

17 more days until we all become part of Health NZ

We have committed to providing as much information as possible as soon as possible - and you'll find all the latest information on the Health New Zealand portal on Prism - please make time to read the information available and watch the videos.

I need to stress that there will be no need to replace all our Canterbury DHB branding and logos on Day 1 – that would be wasteful. Instead, there will be several things that can be updated easily such as email signatures, and digital documents and these will be done as soon as is practical on or soon after 1 July. We will also be introducing new elements to our intranets and websites, with Health NZ graphics, banners, messages and information.

We've had a few queries come through from many of you asking whether we have to get all our documents, forms and collateral updated for 1 July. I want to reassure you that the transition to Health NZ is just that – a transition period, and it's acceptable to keep using printed stock on hand and then introduce the new branded items over time as they need to be reprinted.

There's a new People Pānui due out tomorrow and that will be sent to you all. If you miss it in your email inbox, please continue to check the Health NZ site on Prism to see the latest updates.

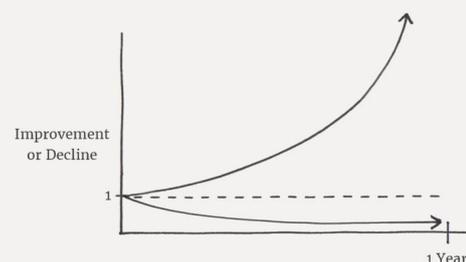
Our health system needs your help – as we focus on the 'aggregation of marginal gains'

As you will be aware the pressure is on throughout our health system, and everyone's feeling the pinch. At a recent Winter Planning meeting, Canterbury Primary Response Group representative, Martin Carrell, gave us all a lesson in the aggregation of marginal gains.

Put simply, it means if we all make tiny improvements or changes to how we do things every day, over time, they can add up to make a big difference. You can read all the details [here](#) and learn how small changes made by the British Cycling team culminated in rapid and sustained improvements in their performance.

The Power of Tiny Gains

$$1\% \text{ better every day } 1.01^{365} = 37.78$$
$$1\% \text{ worse every day } 0.99^{365} = 0.03$$



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What's this got to do with health? Right now, everything.

There are a number of small and often simple actions, which, if everyone did them consistently, would make such a difference to the load particularly for our primary care and urgent care teams.

The flow-on effect of easier access to primary care, would be fewer people fronting up at Urgent Care and the Emergency Department (ED).

For example:

- › Did you know **you don't need to go to a general practice (GP) to get a referral to go to a physio with a sports injury?** You can cut out the middle person (GP) and go straight to a physio or Sports Injury clinic and they will register your injury with ACC. They can help with sports injuries including muscle and joint sprains and strains, back injuries and neck pain and some ongoing conditions.

These can all be treated without having to go to your GP. If needed, they can refer you to specialists. Many clinics offer extended hours.

If everyone did this, it would cut down the number of people seeking treatment in EDs, Urgent Care Clinics and GPs. Reducing the volume by just a couple of attendees a day at each general practice would make a big difference over time.

- › Ordering repeat prescriptions can often be done online or over the phone – you don't always need an appointment with your doctor to arrange this. Call your practice and see **how you can streamline getting your repeat medication** to avoid a last-minute panic the day before your meds run out.
- › If you are feeling unwell, make an appointment with your GP in good time – **don't wait for things to get worse** – nip it in the bud. If you don't, things can get worse and you may need Urgent Care after hours and at a higher price. If your GP doesn't have appointments showing on their website, give them a call, they may have some urgent appointments available or another doctor able to see you.
- › If in doubt, and it's after hours, **call Healthline – they can provide free health advice 24/7 on 0800 611 116** – call from the comfort of home, and if it's urgent and you do need to be seen, the clinicians at Healthline can tell you where to go and what to do.
- › If you have **children under 5 at home, Plunketline phone 0800 933 922 also provides free health advice 24/7.**

- › If you have friends or family who are new to Canterbury and not enrolled with a GP team, please **encourage them to enrol** as they'll have better access to appointments, pay less and get proactive screening to help them stay healthy.
- › If you need a **medical certificate** or a medical certificate extension, call your general practice to discuss – you may not need to come in for an appointment.
- › Make the most of the **skills of your local pharmacist**. Pharmacists are well qualified to provide advice on a range of minor ailments and conditions and can advise on appropriate over the counter medications.
- › If you can, keep a supply of pain killers, and cold remedies such as lozenges and cough mixture at home in a secure place. That means you'll **be prepared should someone in your household come down with a flu-like illness**. Most colds and respiratory illnesses can be treated at home. However, it's important to know the danger signs and when and who to call for help. Things to look out for are listed [here](#). **If in doubt seek health advice 24/7 on 0800 611 116.**
- › [HealthInfo Canterbury](#) has a lot of useful information for self-care at home for a range of conditions. The information is trusted and backed by local clinicians, and it's available anytime.
- › Keep **masking up** – it's a proven way to protect yourself and others.

