can require a lot of the interior walls being stripped back.

The pictures below show examples of the work required to fit the new brackets. Some are fitted inside and others are attached to the building exterior when access is difficult.



Standard internal panel brackets

Alongside the panel strengthening, the primary structure of the eastern end of the building is being seismically strengthened by installation of fluid viscous dampers.

Fluid viscous dampers are essentially large building shock absorbers that are designed to reduce the movement of the building during an earthquake.

The dampers are being fitted in the wards on the south side of Parkside. The following picture shows the holes drilled into the floor slab to position a damper.

We are also making changes to the wards by reducing the number of beds in the multi-rooms from six to four. There will be more space between the four beds and space to fit a separate shower and toilet in each multi-room as well as improving accessibility to common toilets and showers.



Exterior panel brackets



VFD steelwork beam

A clinical user group made up of Nursing, Medical and Allied Health staff across General Medicine, Cardiology, Plastics, Respiratory and Nephrology have contributed to and approved the design. The electrical systems, nurse call and medical gases are being upgraded at the same time.

A lot of effort is being expended to improve passive fire systems, such as fitting smoke dampers to the ventilation systems where the ducts pass through the firewalls. Unfortunately, when the work is completed, you won't see it because it is hidden in the ceiling cavities and walls.



Ceiling Passive Fire Works

The Facilities & Infrastructure Programme Office can be contacted via email: [FIPO@cdhb.health.nz](mailto:FIPO@cdhb.health.nz)



# Be an ally to end racial discrimination

Today, is 'International Day for the Elimination of Racial Discrimination', an annual day recognised around the world to bring awareness to the importance of inclusion, diversity and equity for all tangata (people) regardless of their ethnic identity.

The theme for 2022 is "Voices for action against racism", with a specific goal set by the United Nations to highlight the importance of strengthening meaningful and safe public participation and representation in all areas of decision-making to prevent and combat racial discrimination.

This means reaffirming the importance of full respect for the rights to freedom of expression and peaceful assembly; protecting civic space; and recognising the contribution of individuals and organisations that stand up against racial discrimination and the challenges they face.

People everywhere are encouraged to strengthen and consolidate their voices against racism, to mobilise against all forms and manifestations of racial discrimination and injustice, and, ensure a safe environment for those who speak up.

As inclusive, well-meaning New Zealanders, we can all stand up to racism, adding our voice, however big or small, by being an ally and an active bystander whenever we see racist behaviour, says Equity and Diversity Workforce Development Partner Akira Le Fevre.

"Being both Māori and Japanese I grew up with many negative stereotypes which have ingrained their way into my adult life. When going into a shop I will always assess what I'm wearing, to make sure I don't bring any unnecessary attention to myself, as I'm quite used to getting double-takes from shop assistants or store security.

"I'm always aware of how long I spend in a shop, whether I'm lingering around a certain area for too long, and I feel extra pressure to buy something, even if it's just something small, because leaving a shop empty-handed to me brings unwanted suspicion and to be seen purchasing something gives me a sense of safety."

Akira says he hasn't been stopped by security but knows many Māori or Pasifika people who have and it's a deep fear that he is always conscious of.

"This is just a small personal example of racial discrimination that I can share but I know there are plenty of other examples that our kaimahi (staff) could share from their professional and personal lived experiences."



INTERNATIONAL  
**DAY** FOR THE  
ELIMINATION OF  
**RACIAL**  
DISCRIMINATION  
— MARCH 21 —

To empower yourself with tools and skills to help eliminate racial discrimination Canterbury DHB has an 'Active Bystander Workshop' available on HealthLearn. There are also many resources and campaigns available such as the New Zealand Human Rights campaign 'Give Nothing to Racism' which is available on YouTube.

There is also the [InCommon campaign](#) that was created in response to the Christchurch mosque attacks to highlight how similar we are to people who, at first, we may not think we share much in common.

There have also been 10 days of free Te Tiriti-based Futures + Anti-Racism online webinars that you can still register to join here: <https://www.tiritibasedfutures.info/>

## TIPS FOR SLEEPING WELL

**IF YOU CAN'T FALL ASLEEP IN A REASONABLE TIME, TRY GETTING UP AND DOING SOMETHING BORING IN ANOTHER ROOM.**



# New drop-off location for returning mobility items

A new drop-off point has been created to make it easier for people to return mobility equipment loaned to them from Christchurch Hospital.

People can now return any items they no longer need, such as walking frames, raised toilet seats, shower chairs, and crutches, to Canterbury DHB's Procurement department at 4 Rapide Way, Yaldhurst.

This is a secondary mobility drop-off that people can use instead of having to go into the central city, says Procurement Manager Andrew Summers.

