

Health New Zealand

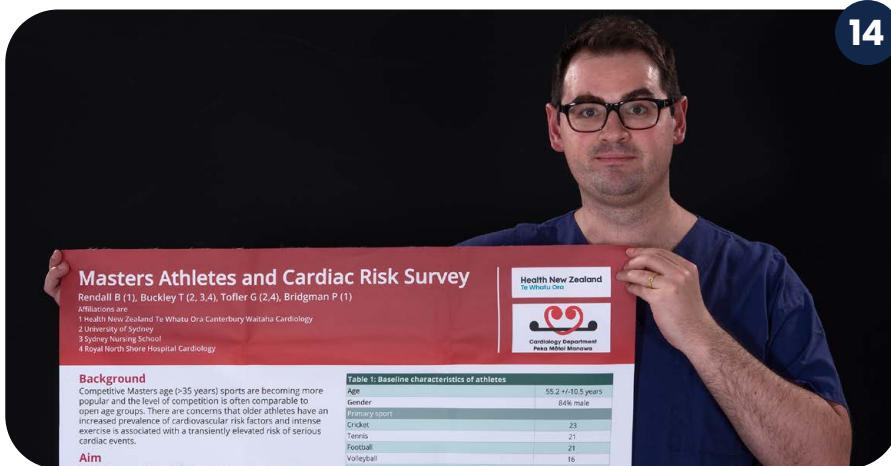
Te Whatu Ora

Waitaha Canterbury Pānui

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Mānawatia a
Matariki

Health New Zealand
Te Whatu Ora



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Kupu Arataki – Introduction

Matariki – a time to reflect and be thankful

This Friday 28 June we mark Matariki – the appearance of the Matariki cluster of stars in the morning sky, which marks the Māori New Year, or Te Mātahi o te Tau.

On the following page, Director Consumer Engagement and Whānau Voice Hector Matthews shares the story of Matariki, and how it is observed in Aotearoa as a time of contemplation, thanksgiving and celebration.

On [page 15](#) you can also read about how Oncology kaimahi at Christchurch Hospital have been learning about the Kaupapa of Matariki, and how it can enhance patient care.

Remembering loved ones we have lost is also part of Matariki, and the Christchurch Hospital End of life care and bereavement working group is hosting a short reflection at the Heritage Rose Garden outside Waipapa on Thursday morning. The service will have a cultural rather than religious flavour. Staff, patients and visitors are welcome.



We warmly invite all staff to our Matariki gathering on Thursday 27th June from 9.15-9.40 am.

We will come together to commemorate the lives of those we have loved and lost, both personally and through our mahi. This occasion will allow us to reflect, remember, and honour their memories.

Meet together at the Heritage Rose Garden area behind Waipapa for some waiata and karakia.

Patients and visitors are most welcome to come along too.

We will go ahead even if it's raining - just bring an umbrella!

On behalf of the Te Whatu Ora Waitaha Bereavement Working Group

Matariki Te Whetū o te Tau

By Director Consumer Engagement and Whānau Voice Hector Matthews

Matariki (Pleiades) is a star cluster containing hundreds of stars, in the constellation Taurus, nine of which are normally visible to the naked eye.

Matariki sets in the western sky during the lunar month of Haratua (mid-May to early June). Matariki reappears above the eastern horizon three to four weeks later, just before sunrise in the lunar month Te Tahi o Pipiri.

Iwi across New Zealand celebrate Matariki in different ways and at different times. Some iwi refer to this period as Puanga rather than Matariki. In these parts of the country, Matariki is more difficult to see clearly, so the star Puanga (Rigel), a bright star close to Matariki, is easier to see in twilight. There are also regions where the setting of the star Rehua (Antares) or Whānui (Vega) denotes the change of seasons.

Matariki is a time to acknowledge the past year and reflect on those who have passed, be thankful for the harvest, to celebrate and to share with family and friends and to set goals for the coming year.

The rising of Matariki has been celebrated in cultures for thousands of years throughout Asia and Europe. The celebration of the new year in our current calendar on 1 January, occurs eight to 10 days after the winter solstice, which coincides with the rising of Matariki and Puanga in the northern hemisphere. So Matariki in Aotearoa is reconnecting with nature and seasons in the southern hemisphere.

Iwi calculated the season of Matariki differently, according to variations in their local environment, geography and observations of the of the sun, stars and the moon. The Māori year is a combination of the lunar phases (cycles of the moon) and the annual cycle of the earth's orbit around the sun. This is why the season of Matariki shifts each year, because both the phase of the moon and the rising of Matariki (or Puanga) herald the season of celebration.

The usual time for celebrations of the new year is determined by both the rising of stars and the phase of moon. Therefore, although the stars may be visible in the sky, Matariki celebrations would normally commence during the last quarter of the moon phase, following the rise of Matariki (or Puanga). In 2024 this occurs in late June.

Ka puta Matariki, ka rere Whānui, ko te tohu o te tau. (Matariki appears as Whānui flees; this is the sign of the New Year).



Director Consumer Engagement and Whānau Voice Hector Matthews

Winter wellness – where to find help if you get sick

Winter illnesses are picking up as the weather cools down. If you or your whānau do get sick this winter, you can access care and advice in different ways.

Make sure you ask for advice early so you can work out what healthcare support you need to get better. Remember that hospitals are very busy over winter so unless it's an emergency please use other services.

If you are ever feeling worried about your health and wellbeing, or are concerned about someone, contact your doctor or other healthcare provider. Here are some options.

