



The free Hospital Shuttle is on the move from next Monday 24 August

Our popular Hospital Shuttle, which has carried more than 1.25 million passengers since it was set up in late October 2014, will start running from the new Deans Avenue car park from next Monday 24 August.

The new site features 200 patient and visitor car parks and up to 150 staff car parks, and will provide clean, sealed, lit and secure parking, including a covered area for people waiting for the shuttle.

This will give us dedicated patient, visitor and staff parking for Christchurch Hospital. With the Deans Avenue car park there will be ample parking spaces for patients and visitors with reliable and regular transport for them to and from the hospital using our shuttle service.

Keep an eye out for the bright new orange exterior of the shuttles to help signify the change. We are making sure the public know where to find the shuttles' new home via press ads, online ads, radio ads, and posters. There will also be prominent signage across the campus and at the car park itself.

A new ticketing system will be installed similar to that used at Lichfield Street and rates will be slightly lower than those charged currently.

The free hospital shuttle runs from the Canterbury DHB car park on Deans Ave every fifteen minutes or so.

**Monday – Friday:
7.15am – 8.30pm**

**Weekends:
11am – 8pm**

**No shuttle between
2.30pm – 3.15pm
Saturday and Sunday.**



We are returning to a location that is already familiar – although much improved – and where patients and visitors can avoid the city centre when travelling to their appointments. The car park will be open 24 hours a day, seven days a week and be well lit and secure.

The journey time on the shuttle should be the same as from Lichfield Street or slightly quicker, as there are fewer traffic lights for the shuttles to negotiate.

For more information about the new car park, including parking rates and resources for patients, check out the [Parking Spot on the intranet](#).

Please note these changes do not affect the free staff shuttle which will continue to operate from outside the Deans Avenue car park between 9.00pm and 1.00am.

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Key facts

- › The Deans Avenue car park will be leased from Fulton Hogan and managed by Wilson Parking.
- › Patient and visitor parking rates will be slightly lower than those at the current location.
- › Staff parking will be for existing staff on the parking wait list and those moved from the Staff Car Parking building on the corner of Antigua and St Asaph Streets.
- › The Canterbury DHB Hospital Shuttle Service will run between Deans Avenue and Christchurch Hospital and Christchurch Outpatients, using four shuttle buses.
- › For more information: visit cdhb.health.nz/parking.



Canterbury Health Laboratories team supporting the COVID-19 response for Auckland

Congratulations to the team from Canterbury Health Laboratories (CHL) who have recently been pulling out all the stops to increase volumes of testing. Thanks to everyone involved in managing this significant lift in workload.

On Saturday CHL processed 4002 COVID-19 tests, the second highest volume of COVID-19 tests in the country. Previously, the highest number of COVID-19 tests processed in one day was 1549.

The Registration and Virology teams are working extremely hard supported by a lot of staff from other departments, to process thousands of tests from Auckland, as well as those from Canterbury, says CHL General Manager Kirsten Beynon.

"At this time we need to prioritise Auckland testing due to community spread and risk."

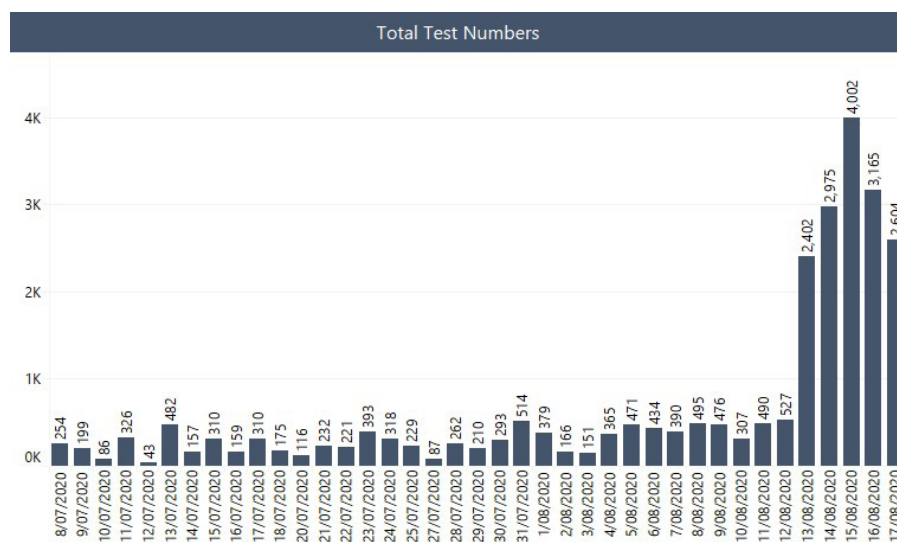
In recent months CHL set up a system of direct reporting of results into Auckland which will make a big difference to them, she says.

