



High demand for health services and we're not into winter yet

Last weekend was a busy one for Christchurch Hospital and the Emergency Department (ED) and we had to put a call out to the public to remind them to save ED for emergencies.

When ED is extremely busy people are encouraged to visit one of the Urgent Care centres in Canterbury, or phone Healthline on 0800 611 116 for free health advice after hours. If people come to ED with something that could be treated by a GP or with advice from a pharmacist, they may be advised of alternative options. People with non-emergency conditions will experience an extremely long wait to be seen in ED as we need to triage everyone presenting to ensure those in the greatest need, with life-threatening conditions are seen first.

Sadly, over the weekend we had several trauma cases present within a very short period and it's a credit to our ED, surgical and wider Christchurch Hospital teams who were working at capacity for an extended period of time. I want to acknowledge the additional pressure this added to those who were on deck over the weekend. Thank you for keeping calm and making the best use of the resources available to you to prioritise care to those most in need.

Canterbury
District Health Board
Te Poari Hauora o Waitaha

COVID Actuals vs Modelling as at 01/05/2022

Decision
Support



We currently have 83 people in our hospitals with COVID-19. Twenty-four people are being cared for in our dedicated COVID-19 ward, with COVID-19 their primary diagnosis. The remainder have been admitted to our facilities for a range of other conditions and their COVID-19 status is secondary. This indicates a high level of COVID-19 is still circulating in our community, and despite peaking some weeks ago, it's so important to keep up all the protective public health habits.

We have more inpatients with COVID-19 today than we did at the peak of the outbreak. Case numbers are not dropping away as quickly as we originally predicted, and we envisage this situation will continue for some time.

At the time of writing (mid-Monday morning) Christchurch Hospital is at 109% capacity, so the pressure on our system remains. We still have more than 180 staff away either with COVID-19 or isolating as they are a household contact.

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As you can see in today's modelling chart (above), the black dotted lines on the right show the upper and lower limit confidence intervals. Wide intervals often indicate that we need further information to make an informed prediction on future case numbers. Given the fact that we moved to Orange, with school and public holidays at the same time, it has made it difficult to understand what has driven the sustained high community case numbers we've seen over the past week or so.

We anticipate the number of cases being close to the median forecast (the orange dotted line) and we should know more towards the end of this week. Reported case numbers tend to drop off over the weekend and increase on Tuesdays.

Most schools are back today, and in the Orange traffic light setting, mask wearing at schools is not mandatory. We do encourage everyone to keep up with mask wearing when indoors and in close proximity to others. We will be watching with interest to see what impact this might have on case numbers in a week's time.

Do I really need a booster?

Getting your booster makes it less likely you'll get really sick with COVID-19, or pass it on. It is the best thing you can do to protect you and your whānau.

Vaccination – the proven way to boost your immunity

It's not too late to boost your immunity - there are still plenty of COVID-19 vaccination clinics for tamariki and rangatahi to get vaccinated and boosted in Canterbury – check dates and times at www.VaccinateCanterburyWestCoast.nz.

As people in Aotearoa emerge from their bubbles, there's a much bigger chance of catching the flu. We've had very little influenza circulating in New Zealand for the past two years, so immunity in our community is lower than usual. With international borders opening, we'll see more and new strains of the flu spreading. Getting a flu jab is your best defence and it's free for those most likely to get very sick.

I know many of you have already had your free influenza

vaccination, if you haven't please check [Prism for details](#) of upcoming clinics. Flu immunisations are free for all staff. Along with staying home when you're sick, mask wearing, physical distancing and washing and drying your hands, vaccines are one of the most important tools to help keep us all safe over winter.

When you're fully immunised you can have peace of mind knowing you are better protected from disease and will be able to get on with life and be free to do more of the things that make you happy. Speaking of which check the 'Meaningful May' calendar on [page 13](#), with daily reminders of small things you can do each day during May to make life a bit brighter.

New ICU pod completed to boost ICU capacity

Last week a new the 12-bed purpose-built ICU pandemic pod was completed and this time next week the beds will be made up ready to take patients. A huge thanks to the facilities team and contractors for seeing this project through in record time.

Completed ahead of the revised time frame, which is incredible when there are so many supply chain challenges for building supplied and fixtures, fittings and equipment due to COVID-19.

