



## The countdown is on – 31 days until Team Canterbury joins the team of teams and we all become part of Health NZ

Last week we received a number of updates from Margie Apa, the chief executive of Health NZ and Riana Manuel, the chief executive of the Maori Health Authority. These updates along with a range of links to documents and videos can be found on [Prism](#), our staff intranet. I encourage you to read this information and watch the videos as we prepare for the changes ahead.

Last week's People Pānui included information on what to expect on Day 1, and more specifically, what's not changing. You can read the detail in the May 26 People Pānui on [page 22](#).

It was announced last week that I have agreed to take on the role of *Interim Regional Director* for Te Waipounamu/ the South Island from 1 July, when Health NZ is our new employer. Permanent regional roles will be appointed at a later date.

I am also pleased to let you know that due to the fact we have highly capable people leading Nelson Marlborough, South Canterbury and Southern DHBs (in CEO, or Acting CEO roles currently) they will become *Interim District Directors* from 1 July onwards and I will also retain my Canterbury & West Coast leadership role as an *Interim District Director* from 1 July.

It's great to see the momentum building for the transfer to the new entities.

The purpose of these interim roles is to provide continuity and leadership across the sector while they recruit the permanent leaders, transition into the new organisations, and develop new operating models that will enable us to deliver services that are nationally planned, regionally delivered and locally led.

As the pace of change picks up, please keep checking for the latest updates and information and remember you can talk to your manager if you have questions or concerns. If you want to speak to an independent person, you can get in touch with any of the support options listed in the [Wellbeing section](#) on max.

You can also send any questions you have through to [AskPeter@cdhb.health.nz](mailto:AskPeter@cdhb.health.nz) we will be holding an online staff forum in June to update staff and address your questions.

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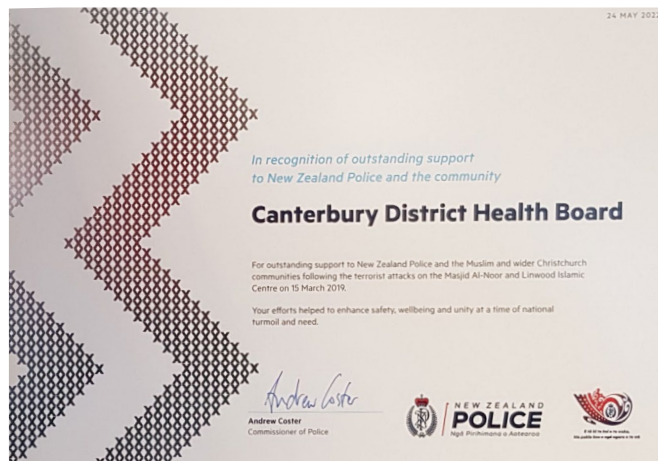
## Operation Deans Awards presented by NZ Police

Last week Police Commissioner Andrew Coster presented awards to police staff and community members, including DHB staff to recognise their response to the 2019 terror attacks.

In awarding Canterbury DHB staff Andrew Coster said the events of 15 March 2019 had left an indelible mark on the lives of hundreds if not thousands of people here and around the world.

We remember those whose lives were lost, as well as the survivors. Today we honour those who displayed exceptional courage, skill, leadership and humanity on the day as well as the weeks and months that followed. The Police response, known as Operation Deans, was the largest response and investigation operation in New Zealand Police history.

*"Your contribution, alongside other organisations was a true example of the strength we take when we all work together"* – Andrew Coster, Commissioner.



13 May 2022

Canterbury District Health Board  
32 Oxford Terrace  
Christchurch  
8011

On behalf of the New Zealand Police, it is my great pleasure to present you with a Certificate of Appreciation for the role Canterbury District Health Board played in responding to the tragic attacks at the Masjid Al-Noor and Linwood Islamic Centre on 15 March 2019.

The attacks were the single largest terrorist incident and mass homicide that New Zealand has ever seen. It was also the largest response and investigation operation undertaken by New Zealand Police in its history, and our partnerships were an important part of that.

We greatly appreciate you working alongside Police, including to support the Muslim community and wider Christchurch communities.

Canterbury District Health Board helped to enhance safety, wellbeing and unity at a time of turmoil and need. Your contribution alongside other organisations was a true example of the strength we take when we all work together.

I want to personally thank you for the continuing efforts of Canterbury District Health Board in helping to build a safe and inclusive community.

Ngā mihi nui

Andrew Coster  
Commissioner

**Police National Headquarters**  
180 Molesworth Street | PO Box 3017 | Wellington 6140 | New Zealand  
Telephone: 04 474 9499 | Fax: 04 498 7400 | [www.police.govt.nz](http://www.police.govt.nz)  
**Safer Communities Together**

## A special delivery in Rolleston – Oromairaki set to open tomorrow

Conceived more than six years ago, it's been a long gestation for the Selwyn Health Hub (Toka Hāpai). From initial planning and design to build and fitout. Through a pandemic, lockdowns and supply delays, the Canterbury DHB facilities are now preparing to open.

The much anticipated Oromairaki Maternity Unit will open tomorrow (31 May) and the first pēpi to be born at the site is expected soon after. Some māmā and pēpi may transfer from the Lincoln Maternity Hospital, which closes tomorrow, for a night or two in the new facility.

