



David Meates

ceo update

Canterbury

District Health Board

Te Poari Hauora o Waitaha

Friday 7 March 2014 - Trying times bring out the best in people

This week's floods have dealt another devastating blow for many Cantabrians – including many of our staff. It's heartbreaking to see the despair the flooding has caused to so many who were also badly affected by quakes.

If your home or property has been significantly adversely affected by flooding, please talk to your manager about our Adverse Weather Policy. There is provision in this policy for people who meet certain criteria to use special leave.

Thank you to those staff who went to great lengths to get to work during the floods. It was a credit to you all that we were able to keep things running at full speed – I'm very proud to say there were no cancellations due to the weather. I would also like to extend special thanks to our maintenance and engineering team who handled all manner of flood-related challenges in their usual practical, no-nonsense way. They play such an important role in our health eco-system. Often their work takes place away from the public eye – in the basement, on the roof, or in the workshop. Thanks guys for a sterling effort on Thursday. Security, our on-site contractors Fletchers, CDHB's emergency management team and SCIRT all contributed to our expert management of the flooding - it really was a case of 'all hands to the pump'!



Pumps outside Christchurch Women's Hospital

A fresh dump of snow on the alps this week is a timely reminder that winter is well and truly around the corner. Over the coming months, we may once again face the challenges of snow and ice at low levels.

It's therefore timely to remind you all that as you know, health is a 24/7 essential service and the expectation is that when there is an adverse weather event, staff should come in to work if they can do so safely. If you can't make it in to work, you should speak with your manager.

CDHB's 'Adverse weather policy, responsibility to get to work' is accessible [here](#). It was developed in response to the quakes where some staff needed to take leave to deal with the aftermath of the quakes and clean up/move house. It was also useful during last year's weather bombs and snow storms which isolated parts of the region.

The only silver lining from this week's very damp, dark cloud is the renewed sense of community I'm seeing around the place. Young children from a local primary school helping older people clear debris from their properties; the Christchurch Baking Army have rallied the troops who are cooking up treats for those worst affected by flooding. I encourage you all to check in on your neighbours, friends and family this weekend. As the Allright? posters tell us – a kind word can make a world of difference.



Christchurch Botanic Gardens

ceo update

Full steam ahead at Rangiora

Despite the fact it was a little soggy underfoot, over 70 hardy locals turned out to a meeting at the Baptist Church in Rangiora to talk about

their new Health Hub. CDHB and St John spoke about after-hours care. It is hoped that the first phase of the Hub will be completed this year, with the second phase by the end of 2015/early 2016. There was discussion about possible uses for the old hospital such as a community centre. Any refurbishments/upgrade of the old hospital building would need to be funded by the community.

**Have a great week,
David**

Friday's Facilities Fast Facts

Friday's Fast Facts – Burwood

Reinforcing steel is being woven together as the 'Back of House' building begins to take shape (see photo). The first supporting columns for the building will shortly be constructed.

At Gate 3, the new roading works are under way. The changes won't affect entry or exit at Gate 3 until mid April – the contractors are able to do the first part of the work without having to close the gate. We will keep you posted on their progress.

Further staff car parks at the back of site are virtually complete; the team is just waiting for the barrier arms to be finished.



Friday's Fast Facts – Christchurch

The following Christchurch user groups are presenting updated plans to the Clinical Leaders Group –Docks and Distribution areas, Wards including Haematology and Oncology, Radiology, AMAU and ICU. Work is progressing with the Recurring Rooms Group. The sub-group has almost completed the development of the layout plans for 97 standard room types.

Also starting this week is a series of meetings looking at how we manage the busy Christchurch hospital site during the various construction work that will be occurring over the next 3+ years. Groups will be looking at items such as traffic circulation, parking, docks and distribution, communications, buildings, and operational management.

Friday's Fast Facts – Both sites

The wayfinding consultants have been presenting their findings and recommendations to senior management. A wayfinding strategy will be developed both for Burwood and Christchurch, and will eventually be applied across all CDHB facilities. Improved front of house signage is a key point – “telling people it’s a hospital”.

Friday's Fast Facts – Design Lab

Ophthalmology Mock-Ups have been completed and user groups have started work. The Oncology User Group has been at the Design Lab this week to mock up single and double patient bedrooms to test the critical dimensions of the rooms. They are also testing the shape and size of two small meeting rooms. NZ Sport's Senior Management Team is having a tour of the Lab today, Friday 7 March. A combined session with key staff from three hospitals is being held today too around the future use of mobile safe handling equipment.

The 'bigger picture', as a picture

The success of our Canterbury Health System stems from our collaborative and innovative approach, and there's no better example of that than the Canterbury Clinical Network. Its strategic plan is now available as a one page infographic – their mission, approach, activities and goals, all in a single view.

Tuning in to the bigger picture is as easy as clicking [here](#).



Bouquets



Ward 16, SARA, ED and St John, Christchurch Hospital

Thank you so much for all the care and attention I have received.

Eye Clinic, Christchurch Hospital

Very pleasant staff on arrival and during. Nice that we could make a cup of tea.

Ward 20, Christchurch Hospital

I wish to express my sincere gratitude to the staff on Ward 20 – as a recipient of the service for which I am also employed. I have been able to view through objective eyes. I am delighted to let Mr Meates know that the system works very well.

Kind, supportive, intelligent, knowledgeable, informative. These are superlatives that I could use to describe the excellent care that I have received as a patient – well done.

Ward 19, Christchurch Hospital

We are very pleased and thankful with the treatment that our son has received. We are all grateful that he is now well, on the mend. We were all very worried. Thank you once again – a concerned and loving Mum.

Orthopaedics, Christchurch Hospital

I would like to express my delight with wonderful nurses and other staff on the Orthopaedics ward of Christchurch Hospital, where I was admitted from 15th until 20th of Nov 2013. The energy, compassion, professionalism that I have experienced while being cared for, is something that really touched me.

I want to thank them all for that, and wish them all the best! They are an inspiration for me how to approach work and anything difficult in life.

