

Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



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Cover photo: Canine Friends Pet Therapy dog Biskit at Christchurch Hospital

Kupu Arataki – Introduction

Mānawatia a Matariki – Happy Matariki/Māori New Year

Matariki is the Māori name for the cluster of stars that rises in midwinter and, for many Māori, heralds the start of the new year.

The return of the constellation is commemorated by Te Rā Aro ki Matariki 2023, which happens on Friday, 14 July. Just before dawn is the optimum time to view the Matariki cluster.

Matariki is a time of reflection, celebration and preparation. The three key principles of Matariki are:

- › Matariki Hunga Nui – Remembrance
- › Matariki Ahunga Nui- Celebrating the Present
- › Matariki Manako Nui- Looking to the Future

If you're heading back home to celebrate and feast with whānau and friends, enjoy the time together. We'd love to see how you celebrate Matariki, including with your work whānau – send us your photos to communications.cdhb.health.nz.

Te Whatu Ora prepares to implement new pay equity rates for midwives

Te Whatu Ora will start the process of implementing new pay rates for midwives, after a Memorandum of Understanding was agreed with Midwifery Employee Representation and Advisory Service (MERAS) and New Zealand Nurses Organisation (NZNO) and endorsed on 6 July by Te Whatu Ora employed midwives.

"This is a fantastic outcome for our midwives," says Chief Executive, Fepulea'i Margie Apa.

"The new pay rates will be effective from 4 April 2022, and in addition to the rates, there will be a lump sum payment of \$10,000, less any lump sum payments that we have already made as part of the pay equity process."

Implementation of pay rates means graduate midwives will start work in a public hospital on \$72,952 a year before overtime and allowances, and the majority of experienced registered midwives who sit at the top of the scale will be on a base salary of \$96,519 before overtime and allowances.



The theme is also underpinned by important environmental messages. The various stars in Matariki invite you to return to where you are from and reconnect with the mountains, rivers, ocean and land. It reminds us of our responsibility to the places we call home.

Read more about Matariki on [page 14](#).



"These pay equity pay increases and lump sum payments are in advance of a final settlement. We are committed to correcting historic undervaluation for our workforce, and this is another step in the right direction."

The pay equity claim covers work being undertaken by senior midwives, registered midwives, and maternity care assistants employed by Te Whatu Ora.

Kiribati Language Week, 9 – 15 July

This week celebrates the Tungaru language which is spoken in Kiribati. This year's theme, 'Ribanan, karikirakean ao kateimatoan ara katei ma ara taetae ni Tungaru', highlights the importance of nurturing, enhancing, and sustaining the Tungaru language and culture.

You can learn more about Kiribati Language Week on the [official Facebook page](#) and the [Ministry for Pacific Peoples website](#).



Canine Friends brightening hospital stays for children

Sometimes the best medicine has four paws and a wet nose and this week's cover model Biskit is the latest recruit to join the team 'treating' kids in hospital here in Christchurch.

Biskit and his human Wanda recently completed their orientation and their first Canine Friends visit to the children's ward in Christchurch Hospital was documented by Seven Sharp in a story that featured last Friday.

You can read more about Canine Friends and Biskit's visit and watch the [Seven Sharp story](#) on [page 16](#).



Canine Friends Pet Therapy team, Wanda and Biskit

Changes to the Immunise Health NZ website

The immunisation website immunise.health.nz was updated this week to improve navigation. The changes include improved search functionality and a [new drop-down menu](#) which allows users to select from a list of vaccines that they'd like to learn about.

The website has also been updated with the ability to download an accessible version of the [personalised childhood immunisation schedule](#). These updates will contribute to a better experience for users of the Immunise website and help them to access information more easily.



Protect your pēpi against
meningococcal disease

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Outlook email migration

ISG will be migrating all Te Whatu Ora Waitaha email to the cloud starting at 6pm, Thursday 13 July. The migration will be completed by 8pm on Sunday 16 July.

Before this process begins, please make sure you:

- › Have discussed an alternative working plan with your manager/team leader in the absence of emails
- › Take a copy of your email signature
- › Save important phone numbers needed in the event of time-sensitive/critical requests
- › Take copies of any Quick Parts you have set up in Outlook
- › Download [Microsoft Authenticator](#) and the [Outlook app](#) to your phone if you work remotely or read emails on your phone.

You can find answers to your queries in this list of [frequently asked questions](#). There is also a [dedicated form in iSupport](#) for issues or questions specific to this change. Alternatively, email service_desk@cdhb.health.nz or phone 03 364 0999.

All information on the project including preparation, timelines, and updates will be posted to our Moving the Mail [SharePoint site](#).



Quiz – The Rolling Stones

If time is on your side and you get satisfaction from completing quizzes, give this a go. You might just get what you want!