Visit www.cdhb.health.nz and click on the banner at the top of the page for more information on each category of care. You'll find more information including contact numbers and how to find a GP here.

Practical information on caring for someone with a flu-like illness can be found [here](#).

- › Choose well this winter and be prepared to stay home if you're sick
- › Please share these Winter Wellness tips with your whānau, friends and neighbours.
- › If we all do the right thing and choose well, health services will be freed up for those who need them.

**STAY WELL
THIS WINTER**

**I'm not well,
where do I go?**

Health advice 24/7

Call your GP team to talk to a health professional

Pharmacy

Diarrhoea, colds, hayfever, skin complaints

Specific care

Mental health, injuries, flu, dental, child, pregnancy

General practice

Non-urgent health issues that aren't improving

Urgent care 24/7

Bad sprains, minor head injuries, stomach pain

Emergency Department

Serious accidents, chest pains, stroke call 111

Get protected – it's not too late to get your flu jab!

Protect yourself and your whānau this winter. Getting a flu vaccination is your best defence from the flu. They're available now and are free for all CDHB staff.

Why is it important to get a flu vaccination?

- > It will help reduce your risk of becoming really sick or having to go to hospital.
- > There is increased flu with the NZ border open. With more visitors coming from overseas we are seeing more flu across the country.
- > It will reduce the spread of flu to yourself, whānau, patients and friends

Check out the [Occupational Health PRISM page](#) for more information. Please print and complete the [consent form](#) prior to receiving your vaccination.

Mobile clinics continue to come your way at Christchurch Campus and Burwood hospital over the next two weeks, as well as one at Ashburton on Tuesday, 14 June from 10:00-15:00. Don't be surprised if vaccinators pop up in your area! As the vaccinators are roaming around, we are unable to let you know in advance when they may visit.



In addition, there are stationary clinics held at:

Christchurch Campus

- > Monday to Friday between 09:30 to 16:00: Riverside LGF (old CHOC unit). COVID-19 vaccinations also available
- > Monday, 13 June, 12:00 – 14:00: Waipapa LGF, Meeting Room L.6 A/B
- > Friday, 17 June, 12:00 – 14:00: Riverside LGF (old Choc unit). COVID-19 vaccinations also available

Burwood Hospital

- > Thursday, 16 June, 12:00 – 14:30 : Ward GG

Thank you to everyone putting in extraordinary efforts to ensure we can continue to provide care

Once again, thanks to everyone throughout our health system who is working so hard 24/7, stepping in to cover gaps, and well and truly going above and beyond for the sake of our community. Your efforts are very much appreciated and have not gone unnoticed.

A final reminder please make time to check the Health NZ section on Prism, to ensure you're up to speed with everything you need to know as we become part of Health NZ in just over two weeks.

Kia pai tō koutou rā

Peter Bramley, CEO
Canterbury District Health Board

Please email us at 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. Please note the deadline for story submissions is midday Thursday.

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



Bouquets

Gastrointestinal Unit, Ashburton Hospital

Mr Connor and the nursing staff treated me with a high standard of professional care. I felt very well attended to, receiving kindness, support and good skills. Considering the strain our health system is under, the staff are very dedicated and amazing. Thank you all very much.

Ward A3, Christchurch Hospital

My father was recently admitted to Christchurch Hospital. He was treated like a really important human right from the get-go. A great room, respectful, professional and cheerful staff. Well done to the staff for setting a great atmosphere inside the hospital which must help the healing process as well as helping family members during difficult times. Hard to imagine that you actually enjoyed a visit to the hospital to visit a loved one, but I really did. So well done Christchurch Hospital, keep up the great work!!