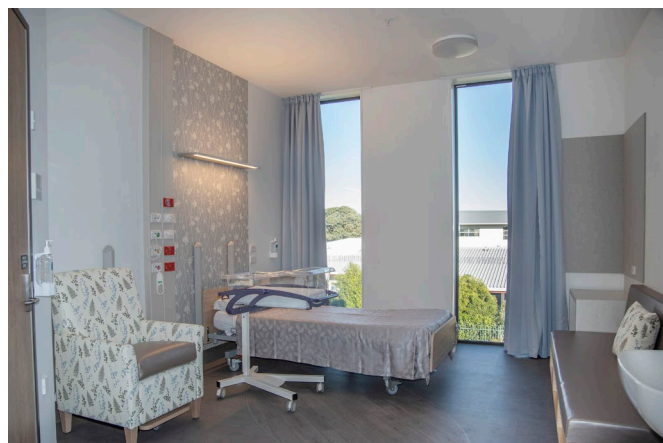
Oromairaki has:

- › Two birthing rooms
- › Two assessment rooms (one of which can be used as an additional birthing room)
- › Ten post-natal rooms
- › Whānau room
- › Access to three additional consultation rooms
- › Access to a shared education room

We hope to hear the cries of a newborn baby sometime during the day tomorrow. It's a wonderful new facility and perfectly located in Rolleston, Selwyn - one of New Zealand's fastest growing districts.



The main entrance to Toka Hāpai (Selwyn Health Hub)



One of the 10 post-natal rooms in Oromairaki



A birthing room in the new facility



The reception area



## Become a flu tracker

With temperatures dropping, open borders allowing visitors from overseas, relaxed COVID-19 precautions and tamariki (many unmasked) back in school, influenza is enjoying a resurgence.

You know our best protection from catching and spreading the flu or reducing the severity of the symptoms if you do contract it, is getting vaccinated. If you haven't got your 2022 flu vaccination yet, it's not too late.

Canterbury DHB staff are eligible to receive a free flu vaccination and better yet, you can obtain these at your place of work through mobile and static clinics. Check out the information about where and when you can get your flu vaccination on [Prism](#). Don't forget to bring your completed [consent form](#) with you.

For those interested and the citizen scientists amongst us, you are encouraged to become a flu tracker. This process allows you to record any flu-like symptoms you might experience and track the flu in your suburb or city. This also works to track COVID-19 symptoms.



The FluTracking website is a shared initiative between a number of countries and organisations and endorsed by the Ministry of Health.

The main aims of FluTracking are to develop a system that can provide:

- › Community level influenza-like illness surveillance
- › Consistent surveillance of influenza activity across all jurisdictions and over time; and
- › Year-to-year comparison of the timing, attack rates, and seriousness of influenza in the community.

It's easy to use and you get interesting data to help you understand flu cases in your community.

1. Go to the [website here](#)
2. You only provide your first name, postcode and email address (to receive notifications)
3. Complete one 30 second survey each week to advise if you have any flu-like symptoms
4. You will receive a weekly report and a map of respiratory illness in return. Some of the information may surprise you!

We need more participants around New Zealand to help us track the impact of both flu and COVID-19 in our local communities. Sign yourself up and invite a couple of friends to do the same.

It's the first day of winter this Wednesday (1 June) and the frosty mornings we've had lately are a reminder of the changing of the seasons. As the temperature drops, we need to keep up our healthy habits.

As well as getting all your vaccinations up to date (COVID-19, influenza and measles/MMR) there are some simple things you can do to keep yourself, and those you care about, well.

Keep up the mask wearing – and that includes at work – unless you are eating, or in an office by yourself.

COVID's not over by a long shot, and with experts predicting another outbreak in June, while we are still seeing more than 1000 cases a day, it's so important that we don't let our guard down. This pandemic is far from over.

Many tamariki are no longer wearing masks at school and it seems many of our staff with school-aged children are some of the most-impacted when it comes to cases of COVID-19.

Flu is with us as well in Canterbury along with colds and sniffles, so please remember to stay home if you're sick. If you are indoors with people you don't know, try to increase ventilation by opening windows or sitting outside if you can.

### Give yourself a boost!

Second booster to become available to people at higher risk of becoming seriously ill from COVID-19.

If you haven't had your first booster yet, it is not too late to get it in time for winter.

For those who are not at risk of severe illness from COVID-19, a two-dose primary course and a booster dose provides very good and lasting protection against COVID-19.

A second COVID-19 booster was announced last week and is recommended for the most vulnerable people 6 months after their first booster. Legislative change will take place to enable the second booster rollout from mid-June.

In announcing the second booster recommendation, Minister for COVID-19, Chris Hipkins said a booster is important for our most vulnerable as we move into the winter peak. Several hundred thousand people will be eligible, which includes:

- › our older population,
- › residents of aged care facilities
- › residents of disability care facilities aged 16 years and over and

**STAY WELL  
THIS WINTER**

- › severely immunocompromised people aged 16 years and over who have received a three-dose primary course and a first booster.

If you are eligible but have had COVID-19, you will need to wait at least 3 months after your infection before having an additional dose.

Based on current advice, for those who are not at risk of severe illness from COVID-19, a two-dose primary course and a booster dose provides very good and lasting protection, which is why we can be more targeted in the rollout of the second booster.

We know a booster helps reduce the chance of more serious infection, and it will be less likely that you need hospitalisation. And if you haven't had your first booster yet, it is not too late to get it in time for the winter season.