Community Dental Services, Christchurch Hospital

I manage a small residential Hospital. Just wanted to say that generally the discharge process from Christchurch Public is very good. An example is detailed below: Recently we had a lady return to our unit with *Clostridium difficile*. The hospital contacted us well in advance of discharge (I think it was Natacha Maher). By contacting us in advance we had time to change her environment and educate staff. We were also given excellent guidance on how to best manage this resident in our environment. I just thought the whole process was managed very well. Thanks.

Speech and language, Christchurch Hospital

Jody from speech and language has been amazing! Her manner and professionalism is outstanding. She is the first specialist to sit down and go over her findings and report in detail and has taken the time to check on us often and completely treated my daughter with respect and dignity.

State Services Commissioner's guidance for the 2014 Election Period

Later this year there will be a general election, and all staff employed by CDHB need to be familiar with the State Services Commissioner's guidelines for public servants. This guidance identifies common principles and obligations to assist staff to maintain political neutrality in the period leading up to the general election. The principles are derived from the standards of integrity and conduct for the State services.

[Guidance for the 2014 Election Period: State Servants, Political Parties, and Elections](#)

[General Election 2014: Factsheet for State Servants](#)

[General Election 2014: Political Neutrality: Questions and Answers for State Servants](#)

State Services Commission website—<http://ssc.govt.nz/election-guidance>

Annual influenza immunisation is strongly recommended for all healthcare workers to help protect yourself, your patients and your family. You need a flu vaccination each year and its best to get in early as it takes a couple of weeks for immunity to develop and you need it before the flu season hits. Also, remember it's free for all staff.

Next week's clinics:

Christchurch campus

Venue	Date	Time
Great Escape Cafe	Tuesday 11 March	10:00-15:00
Great Escape Cafe	Wednesday 12 March	12:00-15:00
Ward 12 (room in dept)	Thursday 13 March	11:00-12:00
Ward 14 (room in dept)	Thursday 13 March	09:00-10:00
Emergency Department (tearoom)	Thursday 13 March	14:00-15:00
Ward 15/16/17 (seminar room near Ward 15)	Friday 14 March	11:30-12:30
Oncology (Tutorial room)	Friday 14 March	10:00-11:00

Hillmorton Hospital

Venue	Date	Time
Clinical Service Unit	Monday 10 March	07:00-10:00
Clinical Service Unit	Wednesday 12 March	14:00-15:20
Clinical Service Unit	Thursday 13 March	14:00-15:20

Burwood Hospital

Venue	Date	Time
Orthopaedic Rehabilitation Unit (ORU)	Monday 10 March	08:00-10:30
Orthopaedic Rehabilitation Unit (ORU)	Wednesday 12 March	08:00-10:30
Orthopaedic Rehabilitation Unit (ORU)	Friday 14 March	08:00-10:30 13:00-15:30

The Princess Margaret Hospital

Venue	Date	Time
Outpatients	Monday 10 March	08:00-12:00
Mobile clinic – vaccinators will walk around departments	Monday 10 March	12:30-15:30
Mobile clinic – vaccinators will walk around departments	Wednesday 12 March	09:00-10:00

Ashburton and rural hospitals

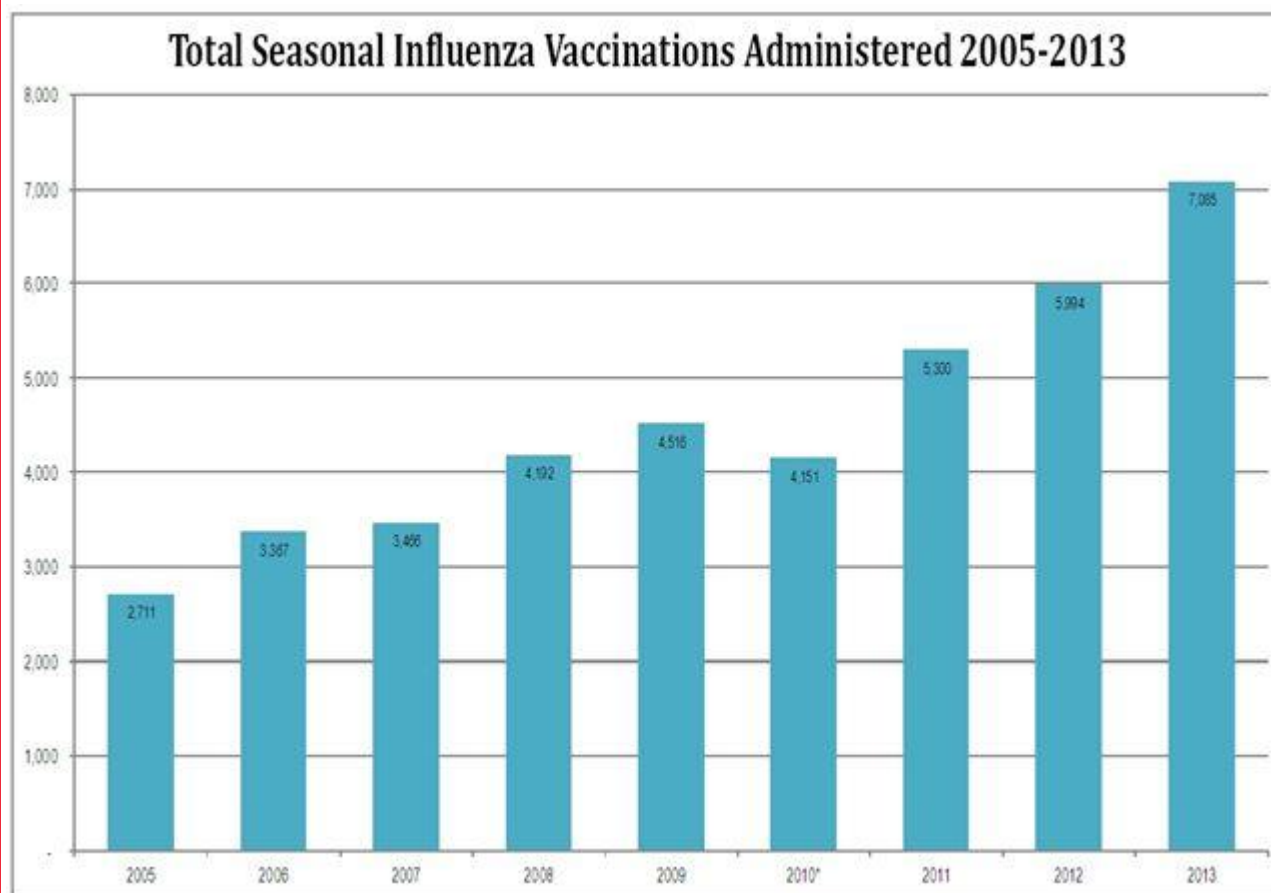
Venue	Date	Time
Chapel	Tuesday 11 March	10:30-12:00
Chapel	Wednesday 12 March	10:30-12:00