Emergency Department (ED), Christchurch Hospital

I was in ED yesterday under the care of Cardiology. Although The Press reported on how busy the hospital was, I was never made to feel that. Staff apologised for any delays, but they were all unfailingly courteous and professional. There is clearly excellent leadership and we are very fortunate to have this service.

Birthing unit and Maternity Ward, Christchurch Women's Hospital

We want to say a huge thank you to the entire team that we dealt with on our stay for a caesarean section. Every single person was friendly, kind, helpful, informative, gave us all the information we needed, answered every question we had and gave us peace of mind that we were in the best hands possible. We feel so thankful to all involved in our stay.

Ward A5, Christchurch Hospital

Everyone on Ward A5 has taken exceptional care of my wife. This is the very highest standard of care you could wish for when in hospital. I feel we are very fortunate in Canterbury to have such a facility. Thank you from a most grateful husband.

Wayfinding volunteers, Christchurch Hospital

The volunteers in the lobby were so amazing. I had the loveliest man show me where to go and it made life so much easier. Thank you, it meant a lot to me.

Parkside Ground Medical (PGM), Christchurch Hospital

Extremely good and kind care. Nurses and doctors were very supportive and kind. I felt very relaxed being in such good hands. I have nothing but admiration for staff working in the trying circumstances of COVID-19 and staff shortages. Special thanks to my nurse, Philip. You have a very good man there.

Big Shout Out

To: Josh and his colleagues in IT

I would like to send a big shout out to Josh (and several others) from IT. They went the extra mile for me when I was continually locked out from logging on for three days following my return from COVID-19. Thanks Josh and team, it is really appreciated.

From: Diabetes Inpatient Clinical Nurse Specialist Kirsten Hatton

#carestartshere

Birthing Suite, Christchurch Women's Hospital

The care, kindness, understanding, patience and genuine interest shown toward and in support of us and our family during the stay by your team has been amazing. From Mary who helped us all day getting comfortable and organised, to Sammy who happily dropped what he was doing to help set up, and Charlotte who once again put us both at ease about procedure etc and made the entire experience in Theatre so special. Thank you! Vanessa – to watch you work so well with your team and then to have you in person come and get to know us and check on us a day later in a way that was so far beyond just doing the job – thanks. You are clearly all so passionate about what you do, you support each other so well and time after time make the coolest experience anyone can ever have that much more special, not sure we can thank you enough. Please pass on our thanks to the entire team that supported us through our stay, you've exceeded every expectation

Sharon, Maternity Ward, Christchurch Women's Hospital

Thank you, Sharon. The way you looked after us through the night blew us both away. You are caring and informative, and you've made any request at all feel easy. The experience of a newborn is special enough, meeting people like you and your team is a bonus we have loved on both visits to the hospital. We can't thank any of you enough.

Emergency Department, Christchurch Hospital

OMG, the ED nurses and staff in this hospital are nothing short of amazing. I was admitted on Saturday and the care and professionalism is terrific despite all the less than nice jobs they do. Nothing fazes them, and they have friendly dispositions. Big shout out to Nurse Alpine, you are a star. Thank you, Christchurch Hospital.

ED, Christchurch Hospital

Wonderful staff.

PGM, Christchurch Hospital

Wonderful staff. Excellent care and I have been well informed at all times. Staff have been very helpful. All staff make the effort to provide personal care.

Leon, Ward 23, Christchurch Hospital

Compliment for Leon, a trainee nurse on Ward 23 around the last week of May. Leon was lovely and treated our dad with kindness and respect. He was also lovely to us.

Ward 18, Christchurch Hospital

To the fantastic staff on Ward 18. Thank you for your exemplary care while I was on your ward. I know these are trying times in the hospital and this was evident in how the nurses were working non-stop caring for us. I would also like to mention how well the nurses dealt with some

very rude and unpleasant patients/family and friends in the room I was in for my stay. They remained very professional despite being treated badly at times. A very special thanks to Nurse Lloma who sat with me before my surgery and put me at ease. Your kind words made me feel safe. Thank you.

Blood test centre, Christchurch Outpatients

Huge acknowledgement to Janine who greets each visitor with empathy, charm and clear instructions. To all the blood team, who are considerate and professional, and start early for those of us trying to get to work or back home – you make the world a better place. Great job.

Haematology, Christchurch Hospital

Very good all round thank you.

Ros, Community Occupational Therapist, South West Community Team, The Princess Margaret Hospital

I would like to thank you for all the help and support you have given me over these last two years. I have been so very grateful for all the visits and the equipment you supplied. Your help and advice all made it possible to enable [patient name] to stay in the home he loved. With many sincere thanks.