The Ministry of Health's COVID-19 Vaccine Technical Advisory Group will continue to review new information on COVID-19 and COVID-19 vaccines and will make further recommendations if necessary.

## Remember to look after you, so you can look after others

As we are set to turn the calendar over to the official start of winter this Wednesday, I wanted to remind everyone of the five ways to wellbeing – and the importance of taking a break.

I saw a great saying recently:

*"Almost everything will work again if you unplug it for a few minutes, including you!"*

If taking leave isn't on the cards for you, please take breaks when you can, even a walk to the café to get a barista coffee. Taking a break can do wonders for you.

To those getting away for a long weekend, I hope you get to enjoy some time in nature and please remember that it's 'icy road season' in many parts of the South Island, so please take care. A big thank you to everyone on deck and enabling colleagues to have a breather and spend time with friends and whānau.

I know it was extremely busy in ED last weekend and the busyness has continued today with large numbers of people presenting.



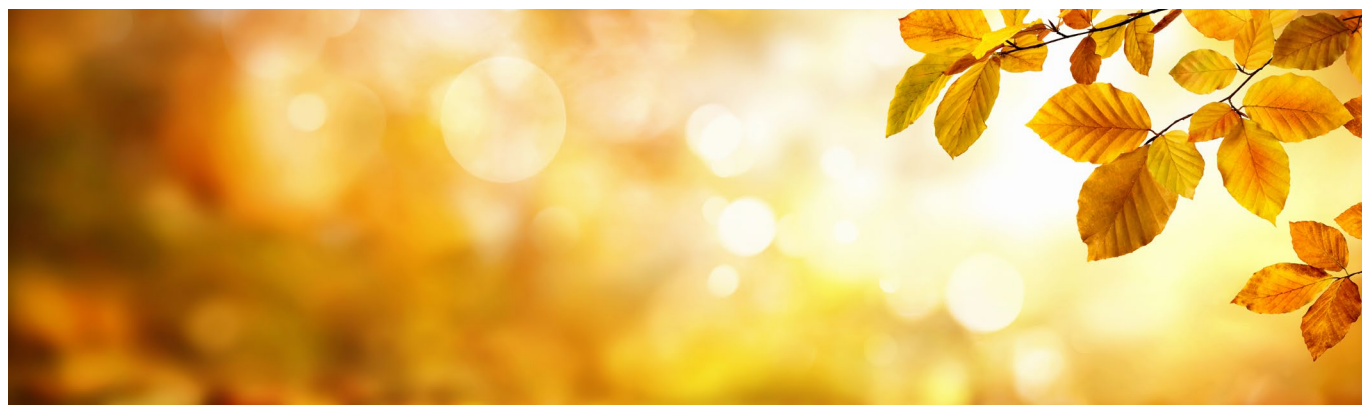
Kia pai tō koutou rā

**Peter Bramley, CEO**  
**Canterbury District Health Board**

Please email us at [AskPeter@cdhb.health.nz](mailto:AskPeter@cdhb.health.nz) you have any questions for Peter.

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz). Please note the deadline for story submissions is midday Thursday.

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



## Bouquets

### Plastics, Burwood Hospital

I am writing to thank the great team in Plastics. I had some cancer removed from my face at Burwood Hospital and they were outstanding. The scars on my face are hard to see. Thanks to Dr Febe, the nurses and other staff.

### Jo, Diabetes Outpatients

Clinical Nurse Specialist Jo Duncan is by far the best nurse I have ever come across in this service. She listened, suggested and explained everything and made me feel like a valued patient. She deserves recognition.

### Maternity, Christchurch Women's Hospital

We would love to acknowledge the staff of the Maternity ward where we spent four days recently, especially Annette, Sarah and Ginny. Our overall care was fantastic, and these three women were outstanding. Particular thanks, goes to Ginny, who was our midwife over three night shifts, and gave us exceptional care despite obviously pressured staffing. She was kind, attentive and clearly explained a lot of detail about the care of our new baby. We are so appreciative of her skill and her time, thanks so much Ginny and the Maternity ward staff.

### Emergency Department (ED), Ward 11 and Theatre, Christchurch Hospital

We arrived at ED and were sent through to triage, there was a wee wait as expected, but the staff were extremely kind. My daughter was admitted to Ward 11 and was greeted by Lyn who was her awesome first nurse. However, all her nurses were absolutely amazing, this includes two rather special Ara Institute of Canterbury nurses. Finally, thanks to the wonderful Theatre staff. We live in an era where it is very easy to complain, but we don't often take the time to compliment these heroes who are often overworked but do an amazing job. You rock.

### ED and Ophthalmology Outpatients

The examination, investigations, and procedures were all carried out in a highly professional manner. I felt heard, respected and the issue treated with urgency. Thank you to all for a superb experience.

### Ward 10, Christchurch Hospital

Wow, what an unbelievable service! I thought Eugene was amazing. Thank you, thank you, thank you.

### Parkside Ground Medical (PGM), Christchurch Hospital

I have had the best experience in PGM. Friendly staff and a great place in general. Thank you to all the staff who make this place a safe environment for me to be.

### Ward 15, Christchurch Hospital

I want to say how much I appreciated the service I received from all staff. They were all very professional and polite and made me feel at ease. Thank you for looking after me so well.

### Dental service

The dentist was awesome. Thank you.