Virology Section Head Roger Linton says he is "blown away" at what staff have achieved.

Kirsten says she would like to thank everyone for their hard work and going the extra mile. "I am so proud of what our team has achieved over the past four days. The willingness of



From left, Medical Laboratory Scientists Erin Boshier (Protein), Delphine Marjoshi (Virology) and Esther Lau (Bacteriology)



Total COVID-19 tests reported each day

everyone to pitch in and help is amazing."

"We are working hard to get more resources and are exploring multiple avenues to ensure our teams have breaks and are working safely."

Chief of Pathology and Laboratories Anja Werno, Virology Service Manager Jill Westgarth and Patient and Client Services Manager Vanessa Buchan, are providing great support and direction to the logistics, virology and registration teams, Kirsten says.

The entire laboratory community around New Zealand are all working together to share the workload and get results back as quickly as possible. Staff are going above and beyond for the team of five million.

It is a national effort that we can all be proud of.



From left, Medical Laboratory Scientist (Haematology) Kathy Crutchley, Medical Laboratory Scientist (Bacteriology) Jaz Cabrales, Medical Laboratory Technician (Histology) Rachael Chitty and Medical Laboratory Scientist (Virology) Sarah Brown



From left: Medical Laboratory Technician Registration Lucy Gunstone, Medical Laboratory Scientist (Registration) Lorraine van Rensburg, Medical Laboratory Technician Registration Belle Dayrit, Medical Laboratory Preanalytical Tech Kristen Altares, Medical Laboratory Technician, Anatomical Pathology Emily Lawn



Medical Laboratory Scientist (Virology) Donna Mitchell

Advice for the public re COVID-19 testing

Only people with symptoms are currently being tested for COVID-19.

Anyone arriving at our testing centres or general practices who does not have symptoms will not be tested. This includes anyone sent for testing by their employer.

The case definition for COVID-19 symptoms can be found at covid19.govt.nz.

- › If you are unwell with non-COVID-19 symptoms, stay home from work until 48 hours after your symptoms ease.
- › If you are worried about symptoms, please call Healthline on 0800 358 5453 or your GP for advice.
- › If you don't have symptoms, the best thing you can do right now is keep washing your hands with soap and water for at least 20 seconds and dry them thoroughly.
- › Be kind to yourself and the people around you.

Specific advice for Canterbury DHB, Aged Residential Care and Managed Isolation Facility staff

A COVID-19 staff testing centre is now available for DHB, Aged Residential Care and Managed Isolation Facility employees. If anyone, including you, has acute respiratory symptoms they should advise their manager. If you or anyone around you thinks that they need testing for COVID-19 or is exhibiting COVID-19-related symptoms then their managers should refer them to be tested. Managers can do this by [emailing the testing team](#) and include the person's name, date-of-birth, NHI (if known), and best contact number.

Testing Centre employees will phone the person referred to collect a little more information and arrange an appointment time for testing. The Occupational Health Service will contact DHB employees, Managed Isolation Facility and Aged Residential Care employees with testing results and advice.

Haere ora, haere pai
Go with wellness, go with care



David Meates
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. 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](#).



**AROHA
FROM AFAR**

HE AROHA MAU ROA





Bouquets

Birthing Suite, Christchurch Women's Hospital

The surgical staff, and the midwives for post care are amazing. Every single woman/doctor/midwife made me feel like top priority and were capable and efficient.

Radiology, Burwood Hospital

Upon entering Burwood Hospital, I was greeted by a very lovely and helpful volunteer, who directed me to my X-ray appointment. Delwyn the Radiographer was super friendly. Next, an MRI with Damion, a much easier procedure than anticipated. Excellent cup of tea and great coffee in the café. Well done Burwood Hospital.