1. **Keith Richards and Mick Jagger became classmates and childhood friends in 1950 but went to different high schools and didn't form a musical partnership until some years later. What year did they first perform together as part of The Rolling Stones?**
 - a. 1960
 - b. 1961
 - c. 1962
 - d. 1963
2. **Where was Mick Jagger studying when he dropped out to pursue a career in music?**
 - a. London School of Economics
 - b. Oxford University
 - c. Cambridge University
 - d. Royal Academy of Dramatic Art (RADA)
3. **Complete this Mick Jagger quote from 1975: "I only meant to do it for two years. I guess the band would just disperse one day and say goodbye. I would continue to write and sing, but..."**
 - a. "... I don't think the band will still be around."
 - b. "... I'd rather be dead than sing 'Satisfaction' when I'm 45."
 - c. "... I don't think people will care about The Rolling Stones much longer."
 - d. "... I'd much rather be acting."
4. **What happened at the now notorious Altamont Free Concert where The Rolling Stones performed, in 1969?**
 - a. Four people died
 - b. Four babies were born
 - c. The Grateful Dead refused to play due to escalating crowd violence
 - d. All of the above
5. **In 2016, The Rolling Stones were the first international rock band to play in what country?**
 - a. Cuba
 - b. North Korea
 - c. Saudi Arabia
 - d. Mongolia
6. **Match the song with the lyric**

a. Ruby Tuesday	1. "Childhood living is easy to do"
b. Satisfaction	2. "And a man comes on and tells me, how white my shirts can be"
c. Wild horses	3. "I see a red door"
d. Paint it, black	4. "She just can't be chained to a life where nothing's gained"
7. **Why was Keith Richards flown to a hospital in Auckland in 2006?**
 - a. He injured his back bungy jumping in Queenstown
 - b. He got a head injury falling out of a tree in Fiji
 - c. He fell on stage during a performance in Wellington
 - d. It was never publicly revealed why he was hospitalised
8. **True or false. The Rolling Stones' famous tongue and lips logo was designed by drummer Charlie Watts.**
 - a. True
 - b. False
9. **What Rolling Stones song has been covered by Jimi Hendrix, Devo, Vanilla Ice and Britney Spears?**
 - a. Sympathy for the devil
 - b. Jumpin' Jack Flash
 - c. Satisfaction
 - d. You can't always get what you want
10. **How many Grammy Awards do The Rolling Stones have?**
 - a. None
 - b. Three
 - c. Five
 - d. Nine

[Check your answers on page 22.](#)

Ā mātou tāngata – Our people

Bella takes bronze in Berlin

Former Te Whatu Ora Waitaha Canterbury Project SEARCH Intern Bella Lammers has won a bronze medal at the Special Olympics World Summer Games in Berlin.

The 21-year-old, who lives in Rolleston, finished third as part of the New Zealand team in the 4x25m relay at the Schwimm-und-Sprung Halle Europapark – the largest swimming complex in Europe.

The Special Olympics World Summer Games is the biggest inclusive sport event in the world with 7000 athletes from 190 countries competing in 26 sports. The spectacular opening and closing ceremonies were held under the famous Brandenburg Gate in Berlin.

Bella says she is “so proud” of her medal.

“I am so famous. I have been on TV, so all my dreams have come true.”

In the relay, New Zealand coach Carla L’Huillier put Lammers in as the first swimmer, while most nations opted for their strongest swimmers, says Bella’s dad, Coen Lammers.

“This meant the rest of the Kiwi team had to complete a challenging catch-up race to claim bronze behind Slovenia and Belgium.”

Earlier that same day, Bella narrowly missed out on a second medal by a split second in the 25m freestyle final, and on the final day of competition she finished fifth in the 25m backstroke.

“In that race, Bella was the victim of her own success, beating her personal best by two seconds, so she was promoted to the fastest final. In that backstroke final, she again got close to her best time, but had to settle for fifth.”

Project SEARCH is an employer-led programme providing a year-long internship to students with learning disabilities, so they can learn new skills in the workplace, supported by a transitional school environment.



From left, Bella Lammers, with her team-mates Jesse Williams, Matthew Smith and Haven Drinnan



The opening ceremony of the Special Olympics World Summer Games in Berlin attended by 80,000 people

Waitaha Canterbury (Canterbury DHB as it was then) was the first in Australasia to offer this programme. As part of her internship Bella was placed at Burwood Hospital and the Aranui Community Dental Clinic where she impressed all those she came in contact with.

Bella’s Project SEARCH story and road to the Special Olympics featured in the [Te Whatu Ora Waitaha Canterbury Pānui](#) on 14 November 2022.

One minute with...

Gaye Stevenson Occupational Therapy Assistant



What does your job involve?

Supporting and assisting the Occupational Therapist in the rehabilitation of the older person. This includes a variety of things such as ordering equipment for patients to take home and sometimes dropping this off to patients' homes.

What pathway got you to this job?

I love giving back and what better way to do that than by working closely with the elderly and vulnerable?

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

Absolutely go for it. If you have a passion for contributing to improving people's quality of life, then this is absolutely a field you could fit well in.

Who inspires you and why?

The team that I work with. The dedication and empathy they bring to work every day, even with the staffing shortages that they face daily. They turn up with compassion and integrity and with a positive attitude.

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?

Everyone has the right to be treated with respect and integrity.

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

Probably my bucket list destination of Greece, but I also love our beautiful New Zealand and still have lots to see here. I have been on two cruises but would consider another one. They are amazing.

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

Meryl Streep, she's a little bit of everything, slightly crazy and full of fun and loves a good love story.

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

I am pretty passionate about recycling, and I work hard on reducing food waste.

What are your hobbies/interests outside of work?

Spending time with family and friends. I love catching up with friends, usually in the weekends with brunches or dinners. I'm a big fan of movies. I also enjoy just chilling out with my husband, daughter and son-in-law enjoying some board games.