"It's easier, especially for the elderly, to pull up in the visitor parks here (near the airport) than go into Christchurch Hospital where they may need to walk some way."

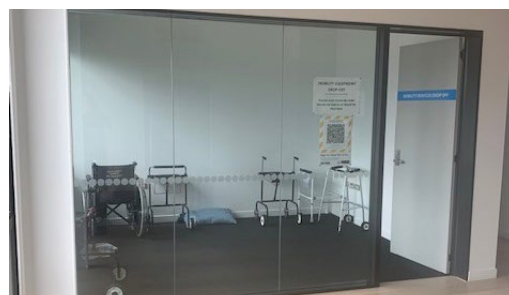
"If anyone has equipment cluttering up their home or tucked away somewhere, now is a good time to return it. This will help us help others in need of those items," he says.



Exterior view of the Procurement building where items can now be dropped off



Front door



The room for leaving items

## WHERE ARE YOU ON TODAY'S EMOTIONAL ROLLERCOASTER?

Feeling tired, hōhā, relieved, happy or just over it?

There's no playbook on feelings as we go through a global pandemic.

However you're feeling, know that you're not alone.

Find out more at [allright.org.nz](http://allright.org.nz)

**ALL RIGHT?**



## TIPS FOR SLEEPING WELL

**TRY TO SPEND SOME DAYTIME OUTDOORS OR IN NATURAL LIGHT.**



*Ashburton Hospital is farewelling two of its most familiar faces this week as Driver Selwyn Munro and Associate Clinical Nurse Manager Acute and Inpatient Services Margaret Anderson both retire on Friday.*

## Ashburton Hospital – like “being part of a family that cares”

Selwyn started in 1974 as an orderly at Ashburton Hospital in February 1975, then became a driver in what was then known as the Stores department - and it was destiny he never left.

From then on Selwyn cemented his place as the foundation of Ashburton Hospital's Supply department for many years to come.

Selwyn, whose career at the hospital has lasted for 47 years, says he enjoys people, helping others and being part of a family that cares – which is why he has stayed so long.

His retirement plans are to just slow down, breathe, and decide what his next chapter maybe and where it will take him.

Ashburton Hospital Supply Coordinator Supervisor Chanel Matthews says she has only known Selwyn for a minor fraction of the time he has devoted to the organisation and have always associated him with an energetic, kind soul.

“From the first day we met he has had a bounce in his step and with a passion to exceed expectations, not only for the customer, but everyone he interacts with. Selwyn will be missed. I will miss him and his smile. We wish him all the best on his journey.



Driver Selwyn Munro

## Long-serving nurse retiring

Associate Clinical Nurse Manager Acute and Inpatient Services Margaret Anderson is hanging up her uniform after 48 years of dedicated nursing.

Margaret started her nursing career as a student at Ashburton Hospital in 1974 and graduated three years later as a registered nurse (RN), being awarded the Lions Club award for top student in class.

“I continued working at Ashburton Hospital for a further 18 months, in various RN roles within the hospital, and then shifted to Nelson Hospital for seven months in an Acute Medical Ward.



Associate Clinical Nurse Manager Acute and Inpatient Services Margaret Anderson



From there I travelled to the U.K, working six months in Guernsey as a private nurse and travelling around meeting my Scottish relatives."

She came home early due to illness in her family and started back at Ashburton Hospital in 1980. Margaret worked in the Acute Assessment Unit (AAU), Medical, Surgical, and Operating Theatre, and was a Night Duty Manager. After marrying and having four children she returned to work mainly in the AAU. In 2002 she was appointed charge nurse manager (CNM) role of AAU.

"In June 2020 the CNM roles were all disestablished and a change of nursing leadership was planned. I took up the role of associate clinical nurse manager for Acute and Inpatient Services Ashburton Hospital and am still in this role until I retire on Friday"

Margaret says she enjoyed her role as CNM AAU, leading a great supportive cohesive team, meeting lots of people, both patients and visitors, and bringing on board new staff.

"I also enjoyed networking with colleagues in Christchurch and other areas of New Zealand and representing Ashburton Hospital on various committees. I liked being part of the Product Evaluation team and trialling new medical devices and consumables. Working alongside the various company reps was great too."

She is looking forward to spending more time with family and friends but will miss the company and comradeship of the staff she worked alongside.

"I am sure we will keep in touch and continue that friendship."

Director of Nursing Ashburton and Rural Health Services Brenda Close says throughout her time as a nursing student, nurse and manager, Margaret has contributed directly to the care of the community and to the journey and development of many health professionals, and more specifically of nursing students and nurses.

"She has been a part of many initiatives and changes throughout the health sector and this is reflected in her relationships with colleagues locally, regionally and nationally.

