



## Moving to Alert Level 3 from Wednesday... we've got this!

**As we move to Alert Level 3 at 11.59pm on Tuesday night, and with no community cases of COVID-19 in Canterbury – or the South Island, we can all be grateful for a few more freedoms that come with Alert Level 3 – including takeaway coffee!**

Importantly though, mask wearing remains mandatory while at work, and scanning/signing in wherever you go is also essential. This means you need to scan in or sign in at every Canterbury DHB facility you visit during the day. Many departments have their own QR codes and you should use these as this helps immensely with contact tracing.

I've been reading with interest the experience of our neighbours across the Tasman and in other overseas jurisdictions, and the hospital statistics provide the most compelling evidence for vaccination.

Vaccination is stopping people getting seriously ill and preventing them from being admitted to hospital. It is saving lives.

When the current COVID-19 outbreak in NSW was escalating in July, Australia's acting Chief Medical Officer, Professor Michael Kidd noted that of the 2700 locally acquired cases

between 16 June and 28 July, 93 percent were unvaccinated and six percent had received one dose. You can read more Vax Facts on [page 6](#).

If any staff, whānau or people you care about are unsure or sitting on the fence regarding vaccination, please encourage them to ask questions of their health provider, get information from reputable sources (not social media) and get the best protection available: two doses of the COVID-19 vaccine.

I was recently sent an [LA Times article](#) written by an Infectious Diseases physician in the US. In her 'Letter to the unvaccinated' the doctor presents a compelling case for vaccination. It's a sobering read. Get protected people, and please support others who need a hand to book their vaccination or find answers to any questions or concerns they may have.

### Canterbury's vaccination rollout, by the numbers:

A total of 322,450 vaccinations have been given, comprising:

<b>Dose 1 - 214,676</b> 42% of the eligible population (aged 12 and over)		<b>Dose 2 - 107,774</b> 21% of the eligible population (aged 12 and over)
We now have <b>75</b> clinics throughout Canterbury	Most vaccines given in one day: More than <b>10,100</b> on Thursday 26 August	Vaccines given in the past week: <b>60,254</b>

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More capacity is being added to the Canterbury clinics in the Book My Vaccine system every week. We now have 75 clinics operating. Last week we hit a new record with more than 10,100 vaccinations given last Thursday. If you'd like an earlier appointment, the best thing to do is to keep checking in the system. If you find an earlier date, you can reschedule your appointments [here](#).

We also have a small number of vaccination clinics in Canterbury that are using their own booking systems. You can check our list of clinics on this page and contact each clinic directly to see when they have appointments available.

High five to the Lyttelton Port Company's border-facing workers for achieving a 95 percent vaccination rate! Read more on [page 8](#).

As well as thanking the 300 workers, I'd also like to acknowledge those behind the scenes enabling this great result, including Canterbury Medical Officer of Health

Ramon Pink, along with Haidee Scott from the COVID-19 comms team and Keith Todd, Operations Lead, along with everyone else involved in the vaccination teams – far too many to mention!

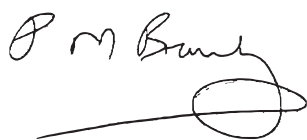
A special thanks to the Pegasus Health team too for their ongoing testing, to ensure the LPC staff working at our borders, their whānau and the wider community remain safe.

Once again, massive thanks to you all for all the additional work and challenges you have overcome as we work together to maintain health services and keep our community COVID-19 free.

And remember folks, you can't pour from an empty cup, so please take care of yourself first. Take a breather when you can and take the time for a physically-distanced catch up with a colleague.

Here are some practical wellbeing tips from the [Getting Through Together team](#).