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

Akoranga reo Māori – lesson #22

Ngā Wāhi – Locations

E ngā iwi, e ngā tōpū mana, nau mai, hoki mai!

To the tribes, to the assembled authorities, welcome back!

This week we are going to focus on ngā wāhi (locations) that we might visit or speak about. The aim is to expand your knowledge of some locations, as well as increase your comfort level when pronouncing the Māori words or names for these places. Remember, if the word is challenging you, break it down. Don't stop trying, we need to push past our comfort zone in order to grow.

He Kupu – Word

Akaroa	A – ka – ro – a	A-ka-ro-a
Hakatere (Ashburton)	Ha – ka – te – re	Ha-ka-te-re
Māwhera (Greymouth)	Mā – wh – e – ra	Mā-wh-e-ra
Ōtepoti (Dunedin)	Ō – te – po – ti	Ō – te – po – ti
Timaru	Ti – ma – ru	Ti-ma-ru
Whakatū (Nelson)	Wh – a – ka – tū	Wh-a-ka-tū
Toa (shop)	To – a	To-a
Poutāpeta (post office)	Po – u – tā – pe – ta	Po-u-tā-pe-ta
Hokomaha (supermarket)	Ho – ko – ma – ha	Ho-ko-ma-ha
Kura (school)	Ku – ra	Ku-ra
Pēke (bank)	Pē – ke	Pē-ke
Wharekai (restaurant)	Wh – a – re – ka – i	Wh-a-re-ka-i
Tātahi (beach)	Tā – ta – hi	Tā-ta-hi
Awa (river)	A – wa	A-wa
Maunga (mountain)	Ma – u – ng – a	Ma-u-ng-a
Rori (road)	Ro – ri	Ro-ri
Tiriti (street)	Ti – ri – ti	Ti-ri-ti
Roto (lake)	Ro – to	Ro-to
Moana (sea)	Mo – a – na	Mo-a-na

He whakapātaritari – A challenge

The next time you're talking about somewhere that you have been, try to utilise some of these words in your conversation. Challenge yourself to get more comfortable with using these words in everyday conversations and continue to stretch your comfort zone.

Ka pai te mahi. Hei te wiki e haere mai ana.

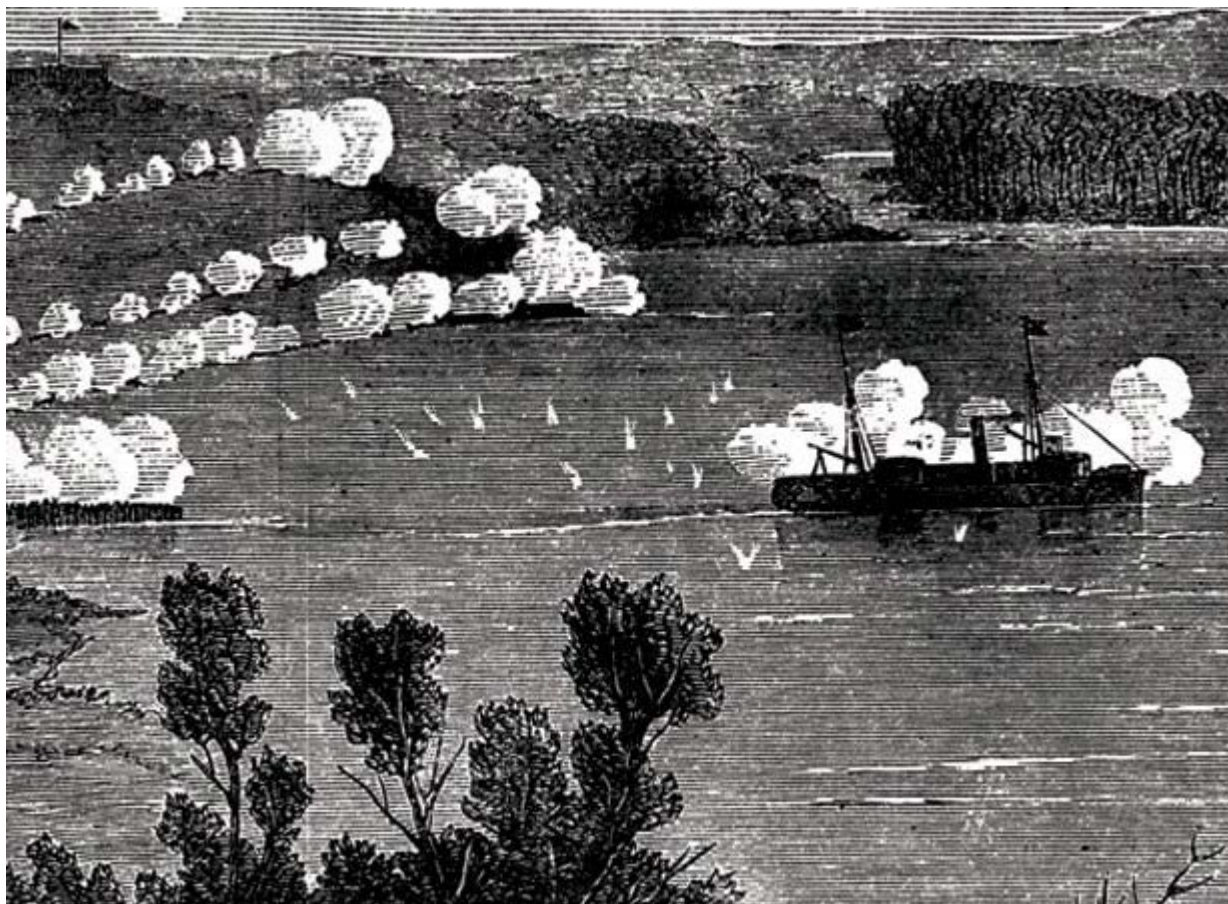
Good work. Until next week.