*Other rural hospitals – contact your Nurse Manager for details.

For full list of clinics go to the 'Health, Safety and Wellbeing team's' flu vaccination intranet page:
<http://cdhbintranet/corporate/HealthandSafety/SitePages/Influenza.aspx>

Continues on next page....





Seventy-six percent of you got the flu vaccination last year, which made us one of the top performing district health boards. Check the graph above to see how we have steadily increased our rates over the past few years. It's time to be flu strong.

Canterbury Hospitals' Friday Clinical Meeting (Grand Round)

14 March 2014, 12.15-1.15pm (lunch from 11.50am)

Venue: Rolleston Lecture Theatre

Dr Brian Robson, Executive Clinical Director for Healthcare Improvement Scotland

"Patient safety – why bother?"

NHS Scotland is five years into a national patient safety programme. This may be the "end of the beginning". This session will share some of our learning from one small country to another and remind us there remains a lot to do!

David Meates, Chief Executive Officer Canterbury District Health Board

"The Journey So Far"

Update from CEO on the remarkable journey of the Canterbury Health System.

Chair: Anja Werno

Venue: Rolleston Lecture Theatre

Video Conference set up in:

- Burwood Meeting Room
- Meeting Room, Level 1 PMH
- Wakanui Room, Ashburton
- Telemedicine Room, Admin. Building 6 – Hillmorton

For more information contact: Rosalie.porter@cdhb.health.nz

Windows 7 Project ramping up as deadline looms

A team of more than 20 people are working at pace on the project to upgrade our computers to Windows 7 as Microsoft will soon stop supporting our current operating system Windows XP. The project team thanks staff for being flexible and accommodating when the team arrives in your work area, sometimes at short-notice. They are trying to minimise disruption as much as possible.

The target date for completion is 8 April however, as it has taken longer than anticipated, largely due to the number of incompatible applications, we are working on securing an extension.

To date, rollouts have been completed as far as we can go at the moment at Burwood and Hillmorton and over 1300 computers have been switched over to the new system. The team has encountered a number of tricky applications which are not supported by Windows 7, so these machines have been bypassed for the time being while solutions are sought.

The 'discovery' phase has recently been completed in Ashburton, Hagley Outpatients, Christchurch Womens' and Eye Outpatients and at the moment teams are discovering what systems people are currently using in Oncology and Labs.

The paperwork is being prepped ahead of the discovery team moving through Parkside then Riverside.

Clinical teams will be pleased to hear the Virtual Desktop Infrastructure (VDI) - the new system that will speed up logon time, is almost ready to be deployed as part of the Windows 7 Upgrade project.

Switched over to Windows 7 and need support?

There is now a dedicated service desk option for Windows 7 upgrade issues when you call helpdesk. We are also working on additional support material and education sessions to help staff with tips for working with Windows 7, Office 13 and VDI.

Self-help is available [here](#)

Highest bidder gets to cut orderly's very long hair

Christchurch Hospital Orderly, Richard Dale, has impressively long hair – it measures 87cm.

Richard, known as Rich, has been an orderly for 21 years. He last had his hair cut in 2003. However his decision to fundraise for cancer means that is about to change.

Like many others, Richard has lost a family member and/or colleague to cancer and wanted to do something to fundraise.

All are welcome to come along on **Wednesday March 26, at 10am Great Escape lounge** where the highest bidder will get to cut Richards hair.

Donations can also be made to:
<http://www.fundraiseonline.co.nz/RichardDale/>

If you would like more information please contact Richard at the Orderlies station, or Nurse Educator, Lisa Bee, at Orthopaedic Trauma Service, Lisa.bee@cdhb.health.nz.

Pictured right: Richard Dale



Shaving his head to raise money for child cancer was a bigger deal for Information Services Group (ISG) Business Systems Analyst, Mike Forrester than it might be for others.

"I love my long hair, it's become part of my identity. My eldest boy is 13 and he can't remember me without long hair. I left the military 10 years ago and have been growing it since. A razor hasn't touched my face too often since then either," Mike says.

He wasn't really looking forward to having it shaved off but says his daughter is happy about it.

"She doesn't like the fact that my hair is longer than hers."

Mike volunteered to have his hair (including pony tail and beard) removed as a fundraiser for the Child Cancer Foundation.

It was cut today for no charge by a stylist from The Headmistress hair salon.

He and colleague, Business Systems Analyst, Graeme McQueen, wanted to do something for their community.

"We are both fathers and we don't have a "story". My children are healthy and getting the most out of life as are Graeme's. So we wanted to raise money and awareness of an organisation that helps children and families."

Being in healthcare, child cancer was an obvious candidate, Mike says.

"We just wanted to do something small to help a child and their family through cancer. So we created a 'funrazor' event. This very quickly became a department event. A huge percentage of our staff, all our managers and even some of our vendors have donated.

First his sleek ponytail was lopped off, followed by a number 1 level clipper cut. The hairdresser then trimmed Mike's beard. The cutting took place at ISG offices on Durham St.

Mike says the sacrifice was worth it as he raised \$2880 in sponsorship. The website <http://www.fundraiseonline.co.nz/MikeForrester> is open for donations until March 17.