Ngā mihi nui



**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](#).



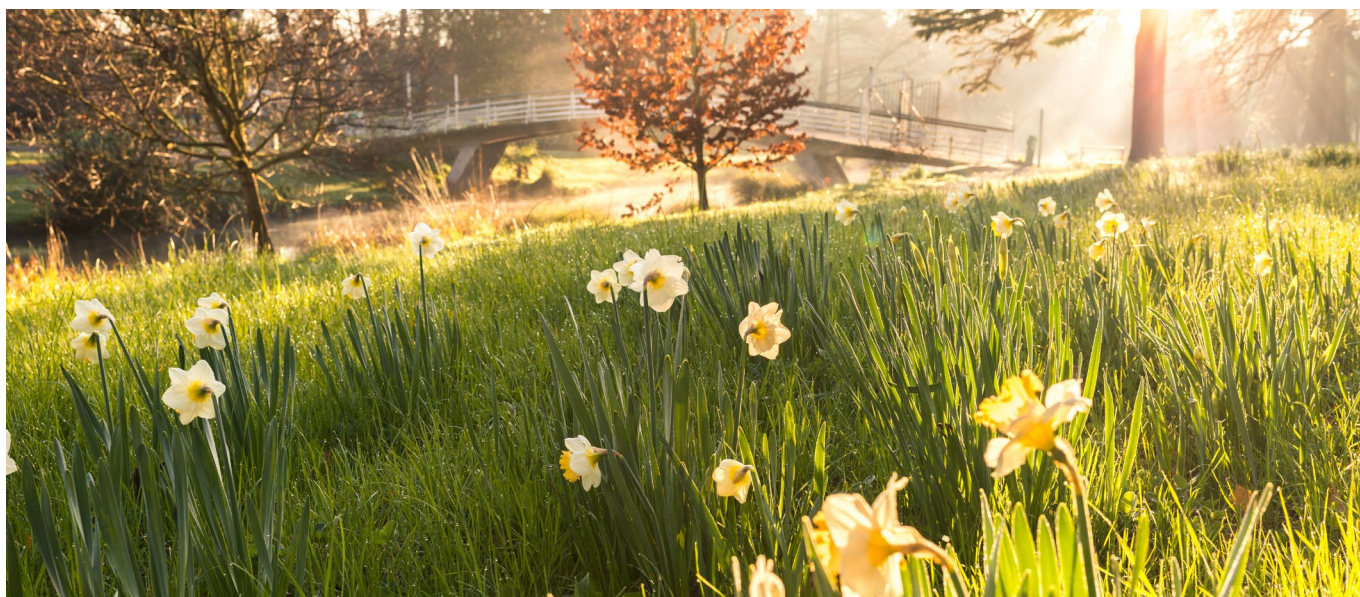
**LOOK OUT FOR YOURSELF,**  
**LOOK OUT FOR EACH OTHER**



**ALL RIGHT?**

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

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



## Bouquets

### Tim Weir, COVID-19 Response, Te Mana Ora/Community and Public Health

Thank you so very much for following up with me. I would like to thank you for your diligent work. You were fantastic while on the phone, in asking your questions, as well as answering my questions. Well done for doing a great job in what must be very trying times.

### Drive-through vaccination clinic for essential workers

You're doing a brilliant job Kirsty Peel and team Canterbury DHB. I've been bowled over by the number of people saying how easy and smooth it has been going. (From Foodstuffs General Manager Strategy and People Damian Lynch).

### Orchard Road vaccination clinic

Fourteen-year-old Charlotte Fahey baked the cake (right) for the vaccination team at Orchard Road where her aunt Lisa McKay is Senior Manager. It was enjoyed by everyone, who also appreciated the kind gesture.



### Drive-through vaccination clinic for essential workers

More than 9000 doses in one day? That's amazing! We are grateful Kirsty Peel for your support and keeping our people safe. (From Programme Manager Workplace Vaccination, Countdown, Kitty Ling)

### Radiology, Ashburton Hospital

A huge thank you to staff at Ashburton Radiology for the wonderful job you are doing in these trying times. A special thanks to Susan for her kind, professional and very gentle treatment. Susan, you are a credit to your profession.

## Big Shout Out

### To: Hospital Dental Practice Manager Jacqui Powell

Jacqui has been a stand out star as a line manager this week. She has been proactive in identifying workforce capability and training needs of her team and working with Emergency Co-ordination Centre (ECC) Staffing to meet a whole range of staffing needs. She does this with a generous and patient spirit in such a rapidly evolving situation. To top it all off, she has jumped in herself to fill some of our weekend gaps. We think you're awesome Jacqui!

### From: ECC Staffing

#carestartshere



### Penny, Orchard Rd COVID-19 Vaccination Clinic

I would really like to thank the vaccinator Penny. I was at the clinic with my step-daughter. Penny was amazing with the way she handled one scared girl. Thank you.

### Diabetes Podiatrist Karyn Ballance

I'm a GP from Halswell Health. I would like to give feedback regarding a great experience I had today with a Canterbury DHB staff member. I spoke with the Diabetes Podiatrist Karyn Ballance regarding a patient who needed care and she was fantastic. She was friendly and very helpful when I called. She liaised with the teams involved in the patient's care and came up with a good plan for the patient which she then fed back to me very promptly. Please express my sincere thanks to her for her great work.

### Ward 10, Christchurch Hospital

All the nurses and doctors I was treated by were very good.