## Big Shout Out

### To: Medical Assessment Unit (MAU) staff

The MAU staff need to be acknowledged for their supportive approach to Parkside Ground Medical (PGM) since COVID-19 arrived on our doorstep. Their effective communication and relentless support remains ongoing and is very much appreciated by PGM.

### From: The PGM staff

#carestartshere

### Christchurch Hospital

I would like to say thank you for the care I have recently received at Christchurch Hospital. They do a marvellous job under very difficult circumstances.

### ED, Christchurch Hospital

I want to share the positive experience I had in ED. I came in about 7am and was very quickly put through into Acute Care, x-rayed and seen by a lovely fourth year medical student for an initial examination. The staff were all so kind, from reception right the way through to fitting me in a moon boot. The last thing I wanted was to be cooped up in ED for hours, but from time of arrival to time of departure was only about two hours. I felt I needed to share because it turned what could've been a really average birthday into a great day.

### Rafi Mohamed, Christchurch Hospital

I would like to say the biggest and most heartfelt thank you on behalf of my mother and our family to Dr Rafi Raja Mohamed for the thorough and professional care she received from him last year. It was a very unsettling period of time for our family with our matriarch being hospitalised, however his kind bedside manner and compassion gave us great comfort and was very much appreciated. We have been overjoyed seeing Mum's progress over the last year whilst being followed up by him with the Rheumatology Outpatient Department. Thank you very, very, much!

### Eye Outpatients, Christchurch Hospital

I had a recent appointment with Eye Outpatients and would like to congratulate them on the great service. Efficient, fast and caring. Each and every person I was treated by, introduced themselves and took the time to explain the treatment that was being provided. I was seen on time and treated with respect.



**Stop the flu  
before it stops you**

**Free staff flu vaccinations  
available now**

**Check PRISM for details**



# Sport Canterbury award for bike project

A project started by Community and Public Health Promoter Meg Christie and her team has won a Sport Canterbury award.

Bike Bridge, which gives free bike riding lessons to refugee and migrant women, was the joint winner of the 2022 Sport Canterbury Diversity and Inclusion Award, with Tri Rugby. The award is presented to an initiative aimed at priority populations within the sport and recreation sector.

Taught by women, for women, participants in Bike Bridge learn biking basics in a supportive, off-road environment, including how to cycle safely on the road, bike repair tips, an introduction to the city's cycleways and much more.

The free programme caters to complete beginners who have never sat on a bike before, as well as to those who are keen to build their confidence on the road. The project also gives away bikes, helmets, locks, gel seat covers and hot pink high-vis vests.

"It's our fantastic volunteers and awesome, brave participants who have made this project such a success," Meg says.

Bike Bridge started in Christchurch as an International Women's Day project and was so popular it was decided to make it more permanent. As well as teaching women to ride a bike, Bike Bridge also gives the women an opportunity for exercise and friendship."



Bike Bridge participant Justina

"It's a magic moment seeing the joy on their faces when they finally feel the bike wheels spinning under their own pedal power for the first time. But as well as gaining an independent means of transport, the project has been a mechanism for connecting with others, practicing their English, and building their fitness."

Meg's work is mostly around active transport, working on projects that enable disadvantaged communities to travel by active transport more, setting up cycling projects such as free bike fix-ups and the supported purchase of bikes.

Watch a Facebook video about [Bike Bridge and the award here](#).



# Celebrating Samoan language and culture

*Pacific Language Weeks celebrate the diversity and beauty of the Pacific languages that make up the many Pasifika communities within Aotearoa New Zealand.*

*This week (Sunday 29 May - Saturday 4 June), is Samoan Language week, Vaiaso o le Gagana Samoa. The theme of the week is Fa'aāuāu le Folauga i le Va'a o Tautai – Continue the Voyage with Competent Wayfinders of the Ocean.*

*Samoans make up half of the Pasifika people in Aotearoa and according to the last census, Samoan is the third most common language spoken in New Zealand after English and Te Reo Māori.*

Vaiaso o le Gagana Samoa celebrates Samoan language, culture and identity – and everything that encompasses – from food and song, to faith and aiga (family).

Co-ordinator Berni Aulavemai who works in HR Shared Services and descends from Samoan, Niuean and Māori heritage, will be celebrating the week by wearing her i'e/ lavalava and displaying her language and culture in the office.

Her family, like many others, live too far away and can't come together in the same fale (house) so will join together over Zoom, as Berni cooks all the Pasifika food in her repertoire.

"It's about aiga (family) coming together with food to be with each other to have fun and laughter, teaching others our beautiful language, songs and siva (dance) and displaying our art and culture.

"I love that the Samoan language is used in church and at home, that it has survived, and is being revitalised. It's important to celebrate Samoan and Pasifika languages so they don't die out, and to remind others that we have a voice and are not scared to use and share it," she says.

Celebrating the diversity of all the languages that make up the melting pot of Aotearoa can only have a positive effect on the work we do, says Workforce Development Partner Mana Taurine (Equity and Diversity) Team Akira Le Fevre.

"To be able to engage and support our diverse communities improves our patients' experience in healthcare and helps our staff to be their most authentic selves."

Historically, many Pasifika people in Aotearoa were either not allowed or discouraged from speaking their own languages in public. As a result, many younger generations grew up without the ability to understand or speak these languages.

"Fast forward to 2022 and there has been a shift in society and a thirst to revitalise our indigenous languages."

For those interested in learning a Pasifika language, or any new language it's important to just give it a go, Akira says.