General Practice

It is important to call your healthcare provider first, if you are unwell. They may be able to give you advice on the phone or organise a convenient and safe place and time for you to be seen.

If you have a sick child with breathing difficulties, seek medical care from your doctor urgently and if it's an emergency, call **111**.

During after hours, weekend or public holiday your GP's phone service will direct you to the appropriate available service.


If you can't access a GP or don't have one, you can call Healthline on **0800 611 116**.

Healthline

Healthline is available free on 0800 611 116 for health advice and information about what to do next. Healthline nurses, paramedics and advisors are available anytime, day or night.

You can choose to speak with a Māori clinician if you're calling between 8am and 8pm. Interpreters are available and the Healthline team can arrange to talk to you in your language. If you are deaf, hard of hearing, speech-impaired and need assistance, you can access Healthline using the NZ Relay Service www.nzrelay.co.nz

Healthline can also call you back – if you don't need help or advice straight away, or you're busy, you can ask Healthline to call you by going to www.healthify.org.nz, and clicking "request a call back", entering your details and a nurse or paramedic will call you.



Free health advice 24/7

Call Healthline 0800 611 116

Interpreters available

GO WELL

Te Kāwanatanga o Aotearoa
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Te Whatu Ora

Your community pharmacy

Your local community pharmacy is a great place to get health advice – some pharmacies also offer immunisation for influenza, pertussis, MMR, and COVID-19.

Some offer blood pressure measurement and monitoring, blood glucose and blood cholesterol tests. Also, some pharmacies can provide COVID-19 antiviral medicines without a prescription – [see here for a list](#).

If you're unwell, it is important to call first. They may be able to give you advice on the phone or organise a convenient and safe place, and time for you to be seen.

Rural clinical telehealth service (through Ka Ora Telecare)

The Rural Clinical Telehealth Service is an after-hours telehealth service providing medical advice (Nurse Practitioner or doctor consultations) for rural whānau and communities.

People visiting or temporarily in a rural location who require health assistance can also use the service if they need it.

The service is available after-hours from 5pm – 8am on weekdays, and 24 hours a day on weekends and public holidays. Te Reo Māori speakers and a translation service is also available.

2024 Emerging Researcher Grants open soon

The Research Office will be calling for applications for the Emerging Researcher Grants soon. The grants are for staff members who are new to research.

Five grants of \$20,000 each will be available this year. Applications will open from 15 August and close on 26 September, so now is a good time to start thinking about your application.

Research projects for the five recipients from the 2023 round are currently underway:

Applicant	Department	Project title
Hamish Anderson	CHL	<i>A Pilot Study to Establish Criteria for Subgrouping Phenotypes of anti-HMGCR myopathy: Are There Ethnic Differences?</i>
Christine Beasley	Nursing Workforce and Development Unit	<i>Do we Represent our Waitaha Canterbury Māori Population in Simulation Scenario Design?</i>
Georgia Burton	Respiratory	<i>High Flow Nasal Oxygen Therapy versus Conventional Oxygen Therapy in Patients Undergoing Bronchoscopy and the Effect on Oxygenation: a Randomised Controlled Trial</i>
Kyla Jasperse	Rural Health and Allied Health	<i>Outcome Inequity in Rural Allied Health</i>
Thomas Williams	Vascular Surgery	<i>Experience of Patients with Sub Threshold Abdominal Aortic Aneurysms in Aotearoa New Zealand</i>

Please contact the Research Office (CDHBResearch@cdhb.health.nz) for further information and check the [Research Office website](#) to find out more about the grants.

Ngātahitanga Pulse Survey results – Waitaha Canterbury

Thank you to our kaimahi who participated in the Ngātahitanga Pulse Survey this year. Your feedback is very valuable to us and will help us shape what we do next, and make sure we prioritise the things that are important to you and your team, and our organisation as a whole.

Locally, we had a total of 3,116 or 26.8% of our staff working within Hospital and Specialist Services participating in this year's Ngātahitanga Pulse Survey, this number doesn't include our colleagues who are placed locally but are now part of the wider nationalised Enabling and Delivery Services. Nationally, 33,416 or 32.5% of all staff within Health New Zealand | Te Whatu Ora participated in the survey, which is a total increase of 5,000 kaimahi compared to 2022.

Our 2024 high-level survey results show that we are moving in the right direction in most areas, both nationally and locally, but there is a lot more work to be done. Therefore, it is more and more important that we continue to be focused on the things you've told us matter to you, to make Health NZ a better place to work. Read the survey results in more detail on [Prism](#).

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Ā mātou kōrero – Our people

Celebrating long-serving Burwood volunteers

Twenty-four long-serving volunteers at Burwood Hospital were thanked for their time and support with Certificates of Recognition at a special morning tea last week.

The group received awards for five, 10 and 15 years of service.

It was a great privilege to be able to thank the volunteers and to celebrate with them, says Burwood Hospital Coordinator Susie Cox.

“We haven’t been able to have a get together for a few years because of COVID-19 restrictions so there were a few receiving their awards late. It was a fun morning with lots of conversation and it was great to finally have a celebration.”

Among those recognised was Michael, the hospital’s longest-serving volunteer, who helps deliver the mail around Burwood Hospital and has become part of the fabric of the place.

“He is well known for his dry sense of humour, love of puzzles and his decorated wheelchair. At Christmas, he decorates his wheelchair in lights and tinsel and dresses as Santa. Michael received his award for 15 years service, awarded late because of those COVID-19 restrictions.”