### Rosemary Jukes, Emergency Department (ED), Christchurch Hospital

My father was in ED having been brought in by ambulance. Dad was very sick. He was fortunate to be seen by Dr Rosemary Jukes and very caring nurses; sorry I didn't get their names. Rosemary sat with me and we went through Dad's Advanced Care plan. She was so kind, compassionate and lovely to me. She took time to help me get my head around something I already knew, but the reality of which was so different. Rosemary has a great way with her and I just wanted to acknowledge the gift she has. My dear father passed away at his aged residential care facility. I want to sincerely thank Rosemary for her amazing work.

## Big Shout Out

### To: Staff COVID-19 testing

Just wanted to say what a great experience I had with staff testing today, it was well organised and very prompt. As an outline I had an email response from Roxanne within minutes and then Jax phoned me back within 20 minutes of sending my number to her. She then gave me an appointment as soon as I could come in (I live a 45 minute drive out of town). Testing was as good as a nasal swab can be with no wait time and they indicated my results should be back tonight. Having this system should work well in getting staff back on board quickly.

**From Paul Kelly, Nurse Consultant, Forensic Mental Health Service and Mental Health Nursing Recruitment**

#carestartshere

## Big Shout Out

### To: Christchurch Hospital volunteers

I just wanted to send our thanks again for the lie-flat maternity chairs (for birthing mother's support person). Many, many thanks. The chairs arrived in perfect time for the lockdown.

**From: Director of Midwifery, Canterbury and West Coast DHB, Norma Campbell**

#carestartshere

## THREE THINGS CHECKLIST

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

**ALL RIGHT?**

 **Mental Health Foundation**  
mauri tu, mauri ora

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

## Over 600 vaccinated at Ashburton pop-up clinic

Ashburton has a large migrant population that needs a culturally responsive approach to support them to get vaccinated.

According to the 2018 census, about 18.6 percent of the people in the Ashburton District were born outside of New Zealand.

To support these people, Ashburton Life Pharmacy worked together with the Ashburton District Council, Hakatere Marae, local migrant community leaders, the Culturally and Linguistically Diverse (CALD) Health Advisory Group and Canterbury DHB to run a pop-up COVID-19 vaccination clinic at Hampstead Rugby Club yesterday.

The pop-up clinic vaccinated over 600 people under alert level 4 restrictions.

Vaccination event lead, Satish Mistry says it was pleasing to be able to offer COVID-19 vaccinations to the community who may find navigating through the healthcare system confusing which then can act as a barrier.

"Having the support of local community leaders helped us gain the trust of the community."

Migrant community leaders took the lead in reaching out to the community and supporting them to book their vaccinations. Most are from the Philippines, Thailand, and Latin America.

The clinic was also made accessible to the Pasifika and Māori community.

An Ashburton community leader, Thelma Bell, led the charge in getting the Filipino community booked for their vaccinations. She says people were grateful to have this opportunity.

"When I told the various Filipino community groups that I'm connected with that we have this opportunity, I encouraged them to contact me straight away. The response was very positive."

Thelma helped over 300 Filipinos book their vaccination appointments.



Pop up vaccination clinic in Ashburton



Thelma Bell about to get her vaccination

Community leaders were present to assist last Sunday, and interpreters had been organised to ensure that those who needed translation support had it available to them.

"The Filipino community felt so thankful and privileged to get vaccinated. Back home in the Philippines, they see that they are still battling widespread community transmission. This motivated them to get vaccinated," Thelma says.

The pop-up clinic will return on 31 October for their second dose vaccinations.

# Vaccines prove to be the difference in fight against COVID-19

With the Delta variant of COVID-19 wreaking havoc around the world, two things have become apparent. Firstly, that Delta is highly infectious; much more so than the variant the world faced in early 2020. Secondly, that lockdowns alone will not stop the spread; people must be vaccinated.

## Vaccination significantly reduces the risk of serious illness and hospitalisation.

A study published in [The Lancet](#) last week reinforces why it's important for people to have two doses. Unvaccinated people who are infected by the Delta variant experience a more severe disease than those infected by earlier variants.

## The statistics are compelling

A recent analysis by [Public Health England](#) suggests that effectiveness against hospitalisation after two doses is 96 percent for the Pfizer-BioNTech vaccine.

As reported in The Guardian, when the current COVID-19 outbreak in NSW was escalating in July, Australia's acting Chief Medical Officer, Professor Michael Kidd noted that of the 2700 locally acquired cases between 16 June and 28 July, 93 percent were unvaccinated and 6 percent had received one dose.

In the United States where much of the country is enduring fourth and fifth COVID-19 'waves', hospitals, particularly in states with low vaccination rates, are being overwhelmed with patients who have the Delta variant. The vast majority of the hospitalisations, patients in intensive care (ICU) and deaths are among the unvaccinated.