Mike says Graeme and colleague Susan Wilford deserve a lot of credit for the event and raising awareness around it.

"I remain quite taken back by the generosity of our department. Perhaps this is a challenge to other departments to get behind their given charity."



Pictured left, from left, Mike Forrester modeling his new look with supportive colleagues, Susan Wilford and Graeme McQueen.

eSCRV Description

After the Canterbury earthquakes, it was clearer than ever that we needed a robust system that would provide secure access to patients' essential health-care information. eSCRV was the name of the project created to meet this need. It now plays a key role in enabling better, faster and safer care right across Canterbury.



Examples of its use include sharing:

- Health records in after-hours care settings and emergency events;
- Medication lists, allergies and medical history with the community pharmacist to assist with medication management and medication review;
- Primary health care records of a patient in hospital Emergency Department and outpatient clinic settings;
- Relevant medical information with community nurses and community health care providers

Why Change?

The eSCRV product is about to expand across the South Island, so now is the perfect time for a face lift!

The name eSCRV has some 'shortcomings' as a brand:

- Nobody is sure what the little **e** stands for
- A red triangle is an internationally recognised symbol for danger or a warning
- It is difficult to say, even more difficult to remember, and most difficult of all to explain as an acronym!
- There is no tagline that says what it does

Competition time

This is your chance to get creative and play a part in designing the **Name, Logo and Tagline**.

There are five prizes (valued at \$200 each) for the best five entries.

A winning entry will need to be simple and eye-catching, one word with 1 or 2 syllables, easy to pronounce and understand. It'll need a great tagline of no more than 4 words. No acronyms, or anything that can be turned into an acronym please!

What are we trying to convey?

<i>Users and public should feel:</i>	<i>The product stands for:</i>
Safe and confident It is an essential tool for better care It helps both clinician and patient Well informed	Strength, Reliability, Comprehensive, Security, Privacy, Accuracy, Medical, Innovation Best for patient and clinician

What can you do?

Fill out the entry form for the competition below. Feel free to sketch, it doesn't have to be pretty! The winning design will be drafted up by a professional graphic designer. Winners will be notified directly.

The Terms and Conditions

1. Entries must be received by 3pm on 21/03/2014.
2. Handwritten/drawn entries must be on the entry form, scanned and sent electronically to the email address on the form.
3. Winners will be notified directly using the contact details supplied on the form.
4. Collaborative entries will be accepted (share the prize if you win).

Continues on the following page...

5. The competition is open to employees and members of Pegasus Health, CDHB, Orion Health, Nurse Maude and staff from all pharmacies or general practices using eSCRV.
6. Entries deemed plagiarised will be disqualified immediately.
7. Unless specifically stated "Anonymous" on the entry form, entrants are considered to have agreed for their name to be used in the competition results announcement.
8. Entrants waive any claims to royalties, rights or remuneration in regards to the content of their submission once it is received by the competition judges.
9. The judges' decision is final.
10. Members of the eSCRV Steering Committee are ineligible to enter.

It has been done before! Just to help you get the creativity flowing, here are some examples of some successful rebranding:

Was Known as: *Jerry's Guide to the World Wide Web.*

Now known as



To download an entry form go to Canterbury Clinical Network's website - <http://www.ccnweb.org.nz/Activities/eSCRV.aspx>

Staff Wellbeing Programme – Tracksuit-inc - Exciting addition to the CDHB Staff Wellbeing Programme

Tracksuit-inc - Exciting addition to the CDHB Staff Wellbeing Programme – Website now LIVE
Free to CDHB employees and their families – gives you an opportunity to participate in health related activities/challenges throughout the year. Login details available on the Staff Wellbeing Programme intranet page. See the poster at the end of this update.

New Walk n Workout groups

Start this week at CHCH Campus and TPMH – 30 minutes of walking and other light exercises. More information on the Staff Wellbeing intranet page. Register by contacting Kris kris.tynan@xtra.co.nz

Staff Wellbeing Programme intranet page

<http://cdhbintranet/corporate/HealthandSafety/SitePages/Staff%20Wellbeing.aspx>

Check out this page for information on Yoga, Zumba, Pilates, Mindfulness, Earthquake Support Coordinators, Finance/Retirement seminars, Employee Assistance Programme (EAP - free counselling for staff), and more...

There's also a link to the 'Something for You' employee benefits page containing a large number of discounted products and services available to CDHB staff.

What does your job involve?

As a medical coder I am responsible for inputting the appropriate code of various medical services so that health care practitioners and providers can receive payment for services rendered. The specific codes they assign are used to establish the amount of money a health care provider will get reimbursed by the Ministry of Health.

Why did you choose to work in this field?

I was working in Wellington Hospital for 10 years as an administration clerk covering all the departments, when one of the coders suggested to me, "why not apply for a coding job as you have good experience in the medical field?" I have studied for the last two years and am still learning and enjoying my job.



What do you love about it?

I really do enjoy my job; it is a different challenge and new to me especially science (studying about the human body) is so interesting. I can't imagine doing anything else and am very grateful that I found this field. I work with a great group and enjoy getting out for a walk at lunchtime.

What are the challenging bits?

The biggest challenge with ICD-10 is the requirement for more detailed knowledge of the human body. The codes are a lot more complex, and there are a lot more codes for each type of injury or symptom or diagnosis. So a big part of getting ready for ICD-10 is having coders learn anatomy and physiology and medical terminology.

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

I admire Mary-Ellen Wetherspoon and the team of Clinical Coders who have helped me to start up on this job, been very patient with me and answered all my questions and explained everything clearly.

The last book I read was...

Christ for Real: By Charles Price.

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

Jerusalem.

My ultimate Sunday would involve...

Going to church and relax by going out for a walk and catching up with family.

One food I really dislike is...

Raw sea food.

My favourite music is...

I like to listen to Beatles songs.

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

Naomi.Gilling@cdhb.health.nz.