The hospital currently has 105 active volunteers and in the last 12 months the Burwood Volunteers have collectively given over 5000 hours of service. They work in all parts of the hospital as piano players, pet therapy, gift shop volunteers and meet and greeters.

“We have volunteers working in the Day Clinic, Outpatients, ward assistants in wards CG, B2 and C2, and volunteers supporting patients in physio classes.

There are also volunteer gardeners and mail delivery people, volunteers who help with Spinal Trust BBQs, the Spinal Trust library, the hydrotherapy pool, and mobile library.”



The longest serving volunteer at Burwood Hospital
Michael Turner

The hospital has a volunteer who helps with music therapy in the wards and one who works in the rehabilitation workshop and volunteers who are on the Incorporated Society committee group, she says.

Improving equity and outcomes for rainbow communities

Situated in Service Improvement and Innovation, the newly created Consumer Engagement and Whānau Voice (CEWV) team enables Health New Zealand | Te Whatu Ora to be consumer and whānau-centred, providing expert leadership and information effecting the Ministerial Code of Expectations for Consumer Engagement.

CEWV empowers and supports priority populations including disability, rainbow and ethnically diverse to engage in health system improvements to ensure their voices and insights are heard, included, and valued in the innovation, improvement, and co-design of health services throughout Health NZ.

Consumer Engagement and Whānau Voice is a national team of several leads based throughout the motu including National Lead Rainbow Communities Akira Le Fevre (he/him/ia).

Based in Ōtautahi Christchurch, Akira joined Health NZ in 2021 as part of the Mana Taurite | Equity, Diversity and Inclusion team. He previously worked as a Health Promoter with Sexual Wellbeing Aotearoa (formerly Family Planning), a Community Engagement Coordinator at The Burnett Foundation Aotearoa (formerly The NZ AIDS Foundation), as well as Qtopia Queer Social Support Group and 12 years as a committee member of Christchurch Pride.

Combining his lived experience and years of supporting the diverse rainbow communities throughout the motu, Akira is well connected with rainbow organisations, leaders and communities around Aotearoa which will help to empower rainbow visibility and engagement.

Te Pae Tata Interim New Zealand Health Plan states one of the six priority actions is to 'Place whānau at the heart of the system to improve equity and outcomes' including rainbow communities'.

Historically in Aotearoa, as well as globally, rainbow communities have been an under-served population with inequitable health outcomes, Akira says.

"We also know that many of our rainbow communities are intersectional who also identify as Māori, Pacific, disabled, rural and ethnically diverse adding to their minority stress and poorer health outcomes."

Te Pae Tata also states in Section 1:

"People and whānau at the heart of health: Valuing the voices of consumers and whānau, with an action to build a platform with the rainbow community to include their voices in the design, delivery and performance of the health system."

With this priority for Akira, work has already started to create the first Expert Rainbow Advisory Group (REAG), made up of leaders and representatives from diverse rainbow organisations throughout the motu to help advise and support the Rainbow Platform which aims to gather the voice of rainbow communities.

"This platform will aim to fill the much-needed data gaps to help Health NZ improve its services. The REAG will also ensure Health NZ implements a 'Not About Us Without Us' kaupapa when designing and improving these services," Akira says.

"It's essential that these voices are heard, valued and included right from the start to comply with the Code of Expectations and to help achieve Pae Ora."

Akira is also developing resources (staff capability and system development) to support successful engagement with rainbow communities across Health NZ, and as well as reviewing a national rainbow training programme.

Akira is excited to be part of the health system's journey to creating more equitable health outcomes.

If you, your kaimahi or departments are seeking any advice, advocacy, and support in regard to rainbow communities, diversity and inclusion, please reach out to Akira by emailing Akira.LeFevre@cdhb.health.nz



National Lead Rainbow Communities Akira Le Fevre

One minute with...

Ryan McCarthy, Registered Nurse, Burwood Spinal Unit

What does your job involve?

Overall, my role as a registered nurse at the Burwood Spinal unit is focused on providing holistic care and support to patients with spinal cord injuries to maximise their independence, functioning, and quality of life. This includes assistance with activities of daily living, administering medications, monitoring vital signs, and managing catheters or other medical devices. I work closely with a multidisciplinary team which includes physicians, physiotherapists, occupational therapists, social workers, and other healthcare professionals to develop and implement comprehensive care plans tailored to each patient's needs. As a registered nurse, I also educate my patients and their whānau about their condition, treatment options, self-care techniques, and strategies for managing complications or adjusting to life with a spinal cord injury.

What pathway got you to this job?

While taking a break from my nursing career, I visited a patient in the Spinal Unit. I was impressed with the facilities and the care and rehabilitation processes that these patients were receiving, and I thought to myself, "I would enjoy working here". About two years later, I was browsing through the advertised nursing positions and saw an ad for a Registered Nurse at the Burwood Spinal unit. I applied and was delighted to be called for an interview. The interview went well and a few weeks later, I started my new job here.

What advice would you give someone keen to enter your field?

Be prepared to see people at their lowest, but also to share with them the joy of newly gained milestones in their journey to recovery. Come with a willingness to help, no matter the task.

Who inspires you and why?

The way in which Jesus Christ dealt with the weak, sick, and vulnerable with gentle compassion and patience; this inspires me.



What do Waitaha Canterbury's values (Care and respect for others, Integrity in all we do and Responsibility for outcomes) mean to you in your role?