If you have any questions or feedback, please make contact via the email below.

Hauora.Maori@cdhb.health.nz

I mōhio rānei koe? Did you know?

On 12 July 1863, British troops crossed the Mangatāwhiri Stream and invaded the Kīngitanga territory in the Waikato.



The Kīngitanga (Māori King Movement) had refused to sell land to the government which inhibited European settlement and the government believed the Kīngitanga posed a threat to British "sovereignty". Governor Grey had announced his intentions to destroy the movement.

<https://nzhistory.govt.nz/british-forces-invade-the-waikato>

Protect your tamariki for life

Immunisation is
one of the most
effective ways to prevent
infectious diseases.

www.immunise.health.nz

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International winter warmer recipes

Air fryer tempura-style veges

Air fryers are a popular addition to many kitchens and allow you to make healthier versions of dishes that would usually be deep fried, such as these tempura vegetables.

Ingredients:

- › 2/3 cup cornflour
- › 1/3 cup plain flour
- › 1/4 tsp salt
- › 1 large egg, lightly beaten
- › ¾ cup soda water
- › 1½ cups panko breadcrumbs (Japanese breadcrumbs)
- › 1 cup broccoli florets
- › 1 red pepper cut into 5mm strips
- › 1 small kumara, peeled and cut into 5mm thick slices
- › 1 small zucchini cut into 5mm thick slices
- › 12 green beans trimmed (top and tailed)
- › Non-stick cooking spray

Method

In a medium bowl, mix together the flour, cornflour and salt. Whisk in the egg and soda water until blended and smooth. Cover loosely with plastic wrap and refrigerate for 30 minutes to thicken.

Spread the breadcrumbs in a shallow dish.

Working with one vegetable piece at a time, dip in batter, shaking off excess, then dredge in panko, pressing gently to adhere.

As they are dredged, place five to six vegetables in air fryer basket, leaving space in between. Spray with cooking spray.

Air-fry at 200°C for 5 – 8 minutes or until golden brown. Serve immediately with your favourite dipping sauce or aioli.

Repeat with the remaining vegetables, batter and breadcrumbs. Discard any excess batter or breadcrumbs.



Other vegetable options you could consider include cauliflower florets, thinly sliced pumpkin, carrots, asparagus and eggplant.

You can make your own tentsuyu (tempura dipping sauce) or buy it from an Asian market.

To make your own, you'll need to combine:

¾ cup dashi stock

3 tbsp soy sauce

2 tbsp mirin

2 tsp sugar

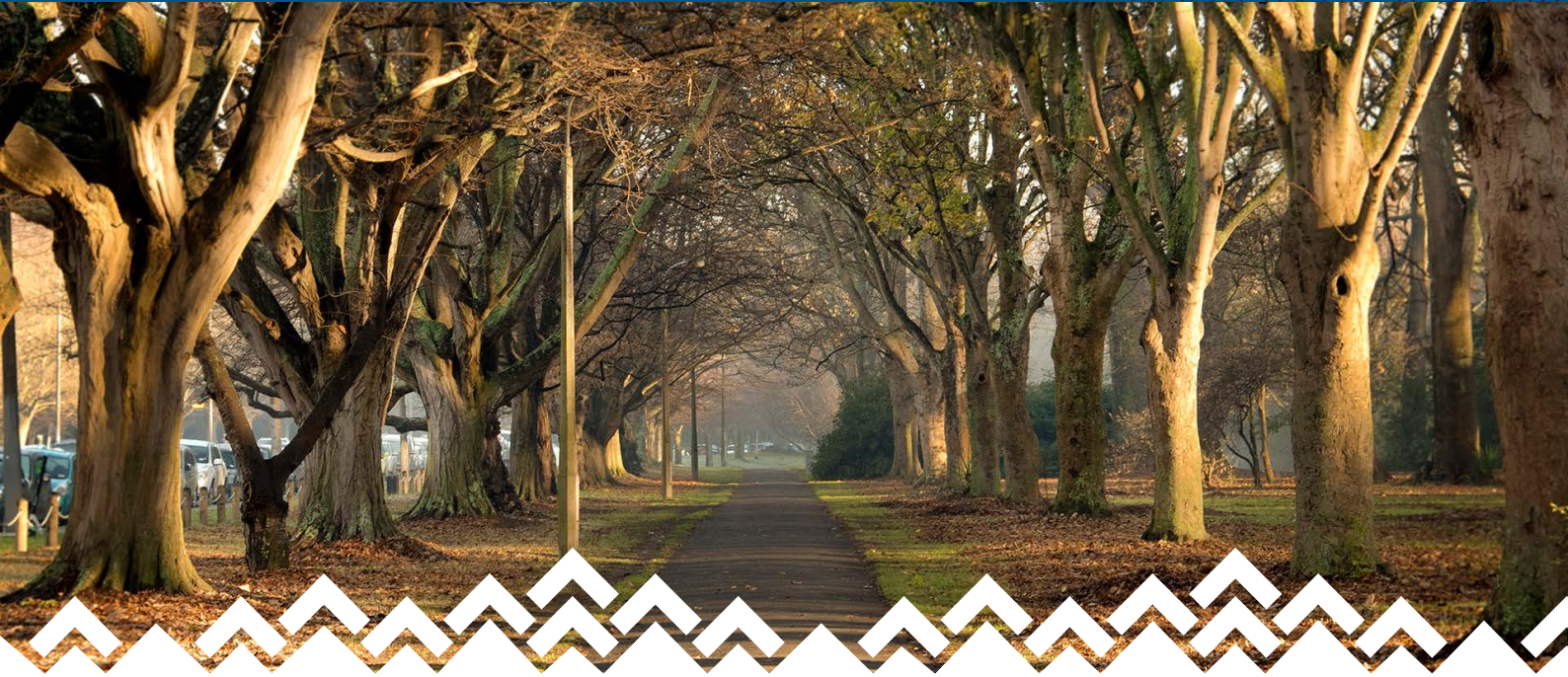
5cm piece of daikon radish, grated and lightly squeezed of liquid (optional)