Warehouse dollars to be used for children's ward at Christchurch Hospital

The Warehouse has donated \$92,821.54 for Christchurch Hospital's children's ward thanks to funds raised from its Christchurch, Rangiora, Ashburton, Timaru and Greymouth stores.

The 12 stores raised money through an add-a-dollar campaign where Warehouse team members asked customers at the checkout whether they would like to add a dollar to their total purchase.

The money raised will be used by the children's ward to purchase equipment to help provide better resources for vulnerable children and children who can't access the activity room because their illness or injury restricts them.

The Warehouse Regional Manager Derek Cotton says it was a great pleasure to be raising money for such a worthy cause.

"The team was delighted to hand over the donation and to formally recognise the outstanding work that the children's ward does in the local community," Derek says.

"We are thrilled to be supporting the children's ward at Christchurch Hospital and are grateful for the crucial work they do in our community. Through their work they touch so many lives and we hope this money will help to make a difference to the lives of families and children who may require hospital care."

Anne Morgan, Canterbury District Health Board Service Manager Child Health, says Child Health is hugely grateful for the donation.

"We will use this money to upgrade play equipment across the Christchurch Hospital Campus. We also plan to make an online DVD with the help of Whitebait TV for parents on safety tips while their child is in hospital," Anne says.

Child Health would also like to offer support to both Ashburton and Greymouth hospitals to upgrade play equipment in areas where children wait, as well as provide Timaru, Ashburton and Grey Hospitals with a copy of the DVD.

The Warehouse is well known for its community involvement. Over the past 30 years the company has raised over \$20 million dollars to support Kiwi community organisations and its commitment is such that Community and Environment is one of the key focuses of its overall business.

Stores involved in the fundraising campaign include Ashburton, Barrington, Belfast, Eastgate, Greymouth, Hornby, Northlands, Rangiora, Riccarton, Rolleston, South City and Timaru.



Left: Anne Morgan, CDHB Service Manager Child Health with some of The Warehouse staff.

Help available for earthquake issues

If you are feeling frustrated and stressed dealing with EQC, insurance companies, accommodation, or other earthquake issues there are people available to help you.

The Earthquake Support Coordination (ESC) team at Richmond Services Ltd has been working with CDHB staff members to tackle earthquake related problems since July of last year. The service is part of the CDHB Staff Wellbeing Programme.

“Our service is mobile, and flexible; we can come to your work site, home or a suitable community space,” says Earthquake Support Co-ordinator, William Allen.

“You are also welcome to meet with us at our Opawa based offices. Because we appreciate that many of you work shift work, we can also provide telephone based advice and arrange meetings outside of normal business hours.”

Nurse, Jacqui Bennetts, says meeting with a coordinator meant “I was physically doing something to help myself move forward in my situation.”

“I was made aware of other agencies that could help me better understand my situation and my rights. This positive interaction and provision of information has enabled me to finally sleep at night.”

Another CDHB staff member, Sarah, says that since she has engaged with the Earthquake Co-ordination Service, “I have been able to find the energy to tackle again the insurance issues stemming from the Canterbury earthquakes”.

“Having a person working alongside me, helping to clarify complex discussions has encouraged me to make decisions to forward my situation.”

She says her co-ordinator has been “a supportive sounding board” throughout the process and has guided her to external referrals such as the Residential Advisory Service.

Co-ordinator, Emma Gomez, says the ESC team comes from a range of different professional backgrounds and disciplines. All have tertiary backgrounds in social work and/or psychology, and bring experience from across a number of service streams in terms of service coordination, systems navigation and supporting people in times of stress and uncertainty.

The team utilises the latest known systems information in Christchurch, as well as the latest international research around disaster recovery.

“Using these tools we strive to provide a service that is both professional in its application, and personal in its interaction, so as to support those that we work with to best achieve their desired outcomes”, Emma says.

Co-ordinator Luke Mitchell, says the team’s participation in the Canterbury Earthquake Temporary Accommodation Service (CETAS) collaboration means that they have access to a large pool of co-ordinators, with various specialisations.

The ESC team is now set to run another round of the popular drop-in desks that were first piloted in December last year. The co-ordinators will be at these desks to discuss the service, specific CDHB staff member needs, and disseminate information on earthquake related resources from free legal assistance to help with emergency repairs and more.

The dates, locations, and times for the drop-in sessions are as follows:

All sessions from: 10.30am to 2.30pm

- The Princess Margaret Hospital café—Wednesday 12 March
- Burwood Hospital café—Thursday 20 March
- Hillmorton Hospital café—Wednesday 26 March
- Christchurch Campus, outside the Great Escape Café—Thursday 3 April

Contact an ESC directly on 371 5598 or see [Staff Wellbeing Programme](#) intranet page.

From left, Earthquake Support Co-ordinator, William Allen, Service Delivery Manager, Jane George, and Earthquake Support Co-ordinators, Luke Mitchell and Emma Gomez.





123226 – Clinic Booking Clerk
 123204 – Social Workers – Christchurch Women's Hospital
 123012 – Physiotherapist, Core II Rotational x 2
 122809 – Orderlies
 122533 – Newborn Hearing Screener/Secretary

[Click here to see more opportunities on the careers website](#)

International Dietitian's Day - March 12 2014

This year the theme for International Dietitians day is Eat Right. We thought it would be a great opportunity to give support to the City Mission with a collection of healthy foods for the food bank.

Come and meet the team at its International Dietitians' Day display in the main foyer Christchurch Hospital this Wednesday 12 March from 1000-1500. Look out for displays and food bank drop off points also at Christchurch Women's, Burwood, The Princess Margaret and Hillmorton Hospitals.

Since the earthquakes the Christchurch City Mission is assisting far more clients with food insecurity issues. The demographics of clients presenting for food have significantly changed after the earthquakes. While they are continuing to support the very marginalised and vulnerable with food they are now also providing food to lower and middle income families who, often for the first time in their lives, are in significant financial difficulty. Many are still paying a mortgage on their damaged home as well as high rent on temporary accommodation.

As a result, the Christchurch City Mission provided 28,196 food parcels in 2013 compared to 8,673 food parcels in 2009.