In my role at the Spinal Unit, I need to draw heavily on these values daily. In short, it means responding to the last call bell of the shift with the same courtesy, compassion and respect as the first bell of the shift. It means being who I said I'll be when I stepped into this role when no one is looking.

If you could be anywhere in the world right now where would you be and why?

I'd like to be somewhere where tropical fruit are grown. Good tropical fruit is hard to come by in New Zealand!

Who would you want to play you if there was a movie made about your life, and why?

I'm not sure I'd like a movie made of my life. I prefer not being in the limelight.

What are some of the ways you and your whānau show their aroha/love for our planet?

We endeavour to teach our children to abide by the 'leave only footprints' rule when out and about. We do not like waste and wherever reasonably possible, we buy second hand or reclaimed, whether it be clothing, tools, furniture or building materials. We

have a veggie garden and all the kitchen waste is turned into compost. We also think it's important for our children to learn it's the people who make up our world that have the most value; how you treat others will come back to you.

What are your hobbies/interests outside of work?

I enjoy working with my hands and am an avid DIYer. Gardening, woodwork, building or cooking up a storm. I also enjoy making music and can play various instruments.

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



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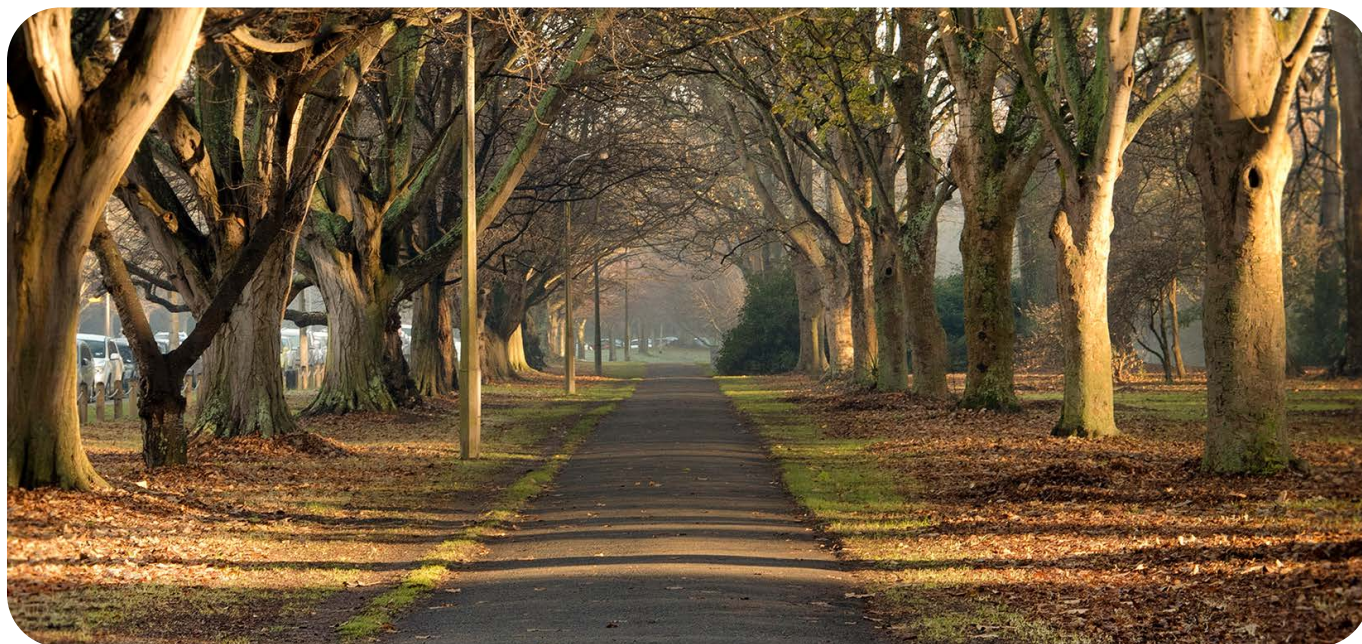
Protect yourself, patients, colleagues, and whānau.

We're fighting flu together

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Health New Zealand
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Whakamihi – Bouquets



Plastics Outpatients

Absolutely thrilled with the service. Thank you to all those involved, you do a great job.

Suzanne and Surgical and Nursing teams, Christchurch Hospital

I wish to record my sincere thanks and appreciation for my recent surgical experience. Thank you, Dr Suzanne Jackson, for your surgical expertise and that of your whole team. Thank you to the follow-on nursing team for their wonderful care and expertise. I was so impressed with the kindly attitude, caring, attention, and expertise of every nurse and others who shared in my recovery process. I was impressed with the obvious excellent oversight and control of the whole organisation and how well my progress was monitored and followed through with friendly expert care. I found the whole experience quite inspiring, such that I will never forget – and leading to a wonderful result, no more constant and debilitating lower back pain! My thanks and admiration to all who were involved in bringing me through to such a positive outcome. I salute you all for your expertise, dedication, and care for others.

Day Surgery, Christchurch Hospital

I would like to thank the wonderful staff. Friendly nurses and other staff make all the difference and ease the anxieties many of us have when coming in for a procedure.

Ward AG, Burwood Hospital

During my time on Ward AG and the gradual 'release'/weekend 'leave' I received nothing but total respect. All staff involved (doctors, psychologists, nurses, physio, catering etc) were amazing. The food provided was exceptional. Every person involved in my care, and those of others in the ward, did their work in a very professional and caring manner, and I am truly thankful. Thank you once again.