This is an amazing achievement so well done to everyone involved. Having additional space with specially designed modified airflow to allow safe care for people with infectious diseases, including COVID-19 will make a big difference to reducing the risk of transmission for any airborne disease as well as enabling additional ICU services to be provided to our community.



Administrative Professionals Day

Last week I loved getting out to meet some of our Administrative Professionals in the Emergency Department. As part of the celebrations on this special day of recognition I was thrilled to join Pauline Clark, General Manager Christchurch Hospital and a small delegation of administrative team leaders to visit the Emergency Department to see first-hand the work of the admin team and personally thank those we met for their contribution to facilitating empathetic and efficient patient flow. The ED cares for more than 100,000 patients every year so customer service and supporting the clinical teams is central to the role of the ED Administration Team.

I hope all our Admin Professionals had a great day last Wednesday 27 April – thank you for your service – we'd be lost without you.



Admin Team Leaders, from left, Jenny Brown and Janet Shaw, speaking to Peter and Pauline



In two months, we'll all become part of Health New Zealand

I'm very pleased to be able to share some information that's come in today about the high-level plans for the transition. At present the focus is very much on what day one will look like, and for most of you, 1 July will look very much like the 30 June. Very little will change. This transformation is a big job and we'll continue to share any information we receive as soon as we can.

Unless you've already been told about a change affecting your role or the way you work, please keep on doing what you all do so well: providing treatment and care to the people of Canterbury, and if you're not in a clinical role, your work to enable and support those who interact with patients continues as well: people will need to be paid, computer systems will need to be installed and maintained, and we'll still be keeping staff updated as soon as we receive information to share.

On 1 July we will all be employed by Health NZ. This means that while the name of your employer changes, very little else will – for example: your terms and conditions remain the same, you won't need a new contract and you'll continue to be paid by the same payroll team.

As I'm staying on in a transitional role for a few months, for the vast majority of teams reporting lines won't change and for those providers we fund, they will continue to work with the same relationship managers in our Planning and Funding team.

There will be changes over time, but don't expect anything dramatic on Day 1. There are plans for a new name as we won't exist as DHB on 1 July and over time there will be new websites and intranets, but it will take time to develop and bed in new structures and systems, and the Chief Executives of Health NZ and the Māori Health Authority are committed to bringing together a 'team of teams' and working collaboratively on what the future transformation will look like.

The key themes are that services will be nationally planned, regionally delivered and locally tailored.

Principles of the approach to change are to simplify, unify, engage and enable equity gains.

The following information was posted on the Health NZ website on 1 May 2022, and sent to DHB senior leaders this morning:

- > [Update on the National Operating Model and High-Level Structure \[PDF, 2.9 MB\]](#)
- > [Operating model and high-level structure slide deck \[PDF, 2 MB\]](#)
- > [Operating model and high-level structure slide deck – Notes \[PDF, 743 KB\]](#)

*Note two of the documents (the powerpoint presentations) have the same cover image/slide, but the content is different.

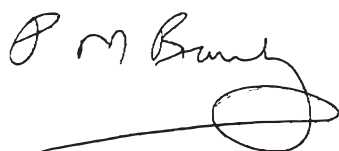
Here are the links to the Health NZ website For the [health workforce | Health New Zealand](#) and [Māori Health Authority site](#).

If you have questions about the operating model and structure, please send to hnzmhaestablishment@tas.health.nz.

Remember you can subscribe to the Transition Unit's People Panui to have their newsletter delivered direct to your inbox. You can also read back issues of the People Panui on the Transition Unit website. [Enrol here](#) to receive updates direct from the Transition Unit.

Further information is available on the [Transition Unit \(Future of Health\) website](#).

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](#).

Updated guide to self-isolation



You will need to self-isolate from others if you:

are positive for COVID-19

live with a positive case

You must isolate at home or in suitable alternative accommodation. If you test positive for COVID-19, a health professional will help you decide if managed isolation is suitable for you.