"The most important thing is to take that first step and to be okay with making mistakes and not getting it right the first time, that's how we learn."

For more info about learning Samoan and other Pacific languages there are some great courses at Ara Institute of Canterbury or visit the [Ministry for Pacific Peoples website](#).



Co-ordinator Berni Aulavemai



# Te Papa Hauora Future Leaders Programme 2022



Congratulations to the 22 enthusiastic final-year health students who took part in the Future Leaders Programme this month.

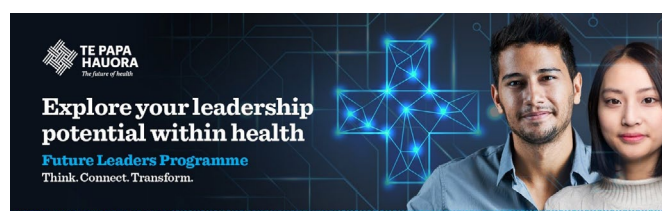
Health systems in New Zealand are shaped, and will continue to be shaped, by health professionals who look beyond their functional roles to make it better, says Executive Officer Te Papa Hauora Health Precinct Pip Griffin.

"The Future Leaders Programme was designed to encourage the students to think beyond their roles and explore their leadership potential."

The week long, full-time course took place at the Design Lab and Manawa in the Health Precinct. Students came from a range of disciplines including medical, nursing, midwifery, social work, clinical psychology, and medical imaging.

The students learned about what makes the Canterbury Health System work, its key drivers and differentiators. They learned about the health, societal and business trends that will shape the system in the future, Pip says.

"The programme was experiential with site visits to businesses, group and individual exercises, fire-side chats and guest presenters. Students spent time with leaders within the Canterbury Health System who shared a wealth of experiences and insights. This is the same structure and framework as the Xcelr8 leadership programme attended by senior leaders from eight DHBs for over 12 years."



The week concluded with the students presenting their individual ideas and approach to improving efficiencies and reducing inequities with the upcoming health system reforms. They had the opportunity to work with other students to challenge, refine and develop their thinking before presenting their pitches to a panel of invited guests.

"These were all incredibly impressive and insightful," Pip says.

Feedback from some of the students was that the course was 'life changing', they 'wished they'd done it earlier', and that it should be incorporated into their programme of study so more students can benefit.

"We wish the students all the best finishing their studies, and in their future roles within our health system."

For more information about the programme, please contact [admin@healthprecinct.org.nz](mailto:admin@healthprecinct.org.nz).



Students who completed the Future Leaders Programme

**Move well,  
Stay well**



# Safe Moving and Handling

The Safe Moving and Handling Programme, Move Well, Stay Well have created an online learning resource for general moving and handling of objects and/or equipment.

The online module is titled [Safe Moving and Handling](#) and is easily recognisable by the Move Well Stay Well banner.

Move Well Stay Well is designed for Canterbury DHB's entire workforce. The programme acknowledges each employee's risk of musculoskeletal harm or injury whether they're moving and handling people, inanimate objects or simply using a computer.

This 30-minute online module is mandatory for all Canterbury and West Coast DHB staff irrespective of your role.

New staff are automatically enrolled into our [Canterbury and West Coast onboarding programme](#) that includes all mandatory learning, including the Safe Moving and Handling learning.

Current staff are invited to complete this online module at any time or before attending one of the face-to-face moving and handling workshops.

Completing the online module contributes to 0.5 professional development hours and recertification is biennial.

This online course covers the following objectives:

1. Describe employer and employee responsibilities regarding moving and handling, in relation to the Health and Safety at Work Act 2015 and WorkSafe Moving and Handling People in the Healthcare Industry (2018)
2. Identify moving and handling hazards and risks
3. Apply 'LITE' principles
4. Describe ways to assist the prevention of pain and injury in relation to techniques of safe moving and handling

You can find out more [here](#).

If you're interested in finding out more about the face to face workshops check out the links below.

- > [Ergonomics and Body Mechanics](#)
- > [Patient Moving and Handling](#)

Please contact [health.safety@cdhnb.health.nz](mailto:health.safety@cdhnb.health.nz) with any questions.





# Vodafone Business NZ supporting child and youth mental health in Canterbury

Māia Health Foundation is delighted to welcome Vodafone Business NZ to the Māia whānau, with the telecommunications provider signing up as a Business Partner.

"Vodafone Business NZ has a brand, identity, and kaupapa that strongly resonates with the work Māia is doing supporting communities and families. Māia's current focus on child and youth mental health also aligns with Vodafone's own commitment to achieving better outcomes for New Zealand's youth.

"We think Vodafone and Māia make a perfect pair, and we're thrilled to have Vodafone join us as a business partner. We believe an exciting future is ahead as we work together to take our health system from good to great," says Māia Chief Executive Michael Flatman.

Vodafone is passionate about helping rangatahi to thrive, says Lindsay Zwart, Vodafone Chief Enterprise Officer. believe that with both businesses and communities coming together with a common goal, we can create positive, long-term change".

As part of its commitment to Māia, Vodafone Business NZ joins with other like-minded organisations who have a shared vision to support Māia by giving a community and business voice to healthcare in Canterbury.

"At Māia we have challenged ourselves to change the way we all contribute to our region's health, now and for future generations. Powered by people and communities, we want to build a wider Māia whānau who are dedicated to supporting the Canterbury Health System."