In Arkansas, which has the fifth lowest COVID-19 vaccination rate in the country, more than 99 percent of patients hospitalised due to the virus are unvaccinated. [Across the entire country](#), of the 168 million fully vaccinated citizens, only 8054 (0.005 percent) have been hospitalised due to COVID-19 so far in August.

A [Center for Disease Control and Prevention](#) (CDC) study of residents aged over 16 years in Los Angeles county, found that unvaccinated people are 4.9 times more likely to contract COVID-19 than vaccinated. They are also more than 29 times more likely to be hospitalised.

## Aotearoa acts

New Zealand is paying attention and our elimination strategy, formulated during the first COVID-19 outbreak in 2020, which included staying home, physical distancing, good hand hygiene, mask wearing and scanning the QR codes, now includes vaccination.

Each of these measures in isolation, will not entirely protect us from contracting COVID-19. A pedantic hand washer could catch it, as could a diligent mask-wearer. An otherwise healthy, fully vaccinated person could also contract and spread COVID-19. This is called a 'breakthrough infection'.

***What we have learned from overseas though is that a person who is fully vaccinated is much less likely to suffer severe symptoms requiring hospitalisation or ventilation. They are also much less likely to die.***



Reserve your spot at  
**BookMyVaccine.nz**  
Te Kāwanatanga o Aotearoa  
New Zealand Government

Unite  
against  
**COVID-19**

In Canterbury our vaccination rollout has ramped up with more than 10,000 people being vaccinated in one day last week.

New Zealand residents aged 30+ may book in for their COVID-19 vaccination. From 1 September, all New Zealand residents aged 12 years and older will be eligible to book for their COVID-19 vaccination. Parents or guardians eligible to book their vaccine can also book any 12 to 15-year-olds in their whānau.

According to [Microbiologist Dr Siouxsie Wiles](#) the key is to vaccinate as many people as possible, here in New Zealand and across the world, as soon as possible. Only by increasing vaccinations and reducing community transmission on a global scale, will we reduce the opportunity for the virus to evolve. If the virus can't evolve, we will have less chance of requiring a second type of booster.



# COVID-19 Frontline Workers – the Vaccinator

We talk a lot about our team of five million in New Zealand and appreciate the effort that every individual makes to keep us all safe from COVID-19. The contributions of some however, have far-reaching and significant impacts on us all.

As our elimination strategy has evolved to include mass vaccination, the people administering those injections have become integral to our fight against COVID-19. **Bridget Goodman** is a vaccinator here in Christchurch.

## What were you doing before you became a COVID-19 vaccinator?

I'm a Registered Nurse (RN) at Christchurch Eye Surgery which is a small private hospital in Merivale. I was keen to try something new and I believe vaccination is the most important part of at least minimising the spread of COVID-19. I still work at the eye surgery on Mondays, but I'm really pleased I'm also vaccinating as I'm enjoying being part of the team delivering the vaccine.

## What's your role?

My key responsibility is to be part of the team to safely deliver the Pfizer vaccine to the people of Christchurch. This involves a chain of many hard-working people and I am just a small part of this.

## Tell us about your team

Our team has grown enormously since I started in April. It's been fantastic seeing so many new people come onboard and great getting to know them. I have also re-connected with people I have worked with over the years.

## How has Level 4 lockdown affected your work?

Since returning to Level 4 we have reconfigured the staging areas at Orchard Road from start to finish. This has also improved the whole process and we are finding that clients are working through each stage at a faster rate. This has had a positive effect for the clients and we are seeing higher satisfaction levels though the feedback we are getting. It's operating really smoothly and safely.

More PPE (personal protective equipment) is required at Level 4 so we wear masks throughout the shift and also either safety goggles or a face shield when we are vaccinating the clients.

## What does a normal vaccination shift look like for you?

My role can change each day depending on which part of the chain I have been allocated. I could be the lead vaccinator, floating (out on the floor) or vaccinating clients.

These roles are shared amongst us all so we all gain experience with each responsibility.

A normal shift starts with a five-minute 'state of play' meeting to discuss numbers, any changes in

processes and the shift plan. From there we move to our roles for the shift and get cracking. It's always busy but we do manage to have mini catch-ups with each other through the shift and there is always lots of support around for us if we need it for questions etc.

The last hour of the evening shift is always a busy time, ensuring we have the correct amount of vaccine for the numbers so that we don't ever have left-over vaccine; it's amazing that we always seem to get there. Then we total up the vials and stickers, the doses and what's left in the fridge, and then send the numbers to the pharmacy.

While we are doing this other staff are prepping the drawing up room for the next shift, cleaning down areas and generally tidying up the booths. We clean all the drawing-up areas every two hours. It's a real team effort.