Isolate for 7 days

Isolate for 7 days

No further tests required unless directed to

Tests on Day 3 and Day 7

Financial support may be available - check our website to find out what you may be eligible for: [Covid19.govt.nz/financial-support/](https://www.covid19.govt.nz/financial-support/)

This information is accurate as at 15 March 2022. However, it may be updated if phases of the Omicron response change. For the most up to date information, please visit our website at www.covid19.govt.nz

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19



Life at Orange



Take your mask wherever you go. Face masks are still required for many indoor settings



Face masks are not required but are strongly encouraged at schools



Face masks must be worn on school buses and public transport by children 12 and over



There are no indoor or outdoor capacity limits



If you have cold or flu symptoms, stay home and take a RAT



You must isolate for at least 7 days if you, or someone you live with gets COVID-19

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19



Bouquets

Parkside Ground Medical, Christchurch Hospital

To the nurses and doctors in this ward, being in there, and seeing what you all have to go through in the COVID-19 ward, I take my hat off to you. You are an amazing group of human beings taking care of the vulnerable. I really have no words, but you're doing an awesome job. Thank you. I came in with respiratory issues as I had asthma and COVID-19. You had me on my feet within 24 hours of being admitted. Thank you.

Burwood Day Clinic

Many, many thanks for your patience and positivity over the past six months. You have helped me tremendously and I am very grateful.

Ward 24, Christchurch Hospital

I wish to compliment all ward and ancillary staff for their various aspects of care. Although I cannot remember all their names I wish to thank all the nurses for their compassion and kindness, their good humour, patience, encouragement and their never-failing care. It made my long stay so much easier.

Neonatal Intensive Care Unit, Christchurch Women's Hospital

Just wanted to say thanks. Dr Helen Barry was awesome – kind and understanding. Megan was awesome, and the Lactation Consultant was very supportive and knowledgeable. Pippa and Sue really helped get my breastfeeding started and were clear with direction to head in. Alice was really onto it and attentive. Jilly was energetic and fun.

Radiology, Christchurch Hospital

Super lovely people looked after my daughter who came in nervously for her head CT scan. Thank you.

Gynaecological Outpatients, Christchurch Women's Hospital

I am absolutely astonished at the amazing professional and optimal care I have received over the last month. I am a registered nurse but am writing as a patient in the Gynaecological service. From the consultant, registrar, resident medical officer, clinical nurse specialist, registered nurses, clerical and Phlebotomy staff I received nothing but the finest care. Every single staff member acknowledged my background but still covered every aspect of my care. I was constantly given full explanations and information on my condition. The speed of contact via email and texts also needs commending; I never once felt out of the loop! Also, the system of a 'one-stop' clinic pre-surgery in Gynae Outpatients deserves praise. By seeing all involved in your oncoming procedure allays so many anxieties. The privacy, questioning, answering, and all the information given over one visit only is superb! Also, the awareness of the timeslot and parking information sent out beforehand is very essential. Parking is still a stressor of its own - since 1980 I may add - but now the options are available with shuttles. Well done team and be proud of yourselves! You provide the highest standard in such a collaborative, professional, informative and impressive service.

Urology and Ward 15, Christchurch Hospital

I had a procedure at Christchurch Hospital and the result of the surgery is a 'night and day' improvement. I would like to congratulate the surgeon and their team for an outstanding job, and also thank the skilled and hard-working nurses, for whom nothing is too much trouble. If my appreciation could be directly conveyed to all your excellent participating teams, with my heartfelt thanks, I would be very grateful.

Urology, Christchurch Hospital

Thanks for your outstanding service. Nursing staff are superb, and I cannot speak highly enough of the care I received.

Cardiology, Christchurch Hospital

Fantastic, awesome staff, helpful and friendly. Five-stars. Thank you.

Acute Care Unit, Christchurch Hospital

I would like to acknowledge the Acute Care Unit team for their professionalism and kindness when dealing with me recently following an unfortunate accident. I am aware Canterbury DHB staff are all being put under tremendous strain at this present time due to ongoing staffing issues across the board and further demands due to COVID-19, but at no stage did I feel I was a burden. I was treated in a professional and reassuring manner, making what was a painful experience quite bearable. I hope these staff are all acknowledged for their dedication to their jobs.

Canterbury Hauora Coordination Hub

Consumer who is a fulltime carer for her high needs non-verbal son was transferred to Self Isolation Quarantine (SIQ) for worsening COVID-19 symptoms. She was unable to effectively care for her vulnerable son during her illness. She has expressed her overwhelming gratitude and thanks for the care and support she received during her isolation. She says it is the first time she has spent more than a night away from her son, and felt the service offered by SIQ and the COVID-19 team was the reason she was able to recover and feel well and rested to return to her fulltime caregiving role.

Theatre team, Christchurch Hospital

I cannot thank you and your team enough for what you have done for my father. Thank you for extending the surgery hours to squeeze him in. This is the highest care and consideration. On behalf of our family, please accept our gratitude forever. You saved his life.