**Proudly announcing  
Vodafone Business NZ  
as our Business Partner,  
working together for  
the health of  
our community.**

*"Thanks  
Vodafone!"*

**Māia  
Health  
Foundation**



Māia's current mission is to raise \$6 million for a modern, fit-for-purpose outpatient space for the Child, Adolescent and Family (CAF) service. The facility, which is being jointly developed by Māia and the Canterbury DHB, will be located at the former Canterbury Linen Services building, on the outskirts of the Hillmorton campus.

Learn more about [Māia's child and youth mental health project](#).

# World Smokefree Day May 31

World Smokefree May continues, and there's no better time than World Smokefree Day, or World no Tobacco Day as it's known internationally, for smokers to reflect on the place smoking has in their lives and whether it serves them, or they serve it.

World Smokefree day is also a great time for health staff, friends and whānau to back their patients and their buddies to take that next step towards quitting. So, who are you backing and how can you help make Smokefree 2025 a reality?

There are lots of options:

- › [www.smokefree.org.nz](http://www.smokefree.org.nz) is a great place to start - great info here on [helping-others-to-be-smokefree](#), making your [community smokefree](#) and the what and why's around the Smokefree Aotearoa 2025 Action Plan - Auahi Kore Aotearoa Mahere Rautaki
- › Be in to win some goodies to back someone by going to [Te Hā – Waitaha – Smokefree Support's Facebook page](#). This applies to anyone who lives in Te Hā Waitaha's Stop Smoking Service coverage area – i.e. Canterbury and The Chathams
- › Look out for the Smokefree team at Christchurch and Burwood hospitals tomorrow – find out more about how you can contribute to Smokefree 2025, how you can support your loved ones to quit and make your communities smokefree. There are goodies up for grabs if you put your knowledge to the test!
- › For local Smokefree info and support, go to [www.tehawaitaha.nz](http://www.tehawaitaha.nz). For those who decide to 'give it the flick' the cessation team have the skills and resources to help them walk their road to freedom from addiction.
- › Go to Healthinfo (for the public), community HealthPathways or Canterbury Hospital HealthPathways (for health professionals) – recently updated, there's some great info, strategies and referral pathways for all ages and stages.



## What next?

In the world of legislation, it is time for bold moves to create environments where quitting is easier and starting is more difficult. The Smokefree Aotearoa 2025 Action Plan is the vehicle for the changes needed to make this happen. Key to this is getting the proposed amendments to the existing legislation across the line.

These amendments are still on track to be introduced in the House late June which means submissions will then be open for a four to six-week period around July-September.

If you are keen to have a voice/support your communities to have a voice, and would like support around how to do this, contact [smokefree@cdhb.health.nz](mailto:smokefree@cdhb.health.nz) and someone will be in touch. There will be a very small window of time when the submission process calls for submissions – don't wait until then to prepare your information.

**\*Get to know a bit more about one of the Smokefree team's most experienced team members – Christine Solomon – in today's 'One minute with' on [page 19](#).**

**She's literally walked hand in hand with so many quitters over the years.**

# Long serving mental health leader retires

Older Persons Mental Health (OPMH) Community Team Clinical Manager Jocelyn Williamson retires on Friday after a nearly 40-year career with Canterbury DHB.

Jocelyn, known as Joice, initially entered the health sector in nursing at Templeton Hospital before leaving to bring up her family. Over this period, drawn to the prospect of empowering people, she decided on a new career pathway and began social work studies.

She was determined to pursue this despite the time commitment it took and managing as a solo mother on a tight budget.

"I never regretted my decision and found it to be extremely rewarding," she says.

Around 1992 Joice re-joined Canterbury DHB as a social worker and within 18 months was appointed to her first leadership role. During her career she has managed more than her fair share of crises. On top of the regular clinical and social issues that the service encounters, there were the Christchurch and Kaikōura earthquakes, the mosque shootings, West Coast floods, and over the last two years, the pandemic.

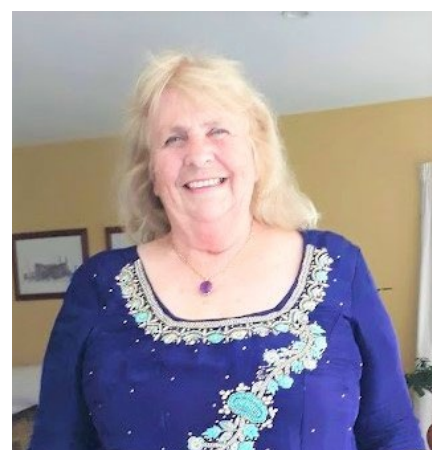
OPMH Psychiatrist Brian Deavoll says he was impressed by Joice's management of the team during the stressful post-earthquake period.

"It was her finest hour, with the leadership she displayed and how organised, focused and available she was."

Many staff say they have appreciated how Joice's office door was always open. They felt free to call in and talk to her about any subject, or maybe receive a treat on a stressful day. Joice is known for being a firm advocate for mental health, older people and seeing the best in everyone.

She strove to give anyone the opportunity to bring their respective attributes to contribute to the team ethos. One staff member says that even with little experience Joice saw her potential and gave her the opportunity to become the valued team member she is today.

Joice is known for her compassion and strong sense of whānau. Her colleagues say she has one of the kindest hearts and is quick to provide any support when their personal or family circumstances change.