Winther Bantasan, Burwood Hospital

I'd like to provide feedback on one of the kindest nurses I have ever met. I visited a friend in hospital and she made me feel welcome. Very, very lovely and humble. Her name was Winther.

ED, Christchurch Hospital

Lovely staff, all obviously working under pressure and understaffed. Have treated my daughter very well.

Dental Service, Christchurch Hospital

I would like to say how amazing the surgical team have been today. Right from the moment we walked into the department. The receptionist was very friendly. We dealt with Sinead (nurse) who was so lovely and kind. My daughter said she was a lot less nervous after talking to her, and wants her to look after her for any procedures she has. We dealt with James the anaesthetist who was so open and honest with my daughter, and spoke to her in language she understood. Her dentist, Leonard, was so kind, and funny and down to earth. As we were walking down the corridor to Theatre, James continued to chat to Ruby which was lovely. The anaesthetic technician was kind and funny and made my daughter laugh. And then Nicole showed me to the whānau room, and was so empathetic, as I was close to tears. This is the first operation we have encountered with my daughter. The rest of the surgical team in Theatre were full of smiles for my daughter which was lovely. I know that medical professionals often only hear things when they are bad, so I wanted to share my good experience.

Jeremy Evison and surgical team and Ward A4, Christchurch Hospital

Mr Evison carried out an operation on my cervical spine. The instant I woke up from the operation, I realised that all the pain had disappeared! All the suffering that I had was now gone. The next day I went out shopping for a short time and even went to visit some friends for a couple of hours. All this was done with no pain at all. Since then I have returned home and still no pain! I would like to sincerely thank Mr Evison, his surgical team and the staff of Ward A4 for what they have done for me. It has not only changed my life physically but also emotionally. Saying thank you does not even come close to expressing my gratitude. Please pass on this message to all who were involved with my care and stay at Christchurch Hospital.

Big Shout Out

To: Peter, ISG

I recently had a very complicated issue with my computer and prolonged login failures; Peter at ISG was so patient and knowledgeable, and he really took the time to listen to my issues so that he could best find a solution. Peter made a very frustrating experience much more tolerable. Please share my utmost appreciation with him.

From: Anaesthetic Technician Team Leader Kelly Akehurst

#carestartshere

A 'quenched' MRI machine makes a comeback on the big screen

Blink and you may miss it, but an old piece of Radiology kit features in [Don't Make Me Go](#) a movie that had some scenes filmed in the simulation suite at Manawa and in an unused MRI area of Parkside Radiology at Christchurch Hospital – it will be streaming from 15 July.

And if you were wondering, a 'quenched' MRI machine is a machine that has lost its helium gas and stopped working. That particular one was past being able to be repaired, but by the magic of movies it was brought back to life for a couple of scenes!

A number of Canterbury DHB staff were involved in the preparation and filming of this feature movie. The trailer has been released, so let's see who may have made the cut and appear in the movie!

**PROTECT
AGAINST
MEASLES**

Free bowel screening now available nationwide

The roll out of the National Bowel Screening Programme is complete, meaning about 835,000 eligible New Zealanders now have access to free two-yearly bowel screening.

Bowel screening is available to people, aged 60 to 74 years old, and is designed to detect bowel cancer at an earlier stage, when it can usually be effectively treated.

The programme roll-out began in July 2017 with Hutt Valley and Wairarapa the first DHBs to join, and ended with the final DHB, Bay of Plenty, launching on June 10 this year.

Over the past five years the programme has posted out over a million test kits and detected cancer in about 1400 New Zealanders.

Since Canterbury joined the programme in October 2020 our bowel screening team has found 123 colorectal cancers and hundreds of polyps and pre-cancerous growths that had the potential to become cancers if they hadn't been caught early.

Most of these people were asymptomatic, meaning they would have no idea anything was wrong. The whole point of the programme is that it picks up on those people when it's much more likely their treatment will be successful.

Those eligible for the bowel screening programme get a test kit in the mail, which they complete at home and send back in a pre-paid envelope. The kit, about the size of a USB stick, is designed to detect tiny traces of blood in a stool sample, which indicates there could be a problem.