Big Shout Out

To: Canterbury Hauora Coordination Hub

The Cardio-respiratory Integrated Specialist Services (CRISS) team manage a cohort of patients with long-term conditions. Understandably, we have been concerned for these patients in the midst of COVID-19. We went out to meet with the team at the Hub, to see what they provided within their service. They were extremely keen to help us manage any vulnerable and compromised patients in the community. We were very impressed by the interdisciplinary approach they have within the Hub, it was obvious that they are well resourced with personnel, who are experts in their field. They are advocates for those people in the community who need support during what can be a very stressful and frightening time.

From: The CRISS team

#carestartshere

Faye Hudson, Emergency Department, Christchurch Hospital

On a very busy night in ED I overheard Faye say to her colleague "okay everyone is feeling a bit busy and down, let's spread some praise around and create a good atmosphere/mood". She did, and the team became noticeably happier, commenting on how kind it was for Faye to do so. I thought it was worth mentioning because, as a patient, this was really cool to see. What a valuable member of your team!

Living our values – Lauren Wood

A stint working in retail and a degree in Psychology and Education were good preparation for her role as Allied Health Assistant in the in the Canterbury Hauora COVID-19 Coordination Hub, says Lauren Wood.

Lauren phones people who have COVID-19 and calls them to see if they have everything they need.

"I check if they have enough food, if they need financial assistance or emergency accommodation, referring them to the Ministry of Social Development or a community provider if necessary. It's good to know that by getting in touch, they and their needs aren't being missed."

The role is a redeployment from her former job in guest support in MIQ (14 months at the Crowne Plaza hotel), where she assisted with initial check-ins and arranging transport, liaised with nurses and New Zealand Defence Force (NZDF) staff, and much more.

The conversations she has made from the Hub are not always easy and require good people skills, Lauren says.

"You are often dealing with people who are sick and stressed and have other things going on in their life that are in the forefront of their mind."

The redeployment has been a good opportunity to gain more confidence in dealing with challenging situations.

"It's rewarding to know you have helped someone and you do get some people telling you how grateful they are."

Her role is overseen by experienced social workers who she can call on for support and advice if needed.

"I have a good team around me, they are really lovely. In doing this job I have definitely learnt a lot about myself, and how I respond to different situations."

It's also given her a greater understanding of the NZDF, nurses, and the community agencies in Canterbury.

"I have ended up learning about things that I probably wouldn't have been exposed to," she says.



Canterbury Hauora Coordination Hub Health Clinical Coordinator Welfare Team Jolene Hunter says Lauren is one of four staff from MIQ fulfilling an Allied Health Assistant role.

"They have been fantastic at coming on board and shifting all of their amazing transferable skills into our work here."

**Stop the flu
before it stops you**

**Free staff flu vaccinations
available now**

Check PRISM for details

World Hand Hygiene Day 2022 - 'Unite for safety: clean your hands'

Thursday 5 May is World Health Organization Hand Hygiene Day with this year's theme, 'Unite for safety: clean your hands', highlighting the importance of all health workers, consumers and whānau uniting to ensure they have clean hands.

2022 also marks 10 years of all 20 district health boards (DHBs) participating in the Hand Hygiene New Zealand (HHNZ) programme.

During those 10 years, great improvements have been achieved.

Nationally, since 2012 hand hygiene results have increased from 62.1 percent to 86.7 percent thanks to the ongoing education and a focus on improving patient safety.

Canterbury DHB has shown similar results over the past 10 years with increases from 60.6 percent (October 2012) to 84.9 percent (February 2022). It shows that focused effort and 'shining the light' through measurement feedback does improve practice.

What are our patients telling us?

Our Canterbury DHB Inpatient experience survey results are similar to the Gold Auditor hand hygiene moment observations, with 85.2 percent reporting staff always used hand sanitiser or washed their hands before touching or examining them.

Maintaining hand hygiene is one of the most effective ways of reducing the spread of pathogens and preventing infection and illness. The collective effort and awareness of hand hygiene continues to be a vital defence during the ongoing COVID-19 pandemic, as well as the upcoming winter season with the risk of other viruses such as influenza.

World Hand Hygiene Day recognises the efforts of health workers to reduce the potential for contamination and spread of infection, through hand hygiene improvements, which are vital in keeping both consumers and staff safe.