Older Persons Mental Health Community Team Clinical Manager Jocelyn Williamson

Joice says what she is most excited about now is having the opportunity to reconnect with her children in Europe and Australia and spend time with her two treasured grandchildren, one of whom she is yet to meet due to COVID-19 restrictions.

From the OPMH team: So long Joice - your workplace family are going to miss you and your absence will leave the office feeling a little emptier, but you are wished a happy and well-deserved retirement.



# World MS (Multiple Sclerosis) Day

Today, 30 May, is World MS Day.

MS or Multiple Sclerosis is a disease of the central nervous system, affecting the brain and spine. The exact cause is unknown, but something triggers the immune system to attack and damage the protective layer insulating wire-like nerve fibres called myelin.

This disrupts signals to and from the brain, leaving the person with unpredictable symptoms that can include numbness, tingling, pain, fatigue, memory loss, mood swings, vision loss and even paralysis. There is no cure other than managing specific symptoms and MS affects every person differently.

Approximately 2.8 million people around the world are living with MS. Most are diagnosed between the ages of 20 and 40 and MS is two to three times more common in women than men.

The theme of World MS Day (2020 – 2023) is 'Connections.' The campaign is focused on building community connection, self-connection and connections to quality care under the tagline 'I Connect, We Connect'.

These connections are crucial as people with MS, along with the friends and whānau who care for them, often feel isolated and lonely. They deal with a variety of symptoms that can greatly impact their quality of life. The connections campaign advocates for better services, champions self-care and celebrates the support networks available to people with MS.



Learn more about [MS in New Zealand: www.msnz.org.nz](http://www.msnz.org.nz).

# FLU 2022



# Cancer Society sheds light on link between cancer and alcohol

The Cancer Society is highlighting the cancer risk of drinking alcohol.

Many people are aware that tobacco causes lung cancer, says Cancer Society Medical Director George Laking.

"However, alcohol, even small amounts, can increase the risk of developing at least seven other cancers, including mouth, pharynx, larynx, oesophagus, breast, bowel and liver cancer."

Due to its high energy content, alcohol can contribute to weight gain and indirectly increase the risk of weight-related cancers.

The Cancer Society surveyed over 800 people about their awareness of the link between alcohol and cancer and their support for alcohol regulations. Key findings included:

- › More than a third of the respondents said 'small regular use of alcohol is safe' in terms of cancer risk.
- › Despite breast cancer being the leading cause of alcohol-related death in New Zealand, the survey found it was the least well-known alcohol-related cancer.
- › More than 65 percent of the respondents supported government policy to protect children from alcohol advertising and sports sponsorship.

Many people are aware that tobacco causes lung cancer, George says.

"However, there is still a huge stigma around the link between alcohol and cancer. There is really no safe level of alcohol consumption in relation to cancer.

"Essentially we are in the same place with alcohol that we were with tobacco 20 years ago."

The Cancer Society believes there is an important role for the government regarding alcohol availability.

Despite being a Group 1 carcinogen, alcohol products have become normalised and glamorised through unrestricted marketing and can be purchased almost anywhere.

**Did you know?**

**Alcohol causes cancer.**



"Alcohol is extremely affordable. In New Zealand with beer, cask wine and bottled wine being sold for less than \$1 per standard drink and spirits, Ready to Drink alcoholic beverages (RTDs) and cider being sold at \$1.20 or less per standard drink. Alcohol is currently sold for as low as 77c per standard drink."

While a deterrent for tobacco is its cost, despite being in the same cancer-causing group, alcohol remains affordable.

"We support regulations and policies that address the affordability, outlet density and marketing of alcohol."

For more information about the link between alcohol and cancer risk is [available here](#).

The Cancer Society encourages people to share their stories and views on their [webpage here](#) to help raise awareness and advocate for changes to alcohol policies.

# One minute with... Christine Solomon, Stop Smoking Practitioner

## What does your job involve?

I am passionate about working alongside whānau to become auahi kore and have 14 years' experience. Guiding them to set attainable goals and sharing in their successes. I especially love working with hapū māmā and their partners on the Pregnancy Incentive Programme as they're trying to make a difference to their whole whānau. Once you identify the barriers to becoming auahi kore you can start chipping away at them and be successful in becoming auahi kore.

## Why did you choose to work in this field?

I felt I had something to offer. I lost four of my brothers to smoking-related illnesses.

## What do you like about it?

I love working with whānau face to face (when I can) and seeing the changes they make and how being smokefree affects the lives of themselves and their whānau.

## What are the challenging bits?

Getting buy-in from them is very challenging. Sometimes if they know I'm an ex-smoker it helps but not always. Most people haven't had it explained to them how to use the nicotine replacement therapy correctly, so they automatically say they didn't like it and it doesn't work. They get to sample it while we're having a korero.

## Who inspires you and why?

My mum is a huge inspiration to me.

## 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?

I care and respect my client's decisions and support them 100 percent. It's about their journey and the choices they make. It must work for them.

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

Not on LinkedIn.



Christine Solomon and her mokopuna

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

I'd love to be in Italy but will wait until it's safer. I've just been confirmed for Italian residency and will get an Italian passport once the documentation comes through. I hope to go there for an extended visit when I retire in 18 months.

## What do you do on a typical Sunday?

I usually spend Sundays with extended whānau and/or friends. Whānau are my everything.

## What's your favourite food?

Seafood laksa soup or boil up.