## How do you feel about what you're doing to contribute to our response to the pandemic?

I think all of us working in this programme are happy to be contributing to a successful outcome - this being as many people as possible receiving the vaccine. We all believe in it and are great advocates for it.

It's a hard job and at times it seems a bit relentless but in between this we all have a few laughs and it's always nice when we have vaccinated someone, and they are really thankful and tell us how much they appreciate what we are doing.

## What has the pandemic taught you?

I think the pandemic has taught us all to enjoy the simple things in life and also how lucky we are to live in such a great city.



Vaccinator Bridget Goodman and her dog Archie

# Joint effort ensures high vaccination rates among port's border-facing workers

Vaccination rates for Lyttelton Port Company (LPC)'s border-facing workers are now up to 95 percent.

LPC has about around 300 staff who fall under the border order which requires all border facing staff to be vaccinated by September 30. This includes cargo handlers, marine pilots, security staff who transport international crew, and anyone who boards a vessel at any point.

Vaccination rates for these workers was already at 85 percent – considered high and among the top of all New Zealand ports. However in recent days, thanks to joint efforts by LPC management, unions, the team from Canterbury DHB's Covid-19 Vaccination Programme, and Canterbury Medical Officer of Health Ramon Pink, the vaccination rate is now 95 percent.

In the last few weeks there has been a further push from LPC and Canterbury DHB to have the household contacts (aged over 12 years old) of border facing staff vaccinated. This was done by providing spaces at The Princess Margaret Hospital and an on-site clinic at LPC. There will be further opportunities with a drive-through vaccine clinic this week.

LPC's CEO Roger Gray says they are proud to see the majority of their border-facing staff take up the opportunity to be vaccinated.

"As an international border, we know the important role we play in keeping our people, our whānau and the wider community safe. It has also been fantastic to see so many of our staff take up the opportunity to have their household contacts and family members vaccinated.

"We believe we have been successful by having a strong relationship with our unions, Canterbury DHB, visible leadership, and clear and consistent communication on the importance of getting vaccinated.

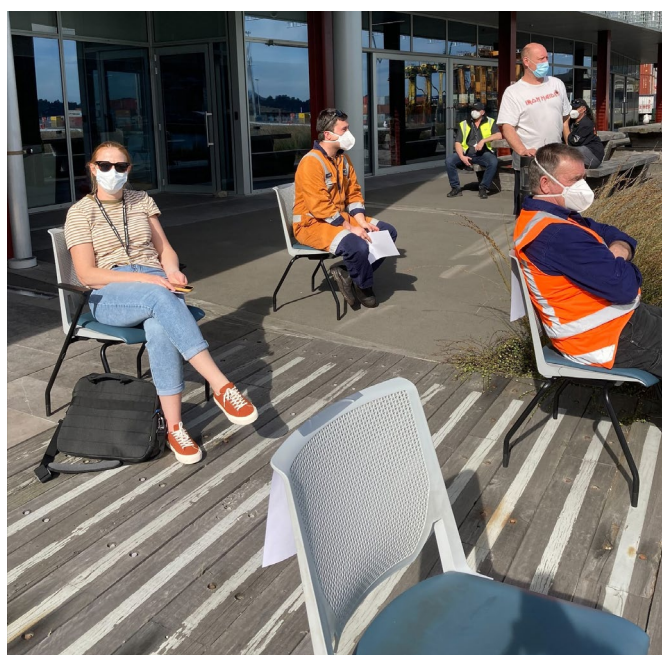
"This is all about providing an additional layer of protection for our people which ensures LPC can keep the essential goods we need, like food and medicine, moving across Canterbury and the South Island.

"We would like to thank Canterbury DHB for their ongoing support, and in particular Dr Ramon Pink who has attended a number of our shift changes to answer any questions our staff have around the COVID-19 vaccine.

We would also like to thank our all our border facing staff who continue to comply with regular testing requirements as now over 1000 nasal swabs have been taken at LPC by the dedicated team from Pegasus Health," he says.



Lyttelton Port Company Foreman Stevedore Robbie Winder receiving his vaccination



Lyttelton Port Company staff waiting after receiving their vaccination

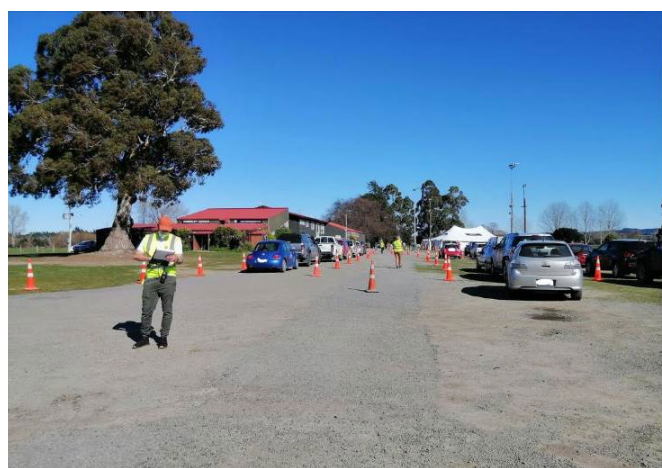


# Amberley vaccination clinic

A pop-up vaccination clinic was held at the Amberley Rugby Football grounds last Friday.