Some of our Canterbury Bowel Screening team at our local launch in April 2021

The current eligible age range is 60 to 74. However, the Government has announced that later this year Māori and Pacific participants in two regions will start bowel screening at 50, followed by a rollout nationwide from July 2023.

Screening is for people who don't have symptoms of bowel cancer. Anyone with symptoms, such as a change to normal bowel habit that continues for several weeks or blood in their bowel motion, should see their doctor without delay.

A national multimedia campaign to raise awareness about bowel screening and encourage participation is expected to launch in July.

More about the National Bowel Screening Programme can be found [here](#).

**Stop the flu
before it stops you**

**Free staff flu vaccinations
available now**

Check PRISM for details

Christchurch Hospital turns 160

In 1861, the Canterbury Provincial Council voted to build a hospital in Christchurch and set aside a whopping £1,500 to cover construction.

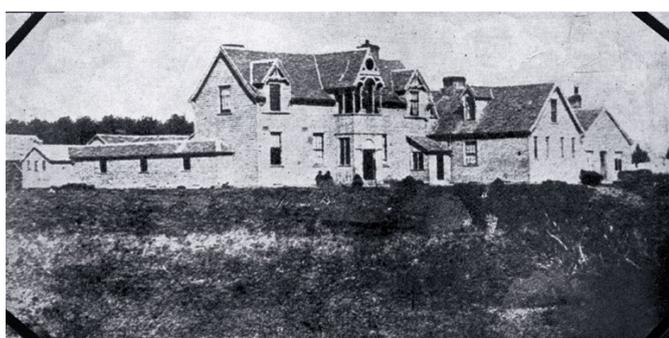
A spot in Hagley Park on Riccarton Avenue was selected and despite the 'Hands off Hagley' protests from local citizens, it opened on 1 June 1862.

The original hospital was two storied and resembled a barn. Dr Burrell Parkerson was employed as the resident

surgeon and Dr Silas Stedman as physician and both were on salaries of £300 per year.

By 1917, the last of the original buildings had been demolished as new facilities were constructed including a separate fever ward. Additional buildings included a stable and a fowl house.

Over the years, the campus has transformed and grown as the pictures below show.



The original Christchurch Hospital in 1862



Christchurch Hospital in 1963



Christchurch Hospital in 1979



Construction of the new hospital wing in 1989



Waipapa in 2020



CCDM

Care Capacity
Demand Management

Safe staffing, healthy workplaces

Significant gains in Care Capacity Demand Management

Implementation of Care Capacity Demand Management (CCDM) here at Canterbury DHB continues.

The latest report from Technical Advisory Services shows a significant jump in our roll out of the CCDM programme over the last quarter, with 76 percent completion.

Full-time equivalent calculations, the process of using TrendCare and CCDM data to identify staffing requirements, is the last big milestone left to achieve.

Following the May CCDM Council meeting, Canterbury DHB has now completed and approved FTE calculations for 21 clinical areas. This has resulted in an increase of 113.70 nursing and hospital aide FTE across Ashburton, Christchurch, Hillmorton and The Princess Margaret hospitals.

Work continues to complete calculations for the remaining areas within these campuses, along with Burwood Hospital and Maternity services.

Acting CCDM Nursing Director Carol-Ann Todd says the need for more staff is greater than ever.

"This additional FTE we will enable us to deliver the high-quality care they need in a safe environment for our consumers and our staff. The next step is to recruit to these new positions."

People and Capability is working to streamline the process for recruitment, so teams can quickly move to advertising and filling any new positions. Both locally and nationally,

strategies are being developed to increase our workforce and attract more people into healthcare.

Allied Health, Scientific and Technical are also joining the CCDM programme. With the welcome appointment of Karen van Coillie to the position of Allied Health Coordinator – Safe Staffing, progress is already underway.

Director of Allied Health workforce Catherine Coups says a stocktake of current activity, together with identifying existing data collection methods is almost complete.

"We can then begin to develop work plans and identify how CCDM will look for Allied Health professionals"

Ensuring that our IT systems are working is also essential to the success of CCDM. ISG investigations have identified that recent issues with logging onto TrendCare are due to issues with Citrix.

The ISG team has been working with the vendors to address them and have delivered several incremental changes to improve performance. However, it is important that users continue to raise tickets with the ISG Service Desk, so issues can be investigated and resolved.