Ward 11, Christchurch Hospital

I stayed at the hospital overnight after an operation and was discharged the following day. The care I received from the surgical team and nursing staff was excellent.

Wendy, Radiology, Christchurch Women's Hospital

Today I visited Christchurch Women's Hospital's Radiology Department. The radiographer/sonographer was named Wendy. I'm writing to you because I want to express how impressed I was with the service she provided. First and foremost, she was clearly knowledgeable and competent, but more importantly she was friendly, warm, and comforting. This appointment was necessary due to unforeseen circumstances relating to my pregnancy and as such my partner and I had been anxious going into the appointment. However, Wendy's demeanour allayed all our apprehensions and helped put us at ease. Please pass on to her our sincere thanks.

Laura, Acute Admitting Unit (AAU), Ashburton Hospital

Recently my elderly mother was admitted to AAU prior to being shifted to Ward 1 for further treatment. The nurse caring for my mother was Laura. She showed wonderful empathy and compassion, a truly dedicated nurse. Laura was busy, but nothing was a problem or too much. It was wonderful to see the wonderful nursing care given. Thank you, Laura, for all you did.

Radiology, Burwood Hospital

From my visit to the doctor my appointment was made quickly. Excellent receptionist. Top marks to my two radiographers, Clara and Gemma, wonderful with advising what they were doing and what they wanted to achieve. Couldn't be happier with my day. Sandwich and hot chocolate completed me. Thank you everyone. What a great hospital experience.

Urology, Christchurch Hospital

In June this year Urologist Giovanni Lasco operated on my bladder. This operation has been life-changing. I wish to thank Dr Lasco and the awesome team who looked after me pre- and post-operation. I cannot thank them enough for their care and concern.

Plastics, Burwood Hospital

I had my procedure done on time. The women who did the procedure were really great, professional and friendly. They helped me through a minor hiccup, just me getting older but their help was greatly appreciated. After-care excellent. Cheers.

Plastics, Burwood Hospital

Thank you to the staff who treated us with respect. We can't thank them enough for their assistance. I escorted a resident into her appointment. You have a very wonderful team.

Plastics, Burwood Hospital

Once again wonderful service, compassion in abundance yet fully professional. Thank you, Katrina, Emma, Marg, Bruce, Wendy and Rosie.

Dental Outpatients, Christchurch Hospital

Lovely, friendly people, reception and Nurse Harriette. Quick easy and helpful, 100/100.

Daisy Monk and Rochelle Bloxham, Oncology, Christchurch Hospital

My first appointment was with Daisy Monk, Oncology Education. My first chemotherapy was with Registered Nurse Rochelle Bloxham. Excellent level of information given, lots to absorb, so the one-on-one with Rochelle was very much appreciated. She was most welcoming and answered all my questions. I was settled into my chemotherapy treatment by Rochelle who was again able to reassure and inspire me. Many thanks to all.

Ward 20, Christchurch Hospital

From the time I arrived in the Emergency Department and was discharged a couple of days later from Ward 20, I couldn't fault the excellent care I received. The cheerful caring way every member of the staff treated me was exemplary, including the orderly who went the extra mile lending me his phone to contact my husband and the anaesthetist who delayed surgery by a few minutes so I had time to talk to my husband first. These things, plus the nursing/surgical care that I received took a lot of stress out of an unexpected visit to the hospital.

Ward 17, Christchurch Hospital

Mr Flint, Dr Michael Reeves, Dr Rebecca and team did a good job for my wife. All the nurses and supporting staff were very forthcoming with information about my wife's condition. They kept me in the loop every step. Thanks.

All staff, Ward 24, Christchurch Hospital

My wife was admitted to the hospital in June and was cared for till she passed at the beginning of July. On behalf of the family we would like to extend our sincere thanks for all the love and care you gave my dear wife during her last days. Day and night, you provided for all her needs. Nurses and doctors provided the family with information about her condition and development in a very professional and caring way. We as a family felt comforted by your nurses and all staff. May God bless, keep you in your work and give you strength to carry on helping other patients in your care. With all my sincere thanks again for all of you.