A great effort by the Medical Centre, Hurunui District Council, Canterbury DHB, the Amberley Rugby Football Club and local volunteers and sponsor, Pyne Gould Corporation.

More clinics are planned in coming days.



Sparklers

# Best for the environment and best for its people

"I'd drink that," says Canterbury Linen Services (CLS) General Manager Rod Fisher, scooping some of the rinse water into his hand that has come out of a load of laundry in one of the facility's huge German-made washing machines.

"Essentially this water is as clean as the water that went into the machine. Our chemical supplier carries out testing twice a month and the results show little difference in the composition between the two."

That's because the highly efficient washing machine dumps all the soiled water at the end of the wash cycle, before rinsing, using a large-diameter 'quick drain'.

"This means linen is transferred to the rinse zone with little soil (or chemicals) and also enables us to use less water, the lowest water usage per kilogram of any New Zealand laundry," he says.

CLS is a fully owned subsidiary of Canterbury DHB. It delivers linen to Canterbury, West Coast and South Canterbury DHB hospitals ensuring a constant supply of clean, folded and ironed, sheets, towels, hospital gowns, pillow cases, scrubs and more, arrive on wards daily.

They also provide a laundry service to some commercial customers.

CLS's new facility opened in November last year, shifting from its old earthquake-damaged building in Hillmorton, to Dakota Park - Christchurch Airport's 80-hectare freight and logistics precinct. The CLS plant is the largest commercial laundry in the South Island and one of the most modern laundry facilities in Australasia.

"What we have here is the most efficient washing technology available in New Zealand, it really is a state-of-the-art environmentally-friendly process," Rod says.

CLS, which also makes up sterile Theatre packs in an air-filtered room, even has a heat exchanger to take heat from its waste water and to heat the incoming cold water.

"This reduces the energy requirements of heating washing water. The waste water is cooled by the heat exchanger and stored in a large tank, then sent to the Christchurch City Council's trade waste system at a slow and even rate or at night to reduce peaks in the council's system."

All the chemicals that CLS uses are fully biodegradable, and the plant is close to carbon neutral, powered by renewable wood chips, in a wood chip boiler made by Lyttelton Engineering.

"This plant is the realisation of four years of design and planning and uses the latest technology from Germany.

Please note these photos were taken before Level 4 lockdown



Canterbury Linen Services (CLS) General Manager Rod Fisher scooping up some water that has been pressed out of the linen after rinsing

We're thrilled about it, because of how much better it is for the environment, and also for our staff, who are the heart of this organisation," says Rod, who has worked at CLS for 25 years.

The busy team of 100 come from countries as diverse as Sudan, Thailand, the Pacific Islands and Colombia, and include many long-serving staff, such as Pauline Hinton (54 years' service) and Senior Production Supervisor Tai Young who has worked for CLS for 43 years.

Staff stay long-term at CLS because it is a great place to work, says Rod.

"It's like a big family and everyone is treated with care and respect."

A key focus of designing the facility was around ergonomics and health and safety with most of the most onerous tasks taken over by machine and the facility fully air conditioned for staff comfort and welfare.



Water is squeezed rather than spun out of the clothes leaving them much drier



Senior Production Supervisor Tai Young removing damaged domes from hospital gowns

#### Fact box:

- \*20-25,000 kilograms (kg) of laundry done each day
- \*250,000 individual items laundered a week
- \*Lowest water usage per kg of any New Zealand laundry (around four litres per kg of laundry, compared to up to 15-20 at many other commercial laundries)
- \*About 17,000 reusable mop pads washed and sterilised each week
- \*About 22,000 scrubs and patient gowns laundered each week

#### The life of a dirty sheet:

Taken off a bed in the hospital and placed in a laundry bag.

Put into a laundry chute or collected by an orderly and taken to a central point for pick up by CLS.

Delivered to CLS by its own fleet of trucks (eight, plus two vans) which are regularly disinfected.

Unloaded from bags onto a conveyor. CLS staff sort the soiled items wearing PPE comprising impervious gowns, nitrile gloves and a mask.