Emergency Department (ED) and Ward A5, Christchurch Hospital

I would like to extend a huge thank you to the whole ED team that looked after me on a busy Friday evening when my GP referred me in. I was seen swiftly. The security guard saw I was unwell and straight away got a wheelchair and wheeled me and my small suitcase to the triage nurse. Dr Dan Leonard's bedside manner was exemplary and then got the bloods and pain relief on board. I then had an amazing nurse (who was originally from Texas, USA) and was so kind and caring. I was then off to Ward A5 where once again I had fantastic treatment from Dr Laura, Dr Theresa, and the incredible nursing team.

Nicholas, Parkside Ground Medical (PGM), Christchurch Hospital

I found Dr Nicholas Young very considerate and helpful. He listened to our concerns and is going to follow up on everything for us. I highly commend him for his response to our family.

Carolyn, Oncology, Christchurch Hospital

Radiation Therapist Carolyn Gunn was absolutely wonderful with my father-in-law. She couldn't have been kinder in her manner towards him, especially explaining what they needed to do to his head treatment-wise. He is a little naughty not wearing his hearing aids but Carolyn made sure he understood what she was explaining to him. Thank you.

Nathanael, ED, Christchurch Hospital

Nurse Nathanael was absolutely top notch. Attentive, caring, happy and kind. What an amazing difference a personality makes. Thank you for helping Mum. All the best to you.

PGM, Christchurch Hospital

I would like to compliment the staff of this ward, for their excellent care and welcoming smiling faces, and also their good service and knowledge.

Eve, Ward 11, Christchurch Hospital

I would just like to thank the lovely Catering Assistant Eve from Wellfood on Ward 11 for the exceptional service and kindness she showed my mother while she was a patient on that ward. Eve's kind and caring nature was a blessing when my mum was having a really hard time. We cannot thank her enough. The level of customer service provided was exceptional. Thank you, it really meant the world to us.

Lauren, Eye Service Outpatients

Lauren Gilbert in Eye Outpatients is always prompt at replying to emails and is always helpful in matters about the Eye Service. I enjoy having email conversations with her so thank you for having someone like Lauren on the staff team.

Christchurch Hospital

I am writing to extend my deepest gratitude to the entire team who cared for my son. His spinal injury and neurodiverse diagnosis required a high level of expertise and sensitivity, and your team exceeded our expectations in every way. When he arrived via helicopter to the emergency resuscitation unit, we were immediately faced with a challenging and frightening situation. However, the professionalism, compassion, and dedication demonstrated by everyone involved in his care quickly reassured us. The medical team's skill in managing his spinal injury was evident, and their clear communication provided immense relief. What truly impressed us was how his neurodiverse needs, specifically his autism diagnosis, were understood and respected on the ward. The staff's patience, willingness to listen, and ability to adapt to his unique requirements made him feel safe and valued. Your team's dedication to truly listening and adapting care to fit our son's needs was a refreshing and much-needed change. It made a significant positive impact on his health and our overall experience. This positive experience has also empowered my son to feel more confident

in seeking medical care in the future. Knowing that his voice can be heard and valued will encourage him to engage more openly with healthcare providers, ensuring he continues receiving the best possible care throughout his life. We would like to particularly acknowledge a few individuals who went above and beyond: Dr Duncan Finlayson and his colleagues, whose exceptional care and attention significantly improved [patient's name] recovery. Additionally, the nursing staff of Ward 4 were exceptional, with Nurse Hannah being particularly remarkable. She took the time to build a trusting relationship with my son and her exceptional kindness and professionalism, where nothing was too much trouble, aided in our son's physical recovery and provided emotional support to [patient name] and our whānau. As a mother of three children with autism and married to an autistic man, we navigate the health system frequently. I am currently undertaking a PhD in the wellbeing of caregivers of autistic children, and having a situation like this is normally much more challenging. However, this experience has been as positive as it can be, thanks to the outstanding care provided.

Masters sports players committed to the team, ignore heart warnings

Presented last week at the New Zealand Cardiac Society conference is a study showing Masters age athletes ignore heart warning signs.

Cardiology Registrar Ben Rendall surveyed both male and female older athletes in New Zealand. He found that one in five players experienced one or more potential cardiac symptoms while playing their competitive sport over the last year. Concerningly, only one in four of them had sought medical attention.

Director of Cardiology at Christchurch Hospital Paul Bridgman says while regular exercise improves health and is beneficial overall, there is an increased risk of heart attacks and sudden death during strenuous exercise.

“We encourage older athletes to continue with their competitive sports. This study gives us insights into how we can make this safer for them.”

The study found that older athletes in cricket, football, volleyball, and tennis were more concerned about their teammates or opposition having a cardiac arrest or heart attack during the match, than they were for their own health. Eighty percent of Masters athletes admitted if the match was important or a final, they would be more likely to play through potential cardiac symptoms.