Put everything (except the daikon radish) in a small pot and bring to a simmer. Once the sugar has dissolved completely, turn off the heat and let it cool a little.

Serve warm in a bowl with the radish on top.

This will keep in the fridge in a sealed container for up to two weeks.

Whakamihi – Bouquets



Ward A8, Surgery and Vascular Outpatients, Christchurch Hospital

I was admitted for surgery and am writing to thank all the staff for the care, kindness and professionalism that was shown to me throughout my hospital stay and after care. Surgeons Peter Laws and Tim Beresford overcame a sudden blood flow problem and saved my life. My eternal thanks. The staff on Ward A8 made my recovery a pleasant experience and no matter the time of night or day were ready to help. My ongoing recovery at Vascular Outpatients is still continuing and has been made pleasant by the efforts of Fi and Cathy who highlight the excellence of the staff you have. In these times of criticism of overcrowding and the pressure put on hospitals I can only stress the excellence of the total care I received.

Ward C2 Burwood Hospital

A huge thank you to all for the wonderful care, help, kindness and thoughtfulness you gave us during [patient name]'s stay. The bright and cheerful atmosphere within the ward provided a most welcoming and homely environment. With grateful thanks to you all.

Birthing Suite and Maternity, Christchurch Women's Hospital

I am wanting to pass my compliments on to the Christchurch Women's Hospital team in the Birthing Suite. I was given amazing care, advice and help by the day and afternoon shift. My big praise however is for the night shift crew. I ended up requiring a

category 1 emergency C-section for the birth of my son. I was by myself for this whole process as my partner and mother had gone home for the evening due to no progress of the induction that day. Every staff member involved in the procedure made sure I was fully informed about what was going on in the kindest way and made me feel so at ease in an extremely stressful and scary situation. Even under immense pressure, all the midwives, doctors and staff involved kept a positive tone when informing me of things and asked permission to complete procedures every step of the way. I was absolutely blown away by the kindness and care I received and cannot be more grateful for the safe birth of my son who is currently getting cared for by the amazing Neonatal Intensive Care Unit team. I am also still receiving amazing care for my own recovery in the Maternity ward. Please pass my thanks on to all staff involved.

Ward C2 Burwood Hospital

Our sincere thanks to Dr Glanville, Charge Nurse Karen, the medical team and all the staff of Ward C2, including Catering Assistant Jude. Thank you to everyone for the respectful, loving care of (patient name) and his family over his time at Burwood. It will not be forgotten. You have incredible strength, talent, optimism and compassion.

Gastroenterology, Christchurch Hospital

Very impressed with the friendly efficient and caring service of the Gastroenterology folk. I had a routine colonoscopy. It had been postponed due to

me catching the flu. The ease and readiness with which I was re-booked, and the helpful texts and information pack set it up well and everything went smoothly. After all the stories I had heard about the pressures on Te Whatu Ora Waitaha I was curious about how people were working. I watched the staff backing each other up, checking to see if someone needed a break, and just stepping in with little things like assisting with a wonky bed without needing to be asked. In their care of patients, they were attentive without being invasive, professional and friendly. Thanks to Amy, 'the Chrissie and Nick show', Lucy/Tracey and the cast of, well, five or six others. Nice egg sandwich. Thanks all.

Alex Lee and Orthopaedic team, Burwood Hospital

I was fortunate enough to have Alex Lee as my surgeon for a knee replacement. I would like to acknowledge the fantastic treatment I had from him and his team. This began with the staff at Burwood Outpatients and includes the nurses, anaesthetic team and other doctors working with Alex. Alex is a master of his trade. He is held in high esteem by many.

Radiology, Burwood Hospital

I had an MRI and want to thank all the staff, especially Roman and Heidi, for their kindness.

Videofluoroscopic Swallowing Study (VFSS) team, Burwood Hospital

I would like to compliment the VFSS team at Burwood Hospital for the caring and professional manner in which they dealt with my wife's swallowing issue recently. Special thanks to Kirstie, Laura, Fiona and Kathleen. I also really appreciated the way I was included and that everything was explained so clearly. Brilliant job!