Weighed into an 85kg load and stored in an overhead rail system ready for washing.

Washed in a continuous batch washer that processes up to 2,125kg of items per hour. The average cycle time is 24 minutes. The water is squeezed rather than spun out of the linen. This is done with a press that puts 450 tonnes of force on the batch of linen and removes far more water than spinning, saving time and energy in drying.

Drying takes about 20 minutes for an 85 kg load, controlled by infrared sensors that measure the temperature of the linen.

After drying, the sheet goes back into a bag and is transported on overhead rails to a finishing machine which irons and folds it.

The sheet (250 thread count, 80 percent cotton, 20 percent polyester) comes from the drying area in a damp state. Staff clip it onto storage hangers and then it passes through an ironing line with heated rollers at 175deg C. This fully dries and irons the sheet which is then automatically folded and stacked. During this process a high-resolution camera assesses the sheet quality, looking for holes, stains and rips.

The sheet then travels by conveyor onto a disinfected trolley to the packing/dispatch area.

From there it goes onto a trolley or into bags for delivery back to Canterbury DHB or hotel customers.





Please note these photos were taken before Level 4 lockdown



# Call for end to sale of tobacco

Dame Aroha Reriti-Crofts and fellow members of the Ōtautahi Māori Women's Welfare League are calling for an immediate end to tobacco sales in New Zealand.

Their voices were heard loud and clear at the "Whakatakanga Tupeka Kore – Mission Tobacco Free" hui held at He Waka Tapu the day before the country went into lockdown.

At the hui, organised by Smokefree Canterbury, presenters shared and facilitated discussion on the Government's Smokefree Aotearoa 2025 Action Plan proposal released in April this year for public feedback. The plan sets out bold measures to achieve the country's goal of a Smokefree Aotearoa by 2025, including 'making tobacco products less available'.

This means a drastic reduction in the number of stores able to sell tobacco products and would see the end of smoked tobacco product sales in dairies, petrol stations and supermarkets.

Results from a recent survey by the Cancer Society Canterbury – West Coast were presented and highlighted the saturation of tobacco retailers across Canterbury, particularly in high deprivation neighbourhoods.

Thirteen deaths a day in New Zealand are attributed to tobacco use.

"It's killing our Whakapapa," says Stop Smoking Practitioner based at Te Puawaitanga ki Ōtautahi Trust, Teresa Butler.

Teresa helped create a video featuring local Cantabrians sharing their personal accounts of the harm caused to them and their whānau by tobacco and calling for an end to tobacco sales.

Hui attendees also heard from experienced tobacco researcher, Lindsay Robertson, who debunked claims from the tobacco industry that stopping cigarette sales in dairies would put an end to their businesses.



Whakatakanga Tupeka Kore – Mission Tobacco Free hui leaders:

From left, CanBreathe representative Camel Gregan-Ford, Te Puawaitanga ki Ōtautahi Trust and Ōtautahi' Māori Women's Welfare League representative, Teresa Butler, Ōtautahi' Māori Women's Welfare League representatives Ann Bergman and Dame Aroha Reriti-Crofts, Cancer Society Canterbury West Coast Division Health Promotion Deputy Manager Amanda Dodd, Community and Public Health and Ōtautahi' Māori Women's Welfare League representative Harata Franks, Team Leader Te Puawaitanga ki Ōtautahi Trust James Tawa, Pegasus Health (Charitable) Ltd Health Promotion Coordinator and Canterbury Chair of Smokefree Canterbury Lisa Hesp, and Health Promoter Cancer Society Canterbury West Coast Division Cheryl Ford

She shared studies showing that only 12-14 percent of sales in dairies/local stores involved tobacco products – and only around 5 percent of those purchasing tobacco products went on to purchase other items in store.

A key action or 'next step' proposed by attendees of the hui was to send a letter, signed by hui participants, to Minister Ayesha Verrall to congratulate her on her commitment to address tobacco availability, express Canterbury's full support for the proposed action plan and emphasise the urgency for immediate action.

# Waikari Hospital centennial celebrations cancelled

Planned celebrations to mark Waikari Hospital's centenary have been cancelled due to COVID-19 restrictions.

Waikari100 committee members met on Zoom and decided that because of the current COVID-19 situation, with regret, the proposed Waikari Hospital centennial function due to be held on Saturday September 4, is cancelled, says Waikari Hospital Nurse Manager Helen West.

"All enrolled participants will be notified in the next few days and it's been proposed that when we are at a suitable COVID-19 level we will hold an afternoon tea and tree planting."

The belated centennial celebration, due to include a morning tea, lunch, entertainment, memorabilia display and hospital visit, had been delayed from 2020 due to COVID-19.