Therefore food is constantly needed at the Christchurch City Mission.

Food donated on Wednesday gives you one chance to go into the draw to win a year's subscription for the Healthy Food Guide Magazine.

Come along and support this great cause and meet the dietitians in your hospital.

Dietitians NZ

Ngā Pukenga Kai Ora o Aotearoa




International Dietitians' Day

Wednesday 12th March

Bring a healthy non-perishable food item for a City Mission food bag and go into win a one year subscription to the Healthy Food Guide magazine

Drop Off sites
10am – 3pm

- Christchurch Hospital Main Foyer
- Christchurch Women's Hospital - Outpatient Tea Room
- Burwood Hospital - opposite Nursing Department
- Princess Margaret Hospital Main Foyer
- Hillmorton Hospital Sharryn Sunbeam's office, opposite cafeteria
- Community and Public Health Staff room



Food Item Ideas

- Breakfast cereals – (ideally <20g sugar and >6g fibre per 100g)
- Dry Goods: Rice, Pasta, Flour, Rice Noodles
- Canned fruit (choose natural juices)
- Tinned vegetables (choose lower salt varieties)
- Tinned fish in spring water
- Baked beans or spaghetti
- Soup – both tinned and dried soup mix
- Cooking oils such as canola, sunflower, rice bran and olive oils
- Powdered milk or long life milk
- Crackers – ideally <10g fat per 100g
- Other options could also be toothpaste, toothbrushes and soap

www.dietitians.org.nz

Registered nurses undertaking Postgraduate nursing study in Semester 2, 2014

Applications are now open for a limited number of Health Workforce New Zealand funded places in Semester 2, 2014. The link to the online application form is:

[Application form: HWNZ funding for Postgraduate Nursing study - CDHB nurses](#)

Further information is available on the Postgraduate Nursing Education website: [Postgraduate Nursing Education](#)

Any queries should be directed to Margaret Bidois, Administrator, PG Nursing Education on 68680 or margaret.bidois@cdhb.health.nz or to Jenny Gardner, Nurse Consultant, PG Nursing Education on 68679 or jenny.gardner@cdhb.health.nz

Closing date for applications is Friday 25 April 2014.



Suicide Prevention Education Newsletter

March 2014
Issue 3

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[Suicide Helpline](#)

[Read the full newsletter.](#)

Learning & Development Team



[Find out more about these upcoming on-line courses:](#)

- Time Management
- Managing Change
- Leading a team
- Establishing positive workplace relationships
- Organisational objectives

Scared Scriptless

Sunday 23 March 2014, 6:30 pm
Court Theatre, Bernard Street
Addington, Christchurch
[Check the poster for full details](#)



ceo update All righties to cheer crowd on at colourful holi

The Christchurch Holi Carnival of Colours is on Sunday 23 March, 11am – 4.30pm at The Pallet Pavilion, 70 Kilmore Street. Pay at the gate: Adults, \$10 with two bags of colour. Children under 12, FREE.

All Right? is backing Christchurch's first annual Holi Carnival of Colours on Sunday 23 March at the Pallet Pavilion.

One of the major traditional festivals in India, Holi is known for its vibrant powder colours that blanket people in the streets. It's a day to forgive, forget, reconnect, and enjoy time with family and friends.

All Right? Manager Sue Turner says the community event will help bring people together.

"In Canterbury right now there's a widening gap between those who are recovering well and those who are 'stuck', and it's important we take every opportunity we can to come together and celebrate as a community. By breaking down barriers and injecting fun and colour into our lives, Holi will definitely provide a wellbeing boost," Sue says.

At the event, Cantabrians will be encouraged to throw colours into the air and at each other to celebrate life in Christchurch. The powder colours used at this event will wash off skin with soap and water, but it's best to wear old clothes.

Event organisers Sandeep Khanna and Hitesh Sharma say Holi will kick off at 11am with DJ Areeb, DJ Charlie, DJ Avi and Indian drummers. Bollywood performances will follow, including the Ras-Leela, a re-enactment of the romantic dance between Krishna and his lover Radha. Their story is where the throwing of colours originated.

Traditional games will be played, including a tug-o-war and Matki Phod, where competitors make a human pyramid to reach and then break a clay pot. The All Righties will be present to cheer everyone on throughout the day. There will be activities for kids too, including face painting.

A variety of traditional Indian cuisine and refreshments will also be available on site.

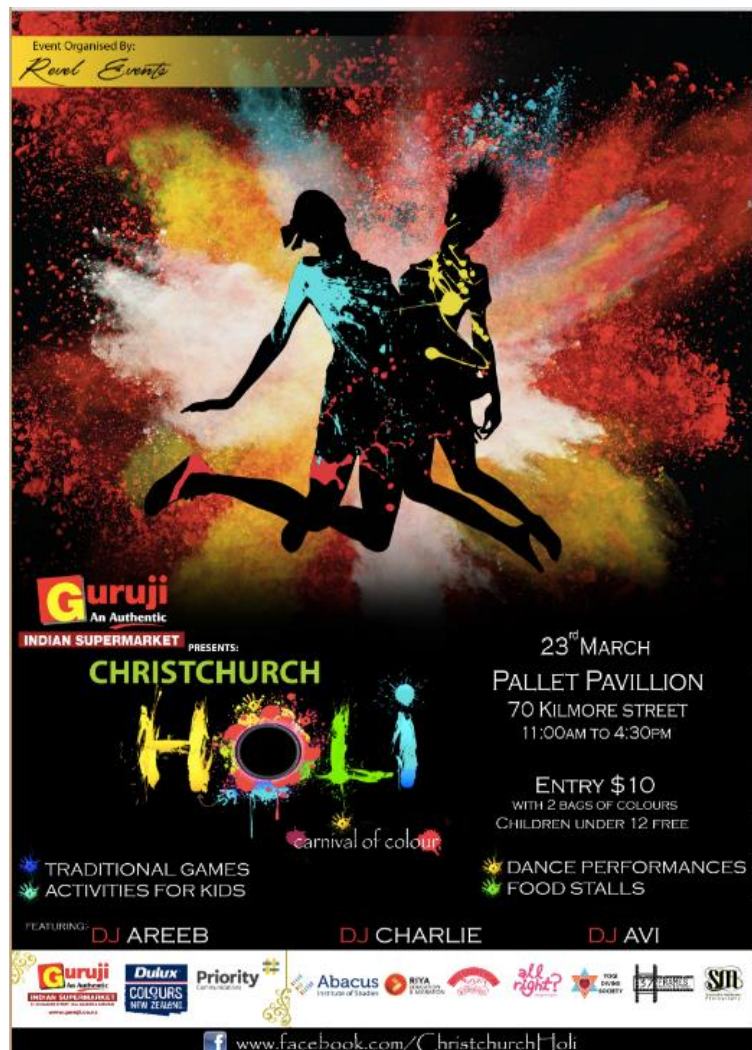
If the weather is bad on 23 March, Holi will be postponed until 29 March.