Ward C2, Burwood Hospital

To Holly, Tim, Kiri, Andrew, Tayla, and the Occupational Therapist who cheered [patient name] up every day. To the nurses who cared, to Karen for your guidance, to Jude and the other catering assistant for their kindness – and others I have either omitted or are unknown to me. A big thank you to everyone for getting [patient name's] head back above water to get home. I so appreciate everyone's help and efforts.

Ward 11, Christchurch Hospital

I would love to thank the nurses who assisted me during my stay on the ward. Everything was excellent, very, very outstanding.

Ward 14, Christchurch Hospital

The doctors and nurses have been amazing. The catering assistants are the happy faces who really boost your spirits and give sick people some joy to start their day, especially Kumeei and Julie. The Nephrology staff are to be commended, also those who took care of me in Rheumatology. Hamish – thank you, you started the ball rolling. The cleaners deserve a medal. Thank you to all the night staff.

Emergency Department, Coronary Care Unit and Respiratory, Christchurch Hospital

Thank you for your care, support, love, and professional medical care. I have loved my three nights here, enjoyed meeting many great hospital workers, who are all helping to make this busy beehive continue doing great work. Thank you, thank you. We appreciate all that you do.

Orderlies, Christchurch Hospital

The orderlies were so kind taking us to see our dad today in the viewing room. The viewing rooms are outstanding, so beautiful and carefully designed. Congratulations to the staff who maintain them. It was a lovely experience, though very sad.

Ward 11 and WellFood, Christchurch Hospital

My father was admitted to Ward 11 and spent the following 12 days there. We wish to express our sincere gratitude to his medical team for their empathy, care and kindness. Also, to the nursing staff, both RNs and hospital aides, who showed great compassion and professionalism towards him when his condition was deteriorating before our eyes. We also wish to acknowledge the wonderful WellFood team for their care and friendship towards Dad. They always brightened his day.

Ward B3, Christchurch Hospital

Compliments have to go to your young nursing team. I have been wonderfully looked after. My thanks to all. I was here nearly four weeks and the journey has been long. The staff are amazing.

Ward A3, Christchurch Hospital

Very yummy food and very nice people. Everyone was very kind and helpful.

Ā mātou kōrero – Our stories

Mānawatia a Matariki 2023

This year Matariki rises between 11 and 17 July, and as a nation we will observe a public holiday for the second time ever on Friday 14 July.

Mānawatia means to honour, acknowledge, and welcome in Matariki. Here in Aotearoa we acknowledge the cluster of nine stars Matariki, Waiti, Waitā, Waipuna-ā-rangi, Tupu-ā-nuku, Tupu-ā-rangi, Ururangi, Pōhutukawa and Hiwa-i-te-rangi.

Matariki recognises the winter solstice and marks the New Year for Māori, however Māori are not the only people to celebrate the new year in winter, many cultures around the world have long held feasts and celebrated holidays around the winter solstice.

Ancient Greece referred to the star cluster as 'Pleiades' while other ancient cave drawings of native Americans and Aboriginals depict the star clusters. The star cluster is also celebrated by the people of Hawai'i and Tonga, and in Japan the cluster is known as Subaru translating to mean 'gather together' which can be seen in the familiar car brand of the same name.

Now, in Aotearoa New Zealand, is the time when the Matariki cluster appears, although for some who live in areas where maunga (mountains) and landscapes may hinder visibility there is a higher star, Puanga, which can be sought out.

In Māori culture Matariki is guided by three major principles, the first being 'Remembrance' to honour those lost since the last rising of Matariki. The second is to 'Celebrate the present' to gather and give thanks and gratitude for what we have. The third principle is about 'Looking to the future' looking forward and setting goals for the new year.

Matariki is a holiday unique to Aotearoa New Zealand and is a time for us all to celebrate. There are several ways you can make Matariki your own.

Preparing a kai or feast for friends and whānau is a great way to create whānaungatanga and celebrate your whakapapa (genealogy), share stories and memories of those who have passed, to give thanks and make plans for the new year.

You could also take advantage of the winter winds and fly a kite with the tamariki (kids) as kites are traditionally seen as connectors between heaven and earth.

Throughout Ōtautahi Christchurch there are plenty of community events, including the Christchurch City Council Tirama Mai light installation and Matariki Celebrations at The Arts Centre.

Some Matariki resources and events happening this week

- › Matariki resources [available for download](#)
- › Waiata session – Tuesday 11 July, 12-1pm
Great Escape Cafe – Christchurch Hospital
All welcome, all levels, waiata books provided.
- › Matariki hāngi – Wednesday 12 July, 11am-2pm

Great Escape Cafe – Christchurch Hospital

Provided by 'Kai Means Food' \$20 cost includes hāngi (chicken, stuffing, pumpkin, potato, kumara, carrot and cabbage) and a steamed pudding.

- › Matariki colouring competition – Choose your favourite star, print, colour and scan back to us by Monday 17 July for a chance to win a Matariki prize

[Download the colouring competition here.](#)

No matter how you decide to celebrate, we invite you to Mānawatia a Matariki!

Mānawa maiea te putanga o Matariki.

Mānawa maiea te ariki o te rangi.

Manawa maiea te Mātahi o te tau.

Celebrate the rising of Matariki.

Celebrate the rising of the lord of the sky.