"CCDM is quickly changing the way we work as a DHB. It is allowing us to use data to better meet the needs of our consumers and provide evidenced-based decisions around staffing to ensure quality patient care, quality work environments and the best use of health resources by having the right people in the right place at the right time" says Carol-Ann.

Many benefits to Health and Safety role

Nurse Educator Edna Byron has had a commendable 25 years in the role of Health and Safety Representative (HSR) for the Neonatal Intensive Care Unit and would highly recommend it.

“Making a difference, keeping people safe at work, has been very satisfying. It can be quite insular just working in your own department and this job gets you outside of your area and gives you a much better understanding of what’s happening elsewhere, she says.

“I’ve also met a lot of people both inside and outside of work which has been great for networking. It’s been a joy meeting others and seeing a different way of working and how they deal with risks and hazards. I’ve done education and training too which has been great for my professional development.”

Our workplaces are safer when people know how to protect ourselves and our colleagues and can actively contribute to the way we manage Health and Safety. Having HSRs is one of the well-established methods of representation that support worker engagement and participation.

An HSR’s functions include representing workers [on request] in health and safety matters; monitoring health and safety measures; inquiring into health and safety risks; and

making work health and safety recommendations.

Edna, who is also a trained respiratory protection fit tester, says she would especially recommend being an HSR to registered nurses.

“They are at the coalface and have eyes on what is going on. They have a handle on what is happening and what influences their colleagues, health and safety-wise.”

Being an HSR requires working autonomously, but also collaboratively with the person in charge, she says. Meetings are held monthly or bi-monthly which HSRs are supported to attend.

Her own involvement has included keeping an eye on potential hazards of the old Christchurch Women’s Hospital building and having a say in some elements of the new one, ensuring things like cupboard heights and barriers on shelves were included.

Her message to all Canterbury DHB staff is to be aware that they have an HSR in their area and be constructive in suggesting improvements to eliminate risks and hazards.

For more information about HSRs read this [max](#) knowledge article.



Nurse Educator Edna Byron

New Canterbury Health Laboratories space

Canterbury DHB's Facilities and Infrastructure Programme Office is helping with the reconfiguration of the Canterbury Health Laboratories (CHL) building to create a new laboratory on the first floor, near the high-level microorganism containment PC3 laboratory.

The new negative pressure PC2 laboratory significantly improves workflows in the building by creating a dedicated microbiology floor. It also creates space in this area of the laboratory for the Robolab decapper machine that is needed to help manage increasing testing volumes with COVID-19 and other emerging respiratory disease outbreaks.

Fit-out of the laboratory is progressing well, with electrical, plumbing and mechanical work being finished in June. A new ceiling and new vinyl floor will be installed, and new laboratory benches fitted to the space. New and existing laboratory equipment will be installed ready for use in July.

The space was previously used as the staff tearoom.

This was not conducive to safe laboratory practice with the contamination risk of having the tearoom in the centre of the floor with microbiological laboratories on both sides, says Interim General Manager Gloria Crossley.

"A new tearoom has been installed in an area on the ground floor that was previously office space. The tearoom was completed earlier this year and is used by all staff in the building."

Space in the CHL building is at a premium. To accommodate the need for more office and storage space, several portacom buildings have been relocated on the northern side of the CHL building. The portacom area is security fenced off from Tuam Street, with entry through the main CHL lobby area, she says.

The portacoms were previously located on the Parkside roof and had to be removed to make way for the Parkside panel remediation project.

The work being undertaken is providing a much better working environment while enabling efficiencies to be made.

"The tearoom move has created an area which is much more suitable for staff use. I would like to acknowledge the dedicated staff, especially those in the COVID-19 team, who have worked in far from ideal conditions for some time. My thanks also to the staff for their tolerance as we continue to carry out these changes around them," Gloria says.



The Robolab decapper machine



The new tearoom

The Facilities and Infrastructure Programme Office can be contacted via email: FIPO@cdhb.health.nz

Philippines Independence Day

The Philippines commemorates one of the most significant days in its history on June 12 - their declaration of independence from 300 years of Spanish rule in 1898.

Many Filipinos in New Zealand and around the world celebrated yesterday with public and private events that embraced and showcased their culture.

That included our very own Filipino community at Canterbury DHB who all contribute to providing healthcare to the people of our region.

Knowledge Base Project Lead Milagros Hartshorne, who works in People and Capability, says acknowledging Philippines Independence Day, and those of other countries that represent our diverse kaimahi, is the best way to show inclusion, and that people of Filipino descent belong and play a huge part in the Canterbury DHB community.