Announcements will be made at <https://www.facebook.com/ChristchurchHoli>.

Please note that the Pallet Pavilion is not high-heel friendly.

This event is brought to you by Revel Events.

Thank-you to the following supporters for making this event possible: All Right?; Indian Social and Cultural Club; Priority Communications; Dulux; Abacus Institute of Studies; Sushrutha Metikurke Photography; 37 Frames Motion Pictures; RIYA Education and Migration; Lindisfarne Nursery School and the Yogi Divine Society.





Alzheimers *Canterbury*

Community Education Seminar March 2014

DEMENTIA AND MEDICATIONS

Nicky Jonker, a Pharmacist from The Princess Margaret Hospital and Kathryn Snook, a Pharmacist from the Medication Management Service will discuss managing and understanding medications in relation to dementia. There will be time for questions.

Everyone welcome

Date: Wednesday 26th March
Time: 10.30am – 12 midday
Venue: Alzheimers Canterbury Meeting Room
314 Worcester Street
Linwood
(Between Fitzgerald Ave & Stanmore Rd)

314 Worcester Street
PO Box 32074
Christchurch 8147

T 03 379 2590
E admin@alzccanty.co.nz
www.alzccanty.co.nz

*Making life better for all people affected by dementia
Kia piki te ora mo ngā tāngata mate pōrewarewa*



Other Alzheimer's Canterbury Courses

Dementia: The Basics -

http://www.alzheimers.org.nz/files/regional/canterbury/DTB_Registration_Form_-_Mon_7_April_2014.pdf

Community Educations Seminars

http://www.alzheimers.org.nz/files/regional/canterbury/2014_Community_Education_Seminars.pdf



CAPACITY BUILDING WORKSHOP

Working Alongside Refugee Families

A one day FREE training workshop offered to NGOs, charities, public sector and government agencies in Christchurch and beyond. The workshop is designed to share best practice, promote knowledge and help organisations and individuals work successfully alongside refugee and former refugee families.

Hagley Community College is one of the largest providers of education services to refugee families in New Zealand. The college works in partnership with students and families to ensure that opportunities are available to all.

The workshop will encompass sessions on:

Who is a refugee?

Working with Refugee and former Refugee Background Communities

Understanding cultural competency

How could/does your organisation work with former refugee communities?

Training Dates in 2014:
1 May, 17 July, 10 October

To register or for queries contact:

Mastura Abd Rahman, Manager of Diversity Support

Ph: 03 379 3090 ex 810 Fax: 03 379 3134

Email: mastura.abdrahman@staff.hagley.school.nz



Hagley Community College
TE PUNA WAI O WAIPAPA

Brought to you by

This course is part funded by

Christchurch
City Council



We would also like to
acknowledge the advice of

 **THE OFFICE OF**
ethnic affairs
Te Tūhī Māori



Intercultural Awareness and Communication

This programme is designed to enable participants to develop more awareness of their cultural characteristics and those of others so that they can communicate more effectively across cultural boundaries. The training focuses on using effective communication to build the kinds of relationships that will lead to effective workplace interactions.

Gain an understanding of:

Culture, communication, relationships between cultures, relationships and workplace interactions, human dimension, ways to improve intercultural communication.

Who is it for?

Anyone from frontline public service, NGOs, charities, voluntary and community sector or any interested individual.

Workshop Dates for 2014: 29 April, 15 July, 7 October

One Full Day Course

Workshop Fee*: \$35.00

To register contact: Mastura Abd Rahman

Phone: 379 3090 ext 810,

Email: mastura.abdrahman@staff.hagley.school.nz

* Please note that the fee is not for profit. Workshop fees cover basic running costs only.