Bone Shop, Christchurch Hospital

Excellent service.

Stroke team, Christchurch Hospital

Amazing service and response by the Stroke team. Can't thank them enough for helping my mum. Best outcome, due to their outstanding response.

Radiology, Christchurch Hospital

I am in my nineties. Recently my doctor organised a chest X-ray for me at the Christchurch Hospital Radiology Service. The staff were prompt, very pleasant, caring and professional. Thank you so very much for treating me so well.

Sexual Health Clinic, Riccarton

The kindest bunch of people I have ever met in the healthcare profession. Reception were so welcoming and warm. I saw Dr Heather and she completely put me at ease. She was fantastic, so calm, kind and informative. Amazing.

Big Shout Out

**To: Executive Director Communications
Karalyn van Deursen**

Thanks for all the amazing work you and your team are doing, you are unsung heroes who do not get the acknowledgement you all deserve. You are all there for us - every incident, every drama and everything in between and often do longer hours than most. Sorry COVID-19 is back and you and your team have not had a reprieve. You are balancing so much across two systems and so much change. You KVD (Karalyn) do it with so much grace and professionalism. It is appreciated.

**From: General Manager, Canterbury Health
Laboratories and West Coast DHB Laboratory
Kirsten Beynon**

#carestartshere

**GETTING
THROUGH
TOGETHER**

WHĀIA E TĀTOU TE PAE TAWHITI

Hīkina to Hagley

MIGRATING TO CHRISTCHURCH HOSPITAL HAGLEY

Ours, but not ours

The handover of Christchurch Hospital Hagley went ahead as planned last Monday, however, it's probably a good idea to understand exactly what that means.

At the moment, Christchurch Hospital Hagley is still owned by the Ministry of Health, but now Canterbury DHB, led by the Facilities Development Projects team, manages the building on the Ministry's behalf.

So, while Practical Completion has been achieved and the Certificate for Public Use has been issued, access is still restricted, and permits must be requested for any and all works in the building.

The legal transfer of ownership won't happen for some months, which will then allow us freer access during orientation and migration.

Blessed

A small but significant service was held in the foyer of Christchurch Hospital Hagley on Tuesday 11 August. Members of Te Ngāi Tūāhuriri Rūnunga led a prayer of blessing and whakawātea, which is an alleviation of heaviness, or a banishing

of any bad atmosphere or feeling that has gone before and a welcoming of a new beginning and prayer for a successful way forward.

Tuahiwi requested that those invited were specifically working to prepare Hagley for occupation, so representatives for the teams stocking, cleaning and setting up the building were on hand to bear witness.

While video and photos were not able to be taken during the service, the voices raised in prayer and celebration will linger within the timbers of the main reception. We offer our deepest gratitude to Tuahiwi Marae for the heartfelt prayers and beautiful voices.



Virtually there

If you're keen for a peek inside the building but aren't involved in cleaning, stocking or training, we're creating videos of some of the work that's going on as well as highlighting some of the new features in the new spaces. These will be regularly updated and can be found on the [Hīkina to Hagley Prism page](#). Our first video is of the new Intensive Care – and what a difference it will be!



Hospital Palliative Care Service marks 21 years

The Christchurch Hospital Palliative Care Service has just reached a major milestone – its 21st birthday.

"Back in May 1999, after completing training in Sydney, I became the clinical lead of a brand-new service of one!" says the service's Clinical Director/Palliative Care Physician, Kate Grundy.

"My first task was to recruit a partner in crime! Anne Morgan, a hugely respected hospital-based nurse with a deep passion for palliative and end of life care came on board. She promptly stamped her mark on the role with teaching as her forte. Her legacy has been an excellent online resource for the hospital setting."

Willem Vink joined the team in 2006 and became just the second palliative care Nurse Practitioner in New Zealand.

Two additional nurse specialists were added – Liz Bremen and Tammy Horton-Davey – as well as a permanent registrar position and part-time senior medical officer, Rachel Wiseman.

The most recent change has been the creation of a development registered nurse position currently held by Sonya Sheeran.

Having extra staff has allowed the team to progress hospital-wide projects such as the implementation of *Te Ara Whakapiri, care in the last days of life*, palliative care study days and an education module in healthLearn.