Canterbury DHB will celebrate improvements this week, with daily promotions in the staff global email. Gold Auditors will receive promotional items from hand gel suppliers as a small thank you for their hand hygiene advocacy within their wards/areas.

Links to hand hygiene promotional materials will also be available via the [Hand Hygiene Intranet page here](#).



For resources see [Hand Hygiene intranet page](#) – The WHO Hand Hygiene Day 5 May.

Are you Glove Aware?

What can you do?

- › Enable our patients to self-manage if unable to walk unaided to the basin themselves by providing access to alcohol-based hand rub (ABHR) within arm's reach of their bed space and/or access to soap and water
- › Review your local results and action plan; champion hand hygiene in your work
- › If you find the ABHR dispenser is empty, get it replaced



Pandemic heroes

Throughout the Omicron response our people have stepped up in many ways, going above and beyond to help out. Below is feedback we have received about some of our many 'Pandemic heroes.' Whether you are mentioned here or not, you are truly appreciated.

Roxanne McKerras – Lead Nurse, COVID-19 Hub

- › Roxanne is a nursing legend, dropping everything and heading off in 'Larry the Camper' to whatever disaster is unfolding. Driving towards it when everyone else is evacuating in the other direction. First, the West Coast COVID-19 outbreak, then back for West Coast floods, MIQ, working at a COVID-19 vaccination drive-through in all weather, COVID-19 testing, the COVID-19 Hub, not to mention the Kaikoura earthquake response when they had an acute shortage of staff. Roxanne deserves a medal.
- › Another great appointment, she has stayed on and continued to work above and beyond for our most vulnerable.

Mardi Postill – Team Leader, Planning and Funding

- › Mardi has consistently gone above and beyond to ensure the aged care sectors of Canterbury and West Coast are supported. She has missed weekends and evenings and sacrificed more than many others without recognition or complaint.

Bek Parry -Team Leader, Community and Public Health

- › Bek has taken on many roles over the two-plus years of pandemic response, working most weekends in the 'stamp it out' phase and teaching new systems as they changed weekly. She has sacrificed time with her family to support the Public Health response.
- › Bek has been a true COVID-19 hero, working weekends, taking on a huge role with case investigation.

Jess Carey - Charge Nurse Manager, Ward B3/ Surgical Assessment and Review Area

- › Jess has continued to go over and above her normal duties since COVID-19 first hit our shores, she has been an incredible leader during such a chaotic and uncertain time and always ensures that her staff and patients are well cared for. Jess has taken on roles outside of her already challenging workload to assist in the COVID-19 response and the support she provides has been greatly appreciated. She is always willing to take time out of her busy day to help wherever she can by providing support clinically, often resulting in this meaning she then has to complete her daily tasks in her own time, but she never makes anyone feel as though they can't ask for help. She has been an advocate for all her staff on many occasions as well as for patients and their families on the ward

Jo Lilley -Service Manager, Canterbury Haoura Coordination Hub

- › Jo has shown tireless mahi, covering extra shifts for staff sickness and increased workload within in the Hub's senior operations team over few last months, and for her compassion and care for her team that she shows every day.

Amy Reinke - Rostering Team Lead

- › Amy did an amazing job training up redeployed employees in rostering services during the peak pandemic. She was enthusiastic, positive, helpful and patient. She is passionate about the work she does, and by training up others, this meant her team could focus on other important payment activities.

Do you know someone who has stepped up during the Omicron outbreak and deserves to be recognised? Perhaps they took on additional duties, assumed a leadership role or redeployed to an entirely new role. Maybe it is just someone who managed to lift and motivate people around them when things became challenging.

We would love to hear about them!

Please email: communications@cdhb.health.nz with 'Pandemic hero' in the subject line.

Closing the gaps in asthma care

worldasthmaday.org.nz



Tomorrow (May 3) is World Asthma Day.

The annual awareness campaign is hosted in New Zealand by the Asthma and Respiratory Foundation to educate Kiwis about one of this country's most prevalent respiratory conditions.

Asthma is a long-term inflammatory disease of the airways of the lungs that often begins in childhood. Symptoms include wheezing, coughing, chest tightness, and shortness of breath. It is thought to affect over 200 million people worldwide.

New Zealand has one of the highest rates of asthma in the world. One in seven New Zealand children have asthma and one in eight adults. Thousands of children are admitted to New Zealand hospitals each year with the condition and more than 597,000 people take medication for asthma.