Celebrate the rising of the New Year.

[Learn more about Matariki here.](#)



Mānawatia a **Matariki**

11th - 17th July 2023



Te Whatu Ora
Health New Zealand

Canine buddies visit children's wards for a snuggle

Hospital time for kids can be rough, so what better way to brighten their day than a snuggle with Biskit the Border Collie?

Last week saw the first visit from our friends at Canine Dogs Pet Therapy to the Christchurch Hospital children's wards. Joined by owner Wanda Vivequin, lots of kids had a lovely cuddle with Biskit as did plenty of our paediatrics team! Biskit and five of his friends will be visiting the wards once a week on a six-weekly rotation.

Canine Friends Pet Therapy is run by volunteers who share their well-behaved, cherished family dogs with people in hospital, aged residential care facilities and hospices. The visits are a huge morale boost and have a positive effect for both patients and staff in the facilities they visit.

"There's a release of something good when someone hugs a dog and Biskit does love cuddles," says Wanda.

Research shows that simply patting a dog can reduce stress levels, calm a racing heart and help lower blood pressure.

For Charge Nurse Manager Rebecca Aarts and Hospital Play Specialist Jemma Thomas, it's been fantastic to get this project off the ground.

"I think if we can bring any amount of joy into what can be a really scary time for children, then why not?," says Rebecca.

Jemma adds "There's so much power in a snuggle, especially for children and their families who can be really confronted by lots of tubes, IV lines, and pumps. It's such a foreign environment to be in."

Our new initiative on the children's wards and Biskit's first visit were featured on Seven Sharp last Friday. You can [watch the segment here](#).

To learn more about Canine Friends Pet Therapy, go to the website: <https://www.caninefriends.org.nz/>



Canine Friends Pet Therapy team Wanda Vivequin and her Border Collie Biskit



Te Tumu Waiora gets a big thumbs up from general practice

Canterbury's general practices (GPs) find having Te Tumu Waiora roles in their practices overwhelmingly positive and of great benefit to their patients and teams, a recent survey shows.

Te Tumu Waiora is new model of care that provides intervention for people experiencing mental distress or who need behavioural advice and support.

Ninety-eight percent of respondents agreed that having a Health Improvement Practitioner (HIP) in practice was beneficial to patients and 90 percent agreed health coaches were also beneficial.

One respondent commented that: "The HIP is so helpful for patients who are 'stuck' or distressed. [Our HIP] is amazing at helping [patients] find a way to become 'unstuck' whether it's because they are depressed or have just lost motivation.... The health coach is great at sharing the load as they have time to encourage and give lifestyle advice. It's fabulous to have someone enthusiastic to help motivate people in this area."

Similar numbers of respondents also believed the benefits flowed to the practice team too. Comments included:

- › "Our 15-minute consults are so time pressured - it often feels like we are fighting fires. It is good to have a team working on the prevention of the fires and [providing] support when they are out of control."
- › "[As a GP, Te Tumu Waiora] takes so much pressure off and allows us to delegate a bit more of the care of our patients. It also feels like a whole team approach and a much more holistic way of caring for our population."
- › "It eases that sense of shuffling someone out the door with a half-resolved problem."
- › "It feels good to meet a patient's needs even when feeling busy or overwhelmed."
- › "I would no longer have any desire to work somewhere that does not have this fantastic support. I have been a practice nurse for 28 years and this has been the most useful innovative addition to general practice."

GP Lead for Te Tumu Waiora Canterbury, Lizzie Loudon, said the results provided a clear indication that Te Tumu Waiora provides immense value for



GP Lead for Te Tumu Waiora Canterbury, Lizzie Loudon

both patients and general practice teams.

"Themes from the survey show practice teams appreciate having HIP and Health Coach roles onsite and integrated into the team, so patients could often be seen on the same day," says Lizzie.

"They also demonstrate how Te Tumu Waiora staff can engage with hard-to-reach patients and reduce the pressure on GPs and nurses by supporting patients to manage chronic illness and mental health."

Furthermore, the survey highlighted that Te Tumu Waiora is changing the way clinicians engage with patients, with three quarters of clinicians saying they were more likely to prescribe a lifestyle intervention since having a HIP and health coach in practice, while over half said they were more likely to explore mental health issues knowing there was a HIP or health coach to help support the patient if needed.

The feedback also identified barriers some practices experience to rolling out Te Tumu Waiora including physical space at the practice, training and orientation, and integration into practice teams which provides useful feedback for the teams.

Approximately 84 people responded from across 20 practices, including general practitioners, practice nurses, practice managers, allied health workers and administrators.

Lizzie presented the findings at the national Integrated Primary Mental Health and Addictions Conference in March – [view the presentation](#).

International Non-Binary People's Day

International Non-Binary People's Day is observed each year on 14 July with the aim of raising awareness and support for non-binary people.

The day was first celebrated in 2012, with the date specifically chosen for being precisely midway between International Men's Day and International Women's Day.

Some Western ideals of gender are very binary, with men and women at polar ends, but this doesn't always hold true around the world; many indigenous cultures have always been fluid with gender, says Workforce Development Partner Akira Le Fevre.

"People's gender and sex can be two different things. Our anatomy does not have to determine how we feel or identify, in short, our gender is how we feel in our head and heart."