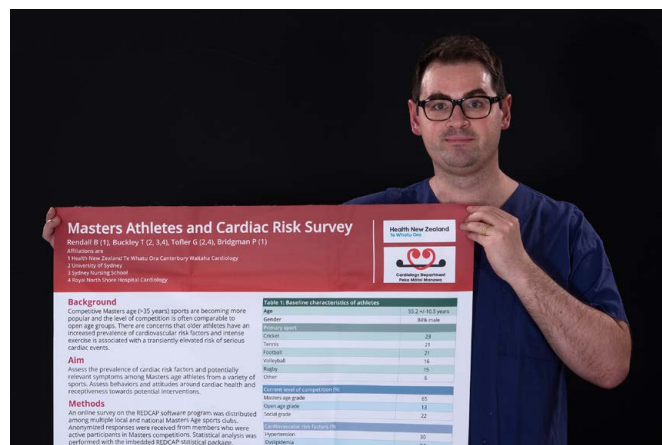
“It’s important that older athletes understand what the symptoms of a heart attack may be, and that they do not play through.”

Automated external defibrillators have now become widespread at sporting venues, he says.

“Awareness of the presence and use of defibrillators is only moderate however.”

The research showed Masters athletes overestimated how likely they would be to survive an event without a defibrillator nearby. Thirty percent did not know if a defibrillator was available at their regular sporting venue. Only 60 percent of people who knew there was one had familiarised themselves with the device’s location and use.

Over half (55 percent) of current Masters athletes had played their Masters sport at a high level at a younger age and 87 percent continued to be engaged in a competitive grade.



Cardiology Registrar Ben Rendall with the poster of his research



Cardiology Registrar Ben Rendall carrying out an echocardiogram while being filmed by a TVNZ cameraman for a television news story on his research

“In fact, 22 percent were still playing as Masters athletes in open age grade competition.”

New Zealand Masters athletes are serious about their sport. They welcomed measures aimed at increasing their awareness of concerning cardiac symptoms and more provision and training in use of defibrillators. Increased public awareness has the potential to save lives in this very active group of older New Zealanders, Paul says.

Matariki sessions provide meaningful learning opportunity

Emphasising the importance Te kāhui ō Matariki (the cluster of Matariki) holds for our Māori tūroro (patients), and how we can use this kaupapa to honour our own mahi, the patients we care for, and those we have lost.

That was the aim of two presentations held last week for Oncology kaimahi by Oncology Service MDM Coordinator Lily Toulson (Tainui, Ngāti Maniapoto, Ngāti Māhuta, Ngāti Makirangi) and Kaitiaki Oncology/Surgical Services Theona Ireton (Tuhoe, Te Atihaunui a Paparangi, Kahangungu ki Wairoa, Tauranga Moana) acknowledging Puanga me Matariki.

The star Puanga and the star cluster Matariki, each herald the Māori new year for different iwi.

Ngā Mata ō Te Ariki Tāwhirimātea (the eyes of the god Tāwhirimātea) or, what we now know as Matariki – also Punaga for some iwi, is so much more than just a public holiday and something that should be shared with everyone, says Lily.

“It’s a time for reflection, healing, and celebration. For Māori, it is a way of being, a way of using maramataka (the māori lunar calendar) and leaning on te taiao (the environment) for guidance.

“However, it wasn’t until our first presentation, nō tērā tau, in 2023 that we truly understood the gap of knowledge regarding this kaupapa within clinical spaces like Oncology and for a number of our kaimahi this was their first introduction to what Matariki is, and what it means.

“Matariki is new for so many of us, but as Māori it’s another tradition that keeps us close to our Tupuna (ancestors), for it was Te kāhui ō Matariki that was used by them to navigate, harvest, tell time and connect with one another.”

Each of the nine whetū (acknowledging that not all iwi recognise Matariki as having nine stars), speaks to a different aspect of our natural world, our taiao, however three stars in particular connect us to ōku wairuatanga – our spirituality, she says.

“In hauora (health) spaces such as Oncology where we are navigating matepukupuku (cancer) with whānau, Matariki can be utilised to tautoko, manaaki and whakahōnore ngā tūroro Māori and



From left, Kaitiaki Oncology/Surgical Services Theona Ireton and Oncology Service MDM Coordinator Lily Toulson presenting to Oncology staff on Matariki

ngā tūroro pākeha alike. Understanding the many concepts of matariki can also provide insight and tohutohu for our kaimahi.”

Staff who attended said the presentation, which included a video of people celebrating matariki in different ways, gave an excellent overview of Matariki and what each star represents, including the mother star (matariki). They enjoyed the interactive view of each of the stars and the significance of each including Matariki – the star of reflection, hope, and togetherness.

One staff member said: “I found the presentation valuable, particularly the information about how Matariki relates to patients, where connection with those who have passed on, connections to dreams, hope/goals and wellbeing are so important to remember for each individual patient.

“Thank you, ladies, for your valuable and reflective presentation to give meaning to Matariki for everyone.”

Matariki is a time to reflect on the year that has been, and make goals for the year ahead, says Lily.

“Most importantly, Matariki is a time to farewell our loved ones that have passed on and honour them through our connection with the stars, Pōhutakawa in particular. Having the ability to share our mātauranga (knowledge) surrounding this kaupapa weaves us closer together and encourages us to embrace our ahurea (culture), normalising Te Ao Māori within clinical spaces.”

Certification Audit visit Monday 1 July to Friday 5 July 2024

The Health New Zealand | Te Whatu Ora Waitaha Canterbury Ministry of Health certification audit will take place from Monday 1 July to Friday 5 July 2024. We will be audited against the updated, 2021 NZS 8134:2021 Ngā paerewa Health and Disability services standard.

The main aims of the Health and Disability Services (Safety Act 2001) is to keep consumers in health and disability services safe and ensure equitable care, while encouraging providers to continuously improve their services.