## And your favourite music?

I love all music genres. At the moment I'm into BTS (a K-pop boy band). I'm a part of 'ARMY (BTS fans)!

If you would like to take part in the column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz)



## Something For You



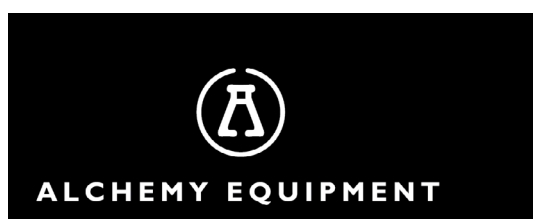
Something *for You* is the Canterbury DHB employee benefits programme. The deals offered are from the New Zealand business community to say thank you for all that you do.

Please see below limited-time offers for you

# Torpedo7

### Torpedo 7- winter sale 30 May - 12 June 2022

Torpedo7 is offering up to 40 percent off on a huge range of gear for Canterbury DHB and West Coast staff. See this [flyer for the promo code](#) and more information.



### Alchemy Equipment

Alchemy Equipment would like to offer 40 percent off the recommended retail price on all Alchemy Equipment products. Offer valid until May 31, 2022. See this flyer for the [promo code and more information](#).



### Strength & Co

- 84 Peterborough Street, Christchurch.

One month free functional fitness classes on a six-month plan. Learn the basics of gym training with Canterbury's best coaches in a small group setting. [See the flyer here](#) for more information. Email [Justin@StrengthnCo.com](mailto:Justin@StrengthnCo.com) or call +64 27 497 5531 to book your obligation free consultation.

## CHIC newsletter

The latest issue of the Community Health Information Centre (CHIC) newsletter is out now.

The monthly newsletter is produced by CHIC at Community and Public Health (C&PH), a division of Canterbury DHB. The newsletter aims to highlight new and revised free resources available from your local CHIC office, such as Ko Wai Ahau Who am I? and Immunise during pregnancy Te Reo Māori and much more.

You can read it on the [C&PH website here](#).

# An update on staff mask-wearing requirements

Our current protocol of wearing masks while at work is a 'source control' measure which reduces the risk of the wearer spreading infection. It will also provide some protection for the person wearing the mask.

The rules are reviewed periodically by a Technical Advisory Group, to ensure they are appropriate to the level of clinical risk. They are not necessarily tied to the traffic light settings as we need to consider issues like local infection rates and our rules need to protect both our critical workforce, and vulnerable patients. With case numbers remaining stubbornly high, these simple precautions to reduce spread are as important as ever.

## As a general rule:

Where masks are required, disposable medical masks are to be worn – not fabric face coverings which aren't as effective.

Masks may only be removed indoors when eating/drinking but keep this time to 15 minutes or less and keep your distance from others while the mask is off.

Masks do not need to be worn outdoors where air movement and physical distancing makes the spread of COVID-19 through aerosols/droplets less likely, but where people are crowded together wearing a mask will reduce the risk of spread.

## In a clinical setting:

A disposable surgical mask with the blue side outwards is the minimum requirement. N95s may be required according to clinical protocols and the [risk exposure matrix](#).

## In areas accessed by the public:

Disposable medical masks must be worn by staff at all times unless medically exempt.

## Who needs to wear a medical mask?

### Everybody



STAFF



PUBLIC

INPATIENTS  
When not in bed

### Why?



Masks are an effective barrier to infection



They protect the wearer and those around them



Indoors in all DHB facilities

### Where?

### Exceptions?



When eating or drinking



Limit your 'mask-off' time to 15 minutes or less



Keep your distance, while your mask is off



Under 12s



People with a medical exemption



Inpatients while in bed (but if they do wear one, it'll help keep everybody safe)

**Canterbury**  
District Health Board  
Te Pori Hauora o Waitaha

## In a non-public, non-clinical areas:

You should don a medical mask before entering any DHB facility and keep it on while you are sharing a space or there is a risk of coming into close proximity to other people, such as while moving around inside a DHB facility.

You may remove your mask if you are in an office or meeting room on your own, but you must put it back on if someone approaches your work area or enters the room.

## Updated mask advice poster available for public spaces

The in-house rules have been revised on the recommendation of the COVID-19 Technical Advisory Group, to help address the risk of patient-to-patient spread.

A new self-print poster is now available that uses graphics to explain what the requirements are and why. Please feel free to use in all appropriate public spaces, except in clean wall/poster-free areas. The poster can be downloaded from [here](#) in the [Signs & Posters](#) section of the staff [COVID-19 Portal](#).

Interim  
**HEALTH  
NEW ZEALAND**  
HAUORA  
AOTEAROA  
He hinonga taupua

Interim  
**MĀORI HEALTH  
AUTHORITY**  
TE MANA  
HAUORA MĀORI  
He hinonga taupua

hnz.govt.nz  
mha.govt.nz

# 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 details about new appointments, some FAQs about what won't be changing on Day 1 and much more.



## News from the Health Quality & Safety Commission

The latest news from the Health Quality & Safety Commission (HQ&SC) is out now.

Read about a coaching tool and resource for zero seclusion projects, an update on the [consumer health forum and much more here](#).





# Enhance your understanding of child development

- Infant and young child health essentials
- Child and adolescent health essentials

**ADVANTAGE YOU**  
*Kia raka te matau, kia raka te mauī*

# 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](mailto:cdhbyouth@gmail.com) if you are interested in us running some professional development or would like to know more!