Canterbury
District Health Board
Te Pōwhiri Hauora o Waitaha



BOOST YOUR WELLBEING

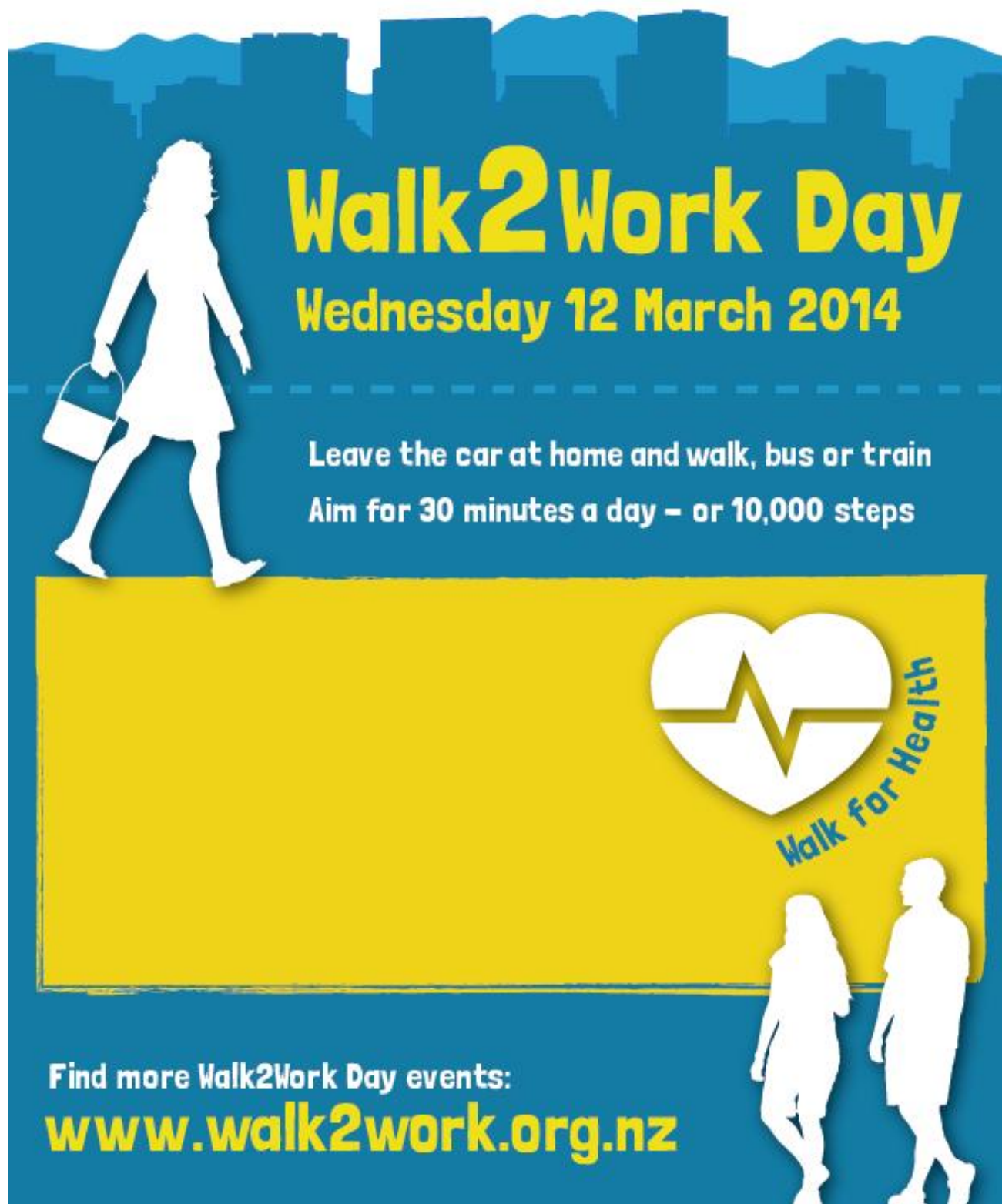
GET TOGETHER WITH FAMILY
OR COLLEAGUES & GIVE
YOURSELF A BOOST!

FREE

HEALTH CHALLENGES,
PRESENTATIONS, COMPETITIONS,
PRIZES & MORE...



TO PARTICIPATE IN THIS EXCITING ADDITION TO THE CDHB STAFF
WELLBEING PROGRAMME VISIT WWW.TRACKSUITINCLIVE.CO.NZ
AND ENTER THE COMPANY CODE 'dhbstaffwellbeing'.

A promotional poster for Walk2Work Day. The top half has a blue background with a white silhouette of a woman walking and carrying a bag. The bottom half has a yellow background with a white heart containing a heartbeat line, and the text 'Walk for Health' curved around it. At the bottom right, there are white silhouettes of a man and a woman walking. The text 'Walk2Work Day' is in large yellow letters, and 'Wednesday 12 March 2014' is in smaller yellow letters. Below that, in white text on the blue background, it says 'Leave the car at home and walk, bus or train' and 'Aim for 30 minutes a day – or 10,000 steps'. At the bottom left, it says 'Find more Walk2Work Day events:' followed by the website 'www.walk2work.org.nz' in large yellow letters.

Walk2Work Day

Wednesday 12 March 2014

Leave the car at home and walk, bus or train
Aim for 30 minutes a day – or 10,000 steps

Find more Walk2Work Day events:
www.walk2work.org.nz

Walk for Health





Friday
21 March
2014

Brydie's Ball

All funds
raised go to the
Brydie Lauder
Charitable Trust,
raising funds
for Paediatric
Neurology

Venue: Rydges Hotel, 30
Latimer Square, Christchurch
7.30pm till midnight
First drink complimentary,
supper supplied
Dress Code: Smart

Tickets \$65
Corporate tables of 10 available on
request
Pre-order via email:
info@brydielaudercharitabletrust.org.nz
Tickets limited
Entertainment:
Puree - playing live
Live Auction running through evening
MC: Chloe from Classic Hits

MAJOR SPONSORS:

LASERVISION
BYE BOND MIRROR



Amalgam PRESTIGE



SPECTRUMPRINT

CHOOSE to plan your career

You told us in the Staff Engagement Survey that you wanted access to workshops, tools and resources to support you in your career planning.

To kick start a wider programme of career planning support, we have arranged some one hour workshops in March. The workshops are designed to help you start to create and drive a long or short term career plan.

To register please contact careers@cdhb.health.nz and tell us which workshop you would like to attend. Spaces are limited by the size of the rooms, so registrations will be accepted on a first in, first served basis.

The seminars are run by careerbalance - a local company that specialises in career management and career planning.

Where	Date	Time	Room
Ashburton	March 11th	12:30pm – 1:30pm	Wakanui Room
Hillmorton	March 13 th	10.30am – 11.30am	Fountain Room
Christchurch campus	March 13th	12.15pm – 1.15pm	Parents Ed Room
PMH	March 20th	10.30am – 11.30am	Hakatere/Rakaia
Labs	March 20 th	12.30pm – 1.30pm	Committee Room
CPH	March 25 th	10.30am – 11.30am	Aoraki Room
Burwood	March 25 th	12.30pm – 1.30pm	Marshland Room
Christchurch campus	March 27th	5.00pm – 6.00pm	Oncology Lecture Theatre
To reserve your place please contact: careers@cdhb.health.nz			