It would mean a lot for colleagues to simply recognise and encourage Filipino kaimahi to celebrate the day.

"To be respected and encouraged to be who we really are, and not have to fight for it like our forefathers did. The Philippines Independence Day was not something that was granted, but rather the result of the united resolve of our national heroes.

"My favourite thing about the day is that it reminds me of the strength and character the Filipino community possess. We become bold, unyielding and resolved when faced with adversity."

In the Philippines people would watch the flag raising, then there'd be cultural festivities and a parade during the day.

"After that, it's food, and singing and dancing with our family and friends," she says.

In Christchurch, the Filipino community gathered at Turanga where there was a cultural presentation showcasing Filipino music and dance. Similar events were held in other parts of Canterbury and the rest of New Zealand.



Knowledge Base Project Lead Milagros Hartshorne



Workforce Development Partner Mana Taurite (Equity and Diversity) Team Akira Le Fevre says one of the Canterbury DHB's core values is 'Care and respect for others - Manaaki me te whakaute i te tangata.'

"So it is important we can bring our authentic selves to work, not only to better serve our communities but to also acknowledge and honour our diverse kaimahi (staff)."

For more information about Philippines Independence Day visit the Christchurch City Libraries [website here](#).

Fun and awareness at Eastgate for Smokefree May

The biggest event held locally for Smokefree May was in collaboration with Te Puawaitanga Ki Ōtautahi Trust and the Canterbury DHB Smokefree team.

They had a very successful turn out for 'Shoot the hoop for Smokefree 2025' at Eastgate Mall.

The day was about raising awareness of achieving Aotearoa's Smokefree 2025 goal and drawing attention to Te Hā – Waitaha, the free local smoking cessation service. Participants had 25 seconds to shoot as many hoops as possible with lots of prizes up for grabs.

Special thanks to Karereatua Williams from the New Zealand Under-17 Basketball Team who drew in so many kaumatua, kuia, rangatahi and tamariki from her local community. This day was an awesome success with over 100 whānau participating.

Special acknowledgement to the passing of Dame Taua Aroha Reriti Croft as she was a huge support to this kaupapa and was planning on attending. Her aroha and tautoko will never be forgotten.

Thank you to Taua Donna Thoms from the Ōtautahi Māori Women's Welfare League for coming along to tautoko this kaupapa.



The late Dame Taua Aroha Reriti Croft



Shoot the hoop for Smokefree 2025 at Eastgate Mall



The Smokefree team



Celebrating 60 years of Samoan independence

Teams from churches within the Christchurch Samoan Minister's Fraternal came together over Queen's Birthday weekend to celebrate 60 years of Samoan Independence. This event was initiated by the Christchurch Samoan Minister's Fraternal for the youth.

In Ōtautahi, Christchurch, Etu Pasifika celebrated with a weekend event that brought more than 500 Pacific people, in collaboration with the volleyball committee (youth leaders) from ecumenical churches within the Fraternal, Canterbury Pasifika Volleyball and the Samoan Minister's Fraternal.

The weekend honoured those who paved the way for Samoan people not only in Christchurch and New Zealand, but across the world. Over the weekend, the 60th anniversary of Samoan independence was honoured over three days. The celebration started with the Ava Ceremony on Saturday, followed by the combined ecumenical church service and finished off with a volleyball tournament for the youth. Etu Pasifika provided medical assistance and more than one hundred flu vaccinations were given along with COVID-19 and MMR/measles vaccinations at a pop up clinic.



Some highlights of the volleyball tournament



One minute with... Sue Henderson, Senior Communications Advisor

What does your job involve?

I'm part of a team responsible for internal and external DHB communications. We work with our various partners and stakeholders to ensure important information gets to the people who need it. Personally, I am responsible for the communications aspects of a number of projects and editing and distributing the CEO Update each week.



Sue and Richie McPaw



Sue and Dougie Howlett

Why did you choose to work in this field?

I fell into it a little by accident. I worked many years in the travel industry, where my ability to effectively communicate to a large audience with a problematic attention span was recognised and appreciated. I ended up managing internal communication and crises globally.

What do you like about it?

I'm a helper by nature and a one-time teacher, so I love educating and informing people, especially if it helps them in their day-to-day roles. Working at Canterbury DHB has opened up a whole new world to me as I discover more about the health sector every day. I have seen my writing evolve and improve, and I am learning a lot of valuable Te Reo.