"We are lucky to have had her as part of our team, and we wish her all the best for her retirement. We know how important family is to Margaret and that she will enjoy spending more time with her grandchildren."

## TIPS FOR SLEEPING WELL

**IF YOU CAN'T FALL ASLEEP IN A REASONABLE TIME, TRY GETTING UP AND DOING SOMETHING BORING IN ANOTHER ROOM.**



# One minute with...

## Chelsea Skinner, Chairperson, Canterbury District Health Board Youth Advisory Council (YAC)



### What does your job involve?

Leading a group of young people aged between 16 and 24 to advocate for 12–24-year-olds in our health system here in Canterbury. I get to be out in the community a lot meeting with a wide variety of people in the Canterbury Health System while working on various projects and events to make the health system better for young people.

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

I have always had a real passion to work with people and be in roles in which I can (hopefully) make a difference in other's lives. Having my own personal experience in the health system over the past six years has made me really appreciate our health professionals for what they do and also shown me the gaps that we need to be addressing for our rangatahi.

### What do you like about it?

I love being able to connect with a wide variety of people from all walks of life and at different stages in their journeys. I also love seeing the passion our young people on the team bring to helping others their age and how much time they volunteer to do this! I am also so proud of the work we achieve and that we are the only Youth Advisory Council for any DHB in the country.

### What are the challenging bits?

The youth voice can often get lost in our health system and so it can feel like sometimes we are fighting an uphill battle to be seen and heard. It breaks my heart every single time we get a young person who contacts us about the struggles they have with their health condition in our health system and always makes me strive for us to be doing more and uplift that youth voice.

### Who inspires you and why?

Young people. Our rangatahi here in Canterbury have been through so much over the years and yet I am always inspired by their resilience, ability to be real and talk about the hard things, whilst also showing the incredible insight and wealth of knowledge they bring. It always feels a privilege whenever I get to connect with a young person and journey alongside them in what is such a crucial stage of their development.

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

I would like to think these values are how I operate in my role every single day. Without these, we would not be serving young people in Canterbury well.

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

Many things because I am terrible at updating it and only really learning how useful it can be now.

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

I would be back home which is Scotland for me as I haven't seen my family in six years, and I miss them very much especially in these weird COVID-19 times that restricts travel.

### What do you do on a typical Sunday?

Ideally, I like to stay in bed as long as possible as I am not a morning person at all and then I love to be outside in nature and spending time with friends. But realistically a lot of my Sundays at the moment are spent down rabbit holes of endometriosis research as I start my PhD in March.

### What's your favourite food?

I have a major sweet tooth so anything chocolate but also a big fan of Italian food.

### And your favourite music?

I'm super basic in my music taste in that I love anything pop. I switch up a lot between music and podcasts with a favourite podcast being 'YAC Yarns' - a podcast all about youth health which I'm going to plug because it's our new project and we have some very cool guests on it!

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

## Something For You



Something *for You* is the Canterbury DHB employee benefits programme. The deals offered are from the Canterbury business community to say thank you for all that you do.

Please see below some of the offers related to Transport and Auto Services. You can find similar offers [here](#).

### ILAM TOYOTA



#### Ilam Toyota

- 247 Riccarton Road, Upper Riccarton

Receive a free deluxe car wash and the option of a \$30 WOF with any service - show your Canterbury DHB ID to redeem, see more information [here](#).



**Miles Continental** | Driven by Service

#### Miles Continental & Miles Škoda

Exclusive offers across the new Volkswagen and ŠKODA range. Let the friendly team at Miles Continental and ŠKODA take care of your next vehicle purchase and receive a minimum \$2,000 off any new vehicle.



### Miles Toyota

#### Miles Toyota

- 221 Montreal Street, Christchurch Central

Receive a free deluxe car wash and the option of a \$30 warrant of fitness with any service - show your Canterbury DHB ID to redeem, see more information [here](#).



#### MTF Finance Carlton Corner

- 2 Papanui Road, Merivale

All CDHB staff that loan with MTF Finance Carlton Corner will receive the option of \$250 petrol vouchers, \$250 off a new loan, or \$250 retail vouchers - quote Canterbury DHB when enquiring.



#### Mozita Automotive

- 101 Springs Road, Hornby and 42 Hawdon Street, Sydenham

20 percent off all automotive services, repairs and warrant of fitness for all Japanese, European and American vehicles - show your Canterbury DHB ID to redeem.



#### Safe R Brakes

- 87 Fitzgerald Ave, Christchurch Central

Get 15 percent off all parts and labour - show your Canterbury DHB ID to redeem, see more information [here](#).

**TIPS FOR SLEEPING WELL**  
**GET REGULAR EXERCISE EACH DAY.**