The theme for World Asthma Day 2022 is 'Closing the Gaps in Asthma Care.'

Research has shown that Māori and Pacific peoples, and those living in poverty, are more likely to have asthma, to need hospital treatment for asthma and to die from asthma. A study published in the New Zealand Medical Journal in 2021 showed that Māori children are hospitalised with asthma at twice the rate of non-Māori.

To mark World Asthma Day the Asthma and Respiratory Foundation is:

- › Providing free digital and print resources in [Te Reo Māori](#), [Samoan](#), [Tongan](#) and [Simplified Chinese](#)
- › Providing Heremana Te Kōpūtōtara, a musical show in Te Reo Māori, educating tamariki and kaiako on asthma
- › Providing asthma guidelines for health professionals with practical advice on how to support Māori and Pacific people manage their asthma
- › Providing [research](#) on how asthma and other respiratory diseases are affecting Kiwis
- › For more information visit the [foundation's website](#).

Hey, I've had COVID! Should I get boosted?

Being fully boosted helps protect you against reinfection and passing the virus on to your whānau and community.

One minute with... Kirsty Gildea, Expert Occupational Therapist, Christchurch Emergency Department

What does your job involve?

I am currently leading a pilot expanding the Occupational therapy service in the Emergency Department (ED). Our key responsibility is to see frail elderly patients and mild head injuries that present to ED. Our role in this space involves assessing patients' ability to carry out activities of daily living; completing head injury assessments; providing education (around falls, concussion, frailty); completing referrals to community teams for follow-up and liaising with primary care services; talking to the patient's whānau; and providing adaptive equipment – amongst other things! We work collaboratively with other members of Allied Health and our goal is to have a 'home first' approach and be patient-centred to allow the patient to return home if they are safely able to in the first instance.

Why did you choose to work in this field?

I stumbled upon Occupational Therapy by chance, but it has been the best decision I ever made. I love that it is such a varied profession, which involves treating the patient holistically and implementing things that greatly improve quality of life. Occupational Therapy is emerging as incredibly valuable in the acute and primary care spaces to support patient discharge and enable patients to remain in their own homes.

What do you like about it?

I love making a positive impact and ensuring patients feel heard at what can be an overwhelming time for them and that my role enables me to be innovative and solve problems.

I really enjoy working within a team environment, including our wonderful Allied Health team (Physiotherapy, Social work, Hauora Māori) in ED who are all incredibly hard-working and fun to work with.

What are the challenging bits?

It can be a challenge at times to create awareness on what our role involves, especially in a new setting. ED is a fast-paced environment, so it can be a push at times to access the support needed for patients in the community due to resource and time.

Who inspires you and why?

My family inspire me – they all have such a strong work ethic while being such caring people, especially my mum, who has achieved some amazing things in her career and personally and is my biggest support.

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?

Respect and care towards other team members and patients is very important and are key to working well in a team and respecting the experience and knowledge of others.

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

Can't say I have one of those but probably my travel adventures – I've hiked up Mount Kilimanjaro and to Everest Base camp amongst other things!



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

I would love to be travelling around South America about now – although I do really value being in New Zealand and close to family.

What do you do on a typical Sunday?

Getting outside for some fresh air is essential. I love a good trail run up in the hills or finding a new spot for a long walk then finding somewhere that does a good coffee.

What's your favourite food?

There is a very expansive list! But favourite is probably a good Thai curry or fresh spring rolls.

And your favourite music?

It varies and is very mood dependent – I love some upbeat pop music when I'm running.

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.



Academy Gold Cinema

- 363 Colombo Street, Sydenham

\$15 tickets for all screenings from Monday to Thursday - show your Canterbury DHB ID to redeem.



Adventure South NZ

Get \$200 off any cycling tour listed on the [Adventure South NZ website](#) and free standard bike hire (valued at \$180). Quote Canterbury DHB when enquiring.



Black Cat Cruises

- Akaroa Main Wharf, Akaroa

Get 50 percent off the Akaroa Harbour Nature Cruise, note you must pre-book as the cruises are running at reduced capacity, use the discount code when booking online (limit two people) and ensure you take your Canterbury DHB ID with you on the day. Visit [Something For you](#) page to get the discount code



Christchurch Adventure Park

- 225 Worsleys Road, Cracroft

Get 25 percent off day passes, five uplift passes and sightseeing. Show your Canterbury DHB ID to redeem.