What are the challenging bits?

I've been here a year, and there's a lot that's still a mystery to me. Canterbury DHB is a rabbit warren of people and departments, and I often struggle to figure out who does what. Don't even get me started on learning the acronyms!

Who inspires you and why?

People who dedicate themselves to the care and protection of vulnerable people and animals particularly inspire me.

Also, I recently caught up with an old friend/colleague from Sydney. He has stage four lung cancer but maintains an almost zen-like calm and positivity. His attitude and optimism inspire me to worry less about the small things, especially those beyond my control.

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?

Integrity is key to everything you do in life. Acting with integrity generates honesty, respect and responsibility.

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

Anything personal or controversial. Got to keep it professional, and there are some odd characters on LinkedIn who treat it like it's Facebook or Tinder!

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

In a hammock, under the shade of a tree beside the ocean in the Maldives. I'd have a David Sedaris book, a cocktail and a massive cheese and fruit platter.... Oh, and George Clooney (circa 2010) is there too.

What do you do on a typical Sunday?

The weekends pretty much belong to my two labradoodles, Richie McPaw and Dougie Howlett. We will head out for a run around twice (morning and afternoon). There are a few favourite dog parks, and they enjoy chasing a ball on the rugby fields in Hagley Park (just like their namesakes). We also occasionally have a puppy play date with a friend. It isn't very exciting, but Sunday is often my day for household chores, and I might do some cooking or baking.

What's your favourite food?

I used to live in Japan and fell in love with the food – I would happily eat tonkotsu ramen, gyoza, yakisoba, okonomiyaki or Japanese curry every day of the week.

And your favourite music?

Depends on my mood really. Love a bit of the 80s and 90s and I am a dedicated U2 fan. On Spotify right now, I am playing a lot of Adele, Lizzo, Foo Fighters and Chris Stapleton – so I'm all over the place!

If you would like to take part in the column or would like to nominate someone please contact Naomi.Gilling@cdhb.health.nz

Something For You



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



Porters Ski Field, Springfield

Porters Ski Field would like to offer Canterbury and West Coast DHB staff season passes at the special rate of \$499 (usually \$659). This is available until 1 July 2022. The season pass can be extended to immediate family members of staff. There will be no blackout dates on the season passes i.e they can be used during holidays and weekends.

This compliments the current offer of 50 percent off lift passes midweek (outside of school holidays). Contact office@skiporters.co.nz for more information and to purchase. See the [flyer here](#).

Enhancing CALD Cultural Competence

Cultural diversity in the New Zealand Population is growing, leading to increasing cross cultural interactions between clinicians and patients and between employees.

eCALD® 75th News Edition. June 2022

The latest edition of eCALD is out now. CALD stands for culturally and linguistically diverse.

Read about:

- › The University of Auckland's Centre for Asian and Ethnic Minority Health Research and Evaluation (CAHRE) is hosting their symposium on 2 September 2022. The theme is 'Beyond the Healthy Migrant Effect: Asian and Ethnic Minority Health in Aotearoa'. Don't miss the opportunity to submit an abstract or register for the event.

- › Changes to Refugee Settlement Service Providers and Service Provision
- › The CALD Cultural Competency in a Psychiatric Context training programme for clinicians who are required to, or are interested in, developing cultural and linguistic diversity (CALD) competence in a psychiatric context. It consists of four self-directed and self-paced e-learning modules.

And much more [here](#).



The latest newsletter from Tangata Atumotu Trust is out now. Read about:

- › Reopening their Māui Clinic
- › Welcoming the Labour Pāsifika Caucus
- › Getting people active through the Green Prescription

And more [here](#).



Pegasus 2025 shares stories that celebrate and support the work being done in primary health care.

From community organisations, to Pegasus Health services and the personal stories of those supported by their GP, Pegasus 2025 celebrates the great mahi being done in Canterbury to make this the best place to receive and provide primary health care.

Read about,

- › Local Oscar winner overcomes prostate cancer
- › Pegasus Health advocating for health outcomes
- › Pegasus Workforce Development Scholarship marks 22 years

and much more [here](#).

Healthy heater swap

From June 13 to July 3, The Warehouse will run its first Healthy Heater Swap in 30 stores, where people can trade in their LPG gas heater for an electric option for free. See more about this [here](#).