Our health services are audited every 18 months. Prior to, and during, the audit we have provided evidence on activities, processes and outcomes against each standard, including how we monitor and evaluate improvement. Please refer to the intranet page and submitted [self-assessment](#), [key messages](#), and [auditor profiles](#).

All facilities will be visited, including all rural hospitals and birthing units. The designated audit agency will conduct 17 tracers: 15 patient tracer audits and two systems tracers across Canterbury Waitaha. Patient tracers follow a current patient journey from admission to discharge and will look at all aspects of the system reviewing documentation, observing care, and interviewing patient, whānau and staff.

Patient Tracers X 15

- › X3 Medical (Medical Surgical Division and Ashburton)
- › X2 Surgical (Medical Surgical Division)
- › X2 Maternity (Oromairaki and WCH)
- › x2 Child Health (WCH)
- › x2 Mental Health (Hillmorton)
- › x2 ARC (Darfield Hospital and Tuarangi)
- › x1 phycho geriatric (Burwood)
- › x1 ATR (Burwood)

System Tracers

- › Medication Management
- › Infection Prevention and Control & Antimicrobial Stewardship

A system tracer reviews a specific process. All areas can be visited.

Reviews include adequacy and effectiveness of all associated requirements of the standard and include observation, sampling of records, review of data, staff and consumers interviews and review of relevant documentation.

The audit team will interview key people responsible for core functions. These people may include, but are not restricted to, management, clinical and non-clinical staff and consumers and their whānau (where appropriate). Please be prepared to demonstrate how your team routinely meets the standards.

The audit team will also meet with current consumers of services as part of the audit process. Consent will be obtained from consumers prior to an interview being undertaken.

Executive Director of Nursing Becky Hickmott passed on her huge thanks to all our staff for their significant input and efforts leading up to this point and for making the 16-person auditing team feel welcome during their time with us.

“We appreciate how very pressured all our teams are and yet they are still prioritising and focussing on this very important mahi,” she says.

All staff are welcome to the summation meeting, planned for Friday 5 July from 3 – 3.30pm.

The virtual link will be included in the internal mail during the week of 1 July.

Please get in touch with your Quality Team if you have any questions or contact Quality@cdhnb.health.nz

Woollen items for babies needed

With the chilly winter months still ahead, Maternity Services at Christchurch Women's Hospital is calling for donations of knitted hats, singlets, cardigans and blankets for full-term babies.

"We are needing wool singlets, hats and cardigans that will fit babies who weight between 2.5kg and 4.5 kg (5lb-10lb)", says Clinical Midwife Coordinator Hannah Gannaway.

"We are unable to accept any knitting in acrylic because this material does not support the babies to maintain their body temperature.

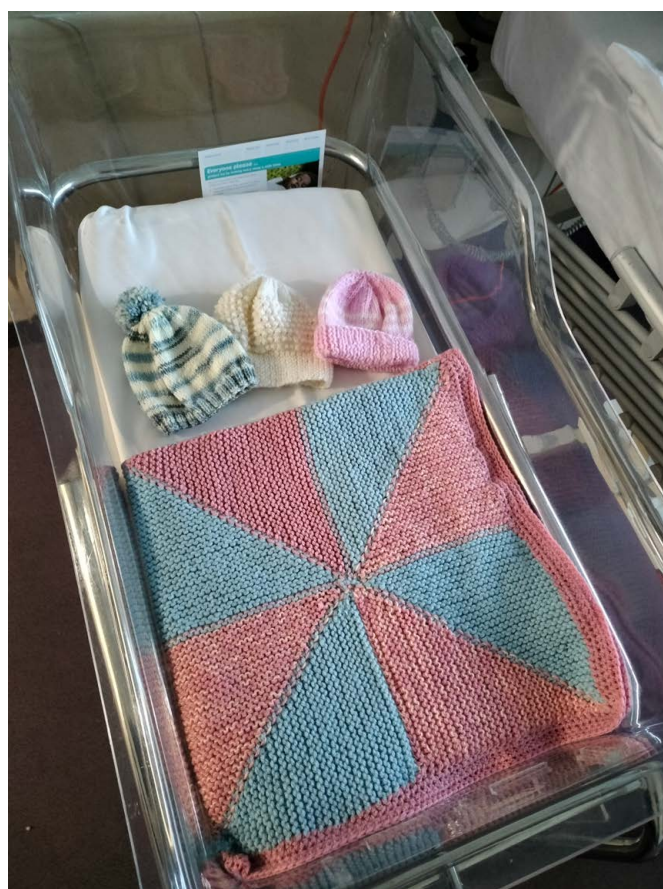
"We are so grateful to the community for providing this valuable resource to the whānau of Canterbury, many of whom are caught unaware of how many layers their baby may need to keep warm, or be caught out with a baby that has difficulty maintaining their temperature."

Donations can be sent or dropped off to:

Christchurch Women's Maternity Ward, Level 5,
Christchurch Women's Hospital. Please include your name and contact details if you wish.



Examples of the donated items received by Maternity Services at Christchurch Women's Hospital



Changes to staff carparking

We understand carparking is a high priority for many of our staff and our aim is to improve parking accessibility and ensure it is equitable and sustainable.

Why changes are happening

Historically, parking fees were reviewed and adjusted every two years to align with CPI and inflation. In 2023, the decision was made to postpone any increases to staff parking prices, meaning 2021 pricing has been in place for three years. We've reached a point where our current fees do not cover the basic costs of maintaining the parking facilities. This isn't sustainable for the long term, so we need to adjust to ensure the system works efficiently.