"Over the years the team has welcomed and nurtured numerous registered medical officers – both palliative medicine trainees and those gaining expertise and



Back row from left, Clinical Nurse Specialist Tammy Horton-Davey, Registered Nurse Sonya Sheeran, Palliative Care Physician Rachel Wiseman, and Clinical Nurse Specialist Liz Bremen

Front row from left, Nurse Practitioner Willem Vink, Clinical Director/Palliative Care Physician Kate Grundy, and Advanced Trainee Richard McNeill

experience for future careers in other branches of medicine. The team has also helped train palliative care nurses funded through the Donny Trust."

The team is fortunate to receive help from nursing relievers in times of need. Frances Paterson and Luana Homan are currently in this role and their support is hugely appreciated.

"We are also indebted to Sandy Macleod for providing medical backup, particularly in the early years."

Although located in Oncology (where the service remains) it was always clear that patients both with and without cancer benefit from palliative care expertise in the acute environment, Kate says.

"Palliative care operates as a consult liaison service, working alongside treating teams, across all specialty areas and responding without delay to support patients, families and staff"

The service works in partnership with the community team and hospice in-patient unit at Nurse Maude. This close integration was founded on a mutual vision to ensure all that patients in Canterbury have access to specialist palliative care as required, wherever they are located.

"Two people deserve particular mention for supporting this model of integrated specialist care in Canterbury; Deb Nind (a former manager at Nurse Maude) and former Oncology Service Manager Lisa Brennan."

The integrated team also provides back up for palliative care nurses on the West Coast and in Ashburton.

"These rurally-based nurses do an amazing job and deserve a huge shout out," Kate says.

The team has an "open door" policy. Not a week goes by without at least one health care professional joining the team to seek experience, education or mentorship.

"We focus on being collaborative (embracing the spirit of partnership which is the essence of palliative care) and supportive (working alongside rather than taking over). The team strives to build positive relations with the whole multi-disciplinary team."

The team is always up for a challenge. "We will jump at anything new if it might benefit dying patients and their whānau," says Kate.

The team's overriding priority is to ensure that quality palliative care can be delivered across the entire health system, so that everyone has the opportunity to live well despite advanced illness, and to die with comfort and dignity.

The team is always open to feedback, comments and suggestions. Contact Kate anytime via email on Kate.Grundy@cdhnb.health.nz.

Develop your inner leader with HELM

You may have heard of HELM or seen it on max. or the intranet but you've probably not been formally introduced. Welcome to HELM, your **Hub** for the **Essentials** of **Leadership** and **Management**. HELM provides relevant, timely learning and practical leadership resources housed in a user-friendly website.

HELM isn't just for people in managerial or leadership roles though. The content is useful for anyone wanting to take charge of their learning and development.

HELM brings you easy-to-navigate learning that's been built into 'learning packages' grounded in three principles: co-design, evidence-based and best practice.

The learning packages are designed with you in mind. You can complete a package end-to-end or pick and choose content based on what you need. The best part is you can access it anytime, anywhere and on any device that has an internet connection. You don't have to be at work!

So, keep an eye out over the next few weeks as we introduce you to HELM and the variety of resources and learning pathways which will help you in your everyday work. Or jump on now and check out helmleaders.org.



Relevant & Timely Learning



Leadership Content



Simple Navigation

Intensive Care Unit doctors save life of woman lining up for Crusaders' game

Three Christchurch Hospital Intensive Care Unit doctors have been hailed as heroes and featured in a local newspaper for saving the life of a woman waiting in line at a Crusaders game.

Here is the article as it appeared in The Star.

Crusaders fan thanks the heroes who saved her life, by Matt Slaughter

Jacqui Turnbull was waiting in the line to watch the Crusaders play the Blues with her family last month. The next thing she remembers is darkness.

The 55-year-old had collapsed after an asthma attack and if it wasn't for three doctors behind her in the line, St John paramedics, police and security staff, Turnbull said she would be dead.

Said Turnbull: "We had parked down on Lyttelton St and I was walking quite fast because I didn't want Jack, my little grandson to miss out on seeing the horses going around."