Inflite Charters

Get 30 percent off all purchases made on full price experiences with INFLITE NZ's bases. This includes Skydive Franz Josef, Mt Cook Ski Planes and Helicopters, Skydive Mt Cook and Skydive Abel Tasman. [See the website](#) for more information. Visit [Something For you page](#) to get the discount code.



Ōpuke Thermal Pools and Spa

- 47 Mount Hutt Station Road, Methven

Get 20 percent off all experiences (Tranquillity pools, Discovery pools and Ōpuke Spa). Visit the [Something For you page](#) to get the discount code. All bookings can be made [online here](#). You can see the [information brochure here](#).



Packrafting Queenstown

- 142b Fernhill Road, Queenstown

Get 30 percent off any of the guided adventures or courses- show your Canterbury DHB ID to redeem.

We have several hotel chains like CPG, Millennium, Swiss-Belhotel, Heritage and Mi-Pad (in Queenstown) offering discounted accommodation for Canterbury and West Coast staff. Visit the [Something for you page](#) to get the discount codes.

People Pānui

Health system reform
news and updates for the
health workforce.

People Pānui newsletter

The latest news from the NZ Health and Disability System Review Transition Unit on the transition to Health NZ and the Maori Health Authority on 1 July is available to [read here](#).

It includes an update from Chief Executives Fepulea'i Margie Apa and Riana Manuel; the Ministry of Health is seeking expressions of interest for a new advisory committee to give independent public health advice to ministers; news on the first localities and more.

Meaningful May

Meaningful May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Celebrating Youth Week 2022

The Canterbury DHB Youth Advisory Council and 298 Youth Committee presents... Bark in the Park!

Come on down to North Hagley Park on Saturday 7 May at 11am and join us on a dog walk followed by a free sausage sizzle. If you don't have a dog, come along and spend time with other people's pups and make some new friends! All welcome and family friendly.

Meet at the North Hagley Park Tennis Courts at 11am and then enjoy a free sausage sizzle after the walk.

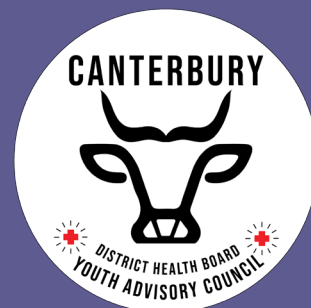
Click 'Going' on our Facebook event to keep up to date with details and help us out with catering numbers. Link to [Facebook event here](#).

If you have any questions, you can reach us at cdhbyouth@gmail.com or you're welcome to flick me a message!



Professional Development ✦ Opportunities! ✦

Want to learn how to be more inclusive & accessible for young people in our health system?



The CDHB Youth Advisory Council offer professional development for health professionals across the health sector who would like to learn more about how to work with young people and how to make their service more accessible, inclusive, and youth-friendly for young people!

We can tailor our session(s) to suit your needs as a service or health professional. We have been lucky so far to present to various groups, nurses in particular CDHB services, and different organisations across the health sector. But we would love to come & have a chat with your health professionals!



Get in touch with us at cdhbyouth@gmail.com if you are interested in us running some professional development or would like to know more!

BOOST CANTERBURY

Getting boosted is the best way to fight Omicron

Do I really need a booster?

Getting your booster makes it less likely you'll get really sick with COVID-19, or pass it on. It is the best thing you can do to protect you and your whānau.

How old do I need to be?

16 and 17 year olds are now eligible for boosters too. For you, it needs to be at least 6 months since your second dose.

I've had COVID-19. Do I need to get boosted?

Yup, because you can get COVID-19 again! Boosters help protect you from future infections.

I'm vaccinated. Why do I need a booster too?

After a while, your protection against the COVID-19 virus starts to drop away. The booster dose gives you added protection against Omicron.

When do I need to have my booster?

If you are 18 or over and had your second dose at least 3 months ago, it's time to get your free booster vaccine.

How long after infection should I wait?

You'll usually need to wait 3 months before getting any COVID-19 vaccination or booster.

Getting your booster? Tamariki aged 5 to 11 can get their COVID-19 immunisations with you, at most clinics.

Bookings and walk-ins available at most clinics.

Find local vaccination clinics and events at **BoostCanterbury.nz**

Canterbury
District Health Board
Te Poari Hauora o Waitaha

**Unite
against
COVID-19**