What's changing?

Starting Monday 1 July 2024, we're implementing a small increase in parking fees.

We're increasing 24/7 parking fees slightly and making small adjustments for casual, weekend, and PM parking in the staff carparking building:

- › 24/7 parking fees will increase from \$54.74 per fortnight to \$60.68 per fortnight.
- › 24/7 parking fees for Deans Ave will not increase, remaining at \$54.74 per fortnight at this stage.
- › Casual, weekend or PM parking in the staff carparking building will increase from \$2.33 per day to \$2.55 per day.
- › Free evening/night access will remain.

Ensuring fairness and security

To maintain fairness and security, we're extending our agreement with Parking Enforcement Services to monitor the staff carparking building. This will prevent unauthorised users from accessing the facility and ensure parking spaces are used only by authorised staff members.

Long term vision and sustainability

Looking ahead, we're planning further improvements to parking, including a tiered pricing structure in 2025. This will offer staff different options based on their preferences and needs. Our goal is to ensure parking remains accessible, affordable, and sustainable for all staff members. Details of further changes are outlined below.

Working with you

We understand change can be challenging. We'll do our best to accommodate those who wish to relocate from the staff carparking building to alternative areas, and vice versa. However, space is limited, and priority will be given to shift workers.

Your safety and security are our top priorities, and we want to work together to create a parking system that meets the needs of all staff members. If you have any questions or comments, please email carparking@cdhb.health.nz.

We appreciate your understanding and support as we implement these changes.

– Rachel Cadle, General Manager, Commercial Services

Christchurch Hospital Campus Parking	From July 2024	Proposed 2025 Rate	Charge Period
Staff carparking building 24/7	\$60.68	<i>Premium rate: \$75.00</i>	Fortnightly
Staff carparking building – PM shift Staff/weekend	\$2.55	\$2.70	Per day
Staff carparking building – Evening access from 3.45 pm	Free	<i>Free</i>	N/A
Walker Street	\$60.68	\$65.00	Fortnightly
Tuam Street	\$60.68	\$65.00	Fortnightly
King Edwards Barracks	\$60.68	\$65.00	Fortnightly
Stewart Street	\$60.68	\$65.00	Fortnightly
Deans Avenue	\$54.74	\$60.00	Fortnightly

Top Christchurch Chefs join forces for good

Seven of Christchurch's top chefs are donning their aprons, preparing to slice, dice and mix for a worthy cause.

Chef Darren Wright, the current Brand Ambassador Chef for Alliance Group and former owner of Chillingworth Road, is part of the group of culinary maestros who have joined forces to create 'Starry Night', a major fundraising event being held on 27 June to support the Bone Marrow Cancer Trust.

The chefs are working together to design five canape courses with the theme of light and dark. Funds raised will go towards the completion of Rānui Apartments. The 43-apartment complex, due to open in September this year, will provide a home-away-from-home for those travelling to Christchurch for often life-saving medical treatment.

The inspiration for the event's name came from a family, who said Rānui House was like a light in the darkness for them.

The Apartments, which are being constructed on Selwyn Street, are an expansion of the Trust's current 26-apartment complex Rānui House.

Joining Wright in the kitchen is Pink Lady Rooftop Bar and Hello Sunday Head Chef Andy Tranter, Christchurch Casino's Richard Hingston and New Zealand Chef of the Year Rex Morgan.

Andrew Brown, the former executive chef at The George who founded Burgers and Beers has also put his hand up to help, as well as top chef Phillip Kraal (who featured in New Zealand's very own version of Ready, Steady, Cook).

"We're really excited about this. Together, we've created an offering that taps into the senses of touch, taste, smell and sight," says Darren.

Over the past 31 years, the team at Rānui House has supported thousands of patients and families of all ages and treatment types with accommodation and wrap-around support.

"However, every day we are turning away patients and families who are desperate for our support. Rānui Apartments can't come soon enough," says, Bone Marrow Cancer Trust Chief Executive Mandy Kennedy.

In 2023, Rānui House turned away 664 patients and families, equating to 3,143 bed nights.

"This is just the unmet demand the Trust knows about. There will be many more times bookings were not requested as travel bookers knew Rānui House was full," she says.

Rānui Apartments is due to open in September. The Apartments will provide another 15,695 bed nights annually for patients and families travelling to Christchurch for medical treatment. All funds raised at Starry Night will go towards the completion of the Apartments.

Tickets for Starry Night can be [purchased online here](#)



Bone Marrow Cancer Trust
Chief Executive Mandy
Kennedy

Choose the right healthcare for you and your whānau



Care at home

[Info.health.nz](https://info.health.nz)

Advice and information on general wellness, colds, flu and Covid, minor injuries and skin issues.



Healthline

0800 611 116

Free health advice and information 24/7 from trained nurses and other health professionals.



Pharmacy

Advice and treatment

Medicines and vaccinations, help to treat minor illnesses, over-the-counter treatment.



GP or Doctor

Appointments with a doctor for general wellness, high fevers and rashes, injuries, mid to long term healthcare and all vaccinations.



Accident urgent medical centre

Out of hours or urgent care if your GP isn't available, for urgent injuries or if you're feeling very unwell.



Emergency department

Call 111 if it's a life threatening emergency

Go immediately if you have chest pain, difficulty breathing, severe bleeding or severe pain.

Te Kāwanatanga o Aotearoa
New Zealand Government

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Health New Zealand
Te Whatu Ora