She didn't have her inhaler with her and when she got to the gate and her family members were getting tickets Turnbull was feeling faint and decided to sit on a nearby grass verge.

"That was the last thing I remember," she said. St John ambulance staff came to her aid and started doing cardiopulmonary resuscitation but she was not breathing. That's when doctors Tom Brown, David Lyons-Ewing and Rob Cole who were standing behind her, stepped in and inserted a tube into Turnbull's mouth to help her start breathing again.

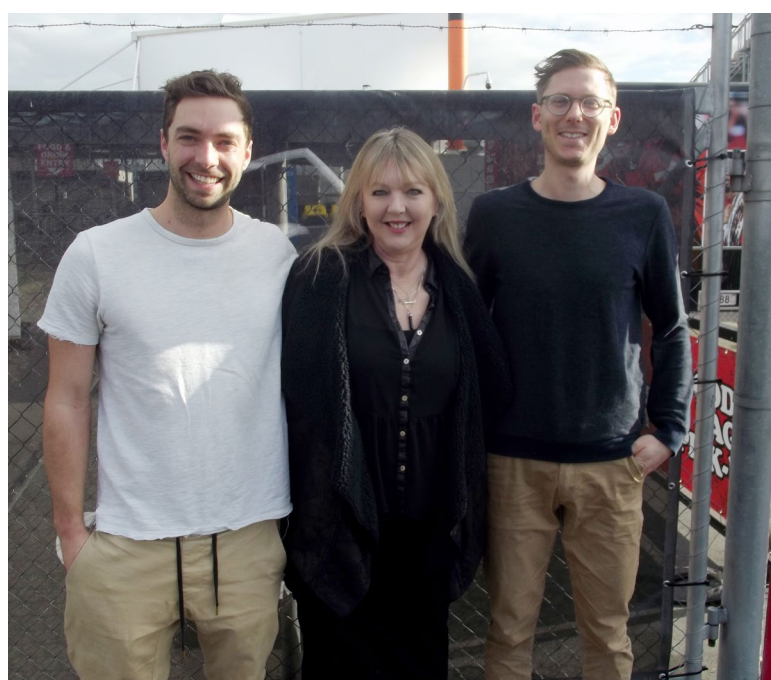
"The doctors were actually ICU doctors, it was so crazy, and they just finished their shift to go to the game. "If they hadn't have been there, I was a goner," she said.

The three doctors then left Turnbull in the hands of ambulance staff.

Said Turnbull: "The ambulance apparently worked on me for 20 minutes or so before they even left the stadium."

She was transported to the intensive care unit at Christchurch Hospital. Turnbull's family was told she may suffer brain damage, but miraculously, she recovered and was discharged two days after her asthma attack.

Crusaders staff heard Turnbull's story and invited her, her daughter Jess Blomeley and Blomeley's friend Sophie



From left, Intensive Care Unit doctor Tom Brown, Jacqui Turnbull and Intensive Care Unit doctor Rob Cole

Photo courtesy of Matt Slaughter

Thompson to the team's training on Friday in the lead-up to the Highlanders clash, where he met with Brown, police and security staff who helped her, and coach Scott Robertson.

Said Turnbull: "Tom [Brown] the young doctor had actually come in to see me when I was in the ward, it must have been Monday morning, so I had actually met him prior to this. But because I was so spaced out, just saying thank you didn't even cut it.

"It was really cool to be able to go back there a few weeks later and meet up with everybody and it was very overwhelming."

Meanwhile, Turnbull and her family got free tickets to see the Crusaders beat the Highlanders on Sunday and said she will never be caught without her inhaler again.

One minute with... Gail Erridge, Social Worker in Child Health, Christchurch Hospital

What does your job involve?

I work in the children's wards, however, most of my time is spent in the Children's Haematology Oncology Centre. This work is based around ensuring children are able to access their health needs and are kept safe.

Why did you choose to work in this field?

I always wanted to work with children and their families. Before the hospital I worked at the Champion Centre. The hospital just seemed the natural progression in health social work.

What do you like about it?

I love the variety of work and getting to know children and their families. There is never a day the same, and you never know what the day might bring.

What are the challenging bits?

Not enough time in the day. Assessing supports for families. Seeing the sad side of health, death and abuse of children.