Transition Programme Manager Rural Health Services Win McDonald says the event was postponed last year, so this is regretful.

"Thank you to Friends of Waikari Hospital Centenary Committee for all their hard work. I am looking forward to the future tree planting and afternoon tea at a later date."



Waikari Hospital

Waikari Hospital is located in Waikari village, about one hour's drive north of Christchurch. It meets the needs of the local community as well as covering a large rural district including continuing care of the elderly, general medical, surgical rehabilitation, carer support, respite care and palliative care.



# One minute with...

## Rod Fisher, General Manager Canterbury Linen Services (CLS) Ltd

### What does your job involve?

Organising the supply of a quality linen service to Canterbury, West Coast and South Canterbury district health boards (DHBs), and non-DHB customers such as Southern Cross, Managed Isolation and Quarantine facilities, rest homes, hotels, motels etc.

### What do you like about it?

The positive aspects of achieving a job well done, seeing people developing themselves and achieving their goals, and finding new customers and developing new areas of the business. At present we are seeking to expand the use of reusable items to replace the many disposables used in the health system. This has great environmental benefits. Also, successfully developing our new facility – which was a four-year plus challenge.

### What are the challenging bits?

Spending time and effort attempting to bring about positive change, such as saving time, effort and money, only to be met by resistance to change. Better to try and fail rather than do nothing is very, very, relevant in this context.

### Who inspires you and why?

A range of people, including a good teacher who taught the values of education and hard work, and Kevin Blogg, the founder of Catapult Employment Services Trust, a registered charity helping people with barriers to employment find work and enrich their lives. (I volunteer on the board).

### 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?

These very much mirror my way of running the CLS business, in particular, care and respect for staff, customers, suppliers and any other people interacting with the business. Basically, treating others like you would like to be treated.

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

My wife and I run a horticultural business on a 26-acre block at West Melton, 'Yumesato Farm', growing ume, a Japanese fruit used to make umeboshi and umeshu. Umeboshi are salted pickled plums with very intense flavour, used as a condiment in Japanese cuisine and said to have many beneficial properties. Umeshu is much more approachable, an alcoholic beverage flavoured with the ume fruit, and quite sweet. You sometimes see umeshu here in New Zealand in specialty liquor stores with the green ume fruit in the bottle. We sell fresh fruit and processed products all over New Zealand, it is a total change from CLS and we meet a lot of interesting people.



Blossom time, ume is one of the earliest stone fruits to flower

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

Beaune, in Burgundy, France, sampling the local food and wine.

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

Normally I spend the day on farming tasks like pruning, mowing, harvesting and gardening.

### What's your favourite food?

Tempura prawns at Kinji Restaurant.

### And your favourite music?

Most things Pink Floyd or some of my daughter, Salina Fisher's own contemporary music. <https://www.salinafisher.com/>

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).

# Whenua ki te whenua – advance care planning guide for whānau

The Health Quality & Safety Commission (HQ&SC) recently launched Whenua ki te whenua: A taonga for your whānau, a new advance care planning guide designed using kaupapa Māori processes.

An Advance Care Plan is a way for people to think about, talk about and share what matters to them now, in case someone needs to speak for them in the future.

Whenua ki te whenua is available in English and te reo Māori. The guide encourages people to think about what's important to them, their values and beliefs, and consider practical decisions should they become unwell or unable to speak for themselves. It also provides resources and examples of other people's approaches to advance care planning.

You can order this resource from the HQ&SC [here](#)



The latest issue of the Health Quality & Safety Commission (HQ&SC)'s e-digest is out now.

Read about the Partners in Care programme to strengthen the consumer and whānau voice in Aotearoa New Zealand's future health system; a case study: Supporting better information for palliative care; The Commission-led Safe Surgery NZ programme, and more, [here](#).

## 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.



### Specsavers

Specsavers offer a number of discounts for Canterbury DHB employees, to see what's currently on offer and to download exclusive coupons, see [here](#).



### Eden Health Centre

- 29 Leeds Street, Philipstown

\$40 scans, health history, physical examination, neurological exam and health recommendations on the first visit (valued at \$120) and VIP pricing for ongoing chiropractic care - show your Canterbury DHB ID to redeem.



### Mole Check

- 143 Aikmans Road, Merivale

23% off the standard full Mole Check rate (\$220 per patient, usually \$285 per patient) - show your Canterbury DHB ID to redeem.



### Holistic Health and Wellness

- 275 Fifield Terrace, Opawa

25% off all naturopathic consultations - show your Canterbury DHB ID to redeem.

We also have plenty of other great deals from local businesses, check them out [here](#)!