Who inspires you?

The children who can always manage a smile and laughter. I was once told that "children live for the now" and "they live in the moment".

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 values are very important to me and are my own values as well. I aspire to ensure I do my best for the patients and families I work for. Being a good advocate for fairness and equality are high on my value list.

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

My desire to travel the world. I have been to many places and love solo travel. My most enjoyable trip was South America, Bolivia and Peru. This travel comes with challenges, as a lot of countries struggle with my visual look, and with me travelling as a solo woman. Ha-ha, once I even had my hair pulled from behind as they thought it wasn't real.



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

Right now, New Zealand.

What do you do on a typical Sunday?

This is a lazy day, sleep in, maybe a cold beer and nice food with a friend.

What's your favourite food?

Chocolate and cheese.

And your favourite music?

I love Soul music, especially a women's voice (Noora Noor is a current favourite).

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.



Adventure South

Book in a e-bike cycle tour and save \$680! For a limited time, Canterbury DHB employees can get \$200 off plus FREE e-bike hire valued at \$480. Call 0800 00 11 66 to enquire with the code displayed on the Something For You homepage. Offer ends 31 August 2020.



Earth Hairdressing

Get 10 percent off all hair services each visit.



On the Go

Book your vehicle in and get 15 percent off WOF and all mechanical repairs.



Cruise Milford

Get \$30 off you cruise (discount is off the normal rate), pre-bookings are essential, book via the website. Find the online discount code under the 'Lifestyle and Entertainment' section.

We also have plenty of **brand new deals** from local businesses – check them out [here!](#)

PUT THE RIGHT THING IN THE RIGHT BIN

Wash and squash before you toss

Size matters
Small items such as lids and small containers go in general waste

RECYCLE RIGHT WITH PLASTICS

1 2 5

The graphic illustrates recycling rules for plastics. It features a large recycling symbol (three arrows in a triangle) in the center. To the left, a blue speech bubble says 'Wash and squash before you toss'. Below the symbol, a yellow speech bubble says 'Size matters' and 'Small items such as lids and small containers go in general waste'. To the right, the text 'RECYCLE RIGHT WITH PLASTICS' is displayed above three numbered steps (1, 2, 5) each with a corresponding hand gesture (one finger, two fingers, and five fingers respectively).

Voting is now open for the Canterbury DHB Clinical Governance Committee elections 2020

Elections for the Canterbury DHB Clinical Governance Committee are now open and will close 5pm Monday 31 August 2020.

Elections are being held for two Senior Medical Officers, four Resident Medical Officers, two Nursing and two Allied Health representatives.

There is no election for Midwifery as one candidate was received and will fill the position.

Please remember that you can only vote within your group – Senior Medical Officers vote for Senior Medical Officers/Senior Dental Officers, Resident Medical Officers vote for Resident Medical Officers, nurses only vote for Nursing and Allied Health for Allied Health.

To view the profiles of the nominees, visit the [Prism site](#) and open the folder that pertains to your group.

To vote, please email Committee Coordinator Carol Kingsland on carol.kingsland@cdhb.health.nz by 5pm Monday 31 August 2020, and include your name, designation and department.

Website helps people find support following the Christchurch mosque attacks

With the sentencing for the Christchurch mosque attacks shooter beginning on Monday 24 August, we can expect increased media coverage on the March 15 attacks.

Whether you are attending court, hearing things in the media, or just aware that the sentencing is taking place, and whether you were directly or indirectly affected by the attacks, it's normal to feel upset or stressed when events such as sentencing and court proceedings, media or public discussion highlight the Christchurch mosque attacks again.

If you or someone you know is struggling, help is available via the [Canterbury Resilience Hub website](#). Visit the [Tips and guidance](#) section for resources to help with self-managing your own or a loved one's mental health and wellbeing. To talk to someone go to [Immediate help](#) or [Health providers and counsellors](#) for contact details.

Around the sentencing period, it may also help to understand more about what is happening at court and some of the information and services that are available to support you during this time.

Victims Information has set up a web page specifically for victims, families and those affected by the attacks on the two Christchurch Mosques. It has [information on court processes and sentencing as well as support](#).