For most people, their gender and sex match and they will be quite comfortable and certain around identifying as either male or female – but some people they do not. Some non-binary people don't like the masculine or feminine stereotypes that come with male or female gender. This means that identifying as male or female simply doesn't feel right for them.

Identifying as non-binary can be more empowering or feel more authentic to these people. Being non-binary can be different for each person and it is totally up to that person how it looks and feels for them, he says.

"This diverse approach is very important to consider when working with and supporting the many diverse communities we serve."

People who are non-binary will often use the pronoun 'they/them' instead of the binary 'he/him' or 'she/her'.

"We live in a society where the two genders have been the norm, so it is only natural to struggle with adapting our language – change is never easy. It is important to understand that non-binary is not about erasing male or female, it is simply to include those who do not fit within those gender identities."

INTERNATIONAL NON-BINARY PEOPLE'S DAY

14TH JULY



For many in the rainbow community, being mis-gendered or not having their chosen or correct name used is a big barrier for them to accessing health care. The 2019 'Counting Ourselves' study showed that in New Zealand 36 percent of non-binary or trans-gender people avoided seeing a doctor because they were worried about disrespect or mistreatment.

"We can help remove this barrier through one of our Te Whatu Ora values of 'care and respect for others' by simply using a person's chosen pronoun and name," Akira says.

To learn more about supporting our non-binary, trans and rainbow communities you can attend the Te Whatu Ora [Rainbow Diversity Workshop](#) delivered by our Mana Taurite | Equity, Diversity and Inclusion team.

For more information we also have a [Non-Binary](#) and a [pronouns](#) video as well as a [pronouns resource](#). You can also contact akira.lefevre@cdhb.health.nz who holds a Rainbow Lived Experience Advisory Role here at Te Whatu Ora Waitaha me Te Tai o Poutini.

Removal of prescription charge a game-changer for many

Article provided by Kim Thomas from the Canterbury Community Pharmacy Group

With the removal of the \$5 prescription charge on 1 July, many patients will no longer have to ration or miss out on essential medicines.

The Canterbury Community Pharmacy Group welcomes the change and says it will immediately make a difference to people's health, particularly those managing long term conditions.

Simon Church is a Canterbury Community Pharmacy Group board member and runs a pharmacy in Aranui. He says the per-medication charge (dubbed a co-pay) forced many people to prioritise what medicine they could afford. The continued rising cost of living had increased this pressure.

When patients couldn't afford the co-pay charge they often took only some medications, or the pharmacy would allow them to pay the costs over time to ensure they did not miss any essential medicines.

"I found if people have to choose what medicines to collect because of cost they often choose painkillers and might not collect medicines for long term conditions such as diabetes or high cholesterol. This is not good for the patient or the health system because these conditions don't go away and become worse with a lack of treatment, with long term consequences for people's health."

The co-pay cost also meant people frequently stayed away from the pharmacy altogether and did not get their (often very important) medications. Pharmacists are an integral part of caring for people in their communities and they can better do this when the money is not a barrier, he says.

Aranui man John Robertson takes four different medications a day to "keep me alive and as healthy as possible" after suffering a stroke two years ago. The 52-year-old says he took his life-preserving medication every second day when he could not afford to renew the prescription.

"I'm not sure what exactly the medicines do but they are keeping me alive and I have to take them for the rest of my life. It really isn't good having to ask the pharmacist to pay later or not take the medicines properly because of money."



Aranui man John Robertson used to ration his life-preserving medication before the prescription charge was removed

Paul Dargan takes seven different medicines a day for a variety of ailments including a heart condition and type 2 diabetes. The 79-year-old Wainoni man has mobility issues so gets his prescriptions delivered.

Dargan says he's "dipped into his savings" to pay prescription charges. His savings also cover recent increases in everyday costs, such as a doubling of the cost to insure his home.

"With this cost of living crisis, everything costs more, and I am on a fixed income. I was able to save a nest egg before my retirement, so I can pay for the basics that my pension does not cover. But every single thing is more expensive so I'm grateful the \$5 prescription cost will be dropped as every dollar counts for me, and I'm sure a lot of other people, not just retirees."

A recent study by the University of Otago's Va'a o Tautai – Centre for Pacific Health – found for every 100 people who received free prescriptions, 33 were admitted to hospital and stayed for 208 days. For those who had to pay the \$5 charge, for every 100 people, 41 were admitted to hospital and stayed for 326 days.

The study was published in the [BMC Health Services Research journal](#).

Consumer perspective sought for the Primary Care Taskforce



The CCN (Canterbury Clinical Network) is seeking consumers to contribute their experiences, knowledge, ideas and perspectives to the Primary Care Taskforce and associated subgroups of work.

About CCN (Canterbury Clinical Network)

CCN is a collaborative of health professionals, mana whenua and tangata whenua, consumers, and cross sector partners working together to decide how, when and where health services are delivered. For more information go to www.ccn.health.nz.

About the Primary Care Taskforce (PCTF)

The PCTF is providing leadership to initiatives or models of care that improve access for our populations most at need by relieving primary care capacity pressures, with an initial focus on improving access to general practice services. The current priorities of the Taskforce are:

- › Reviewing responses to a recent general practice survey, to guide the current and future priorities of the PCTF
- › Exploring opportunities to increase the uptake of pharmacists working in general practice to provide people/whānau with more comprehensive care
- › Reducing the administration burden on general practitioners by increasing the uptake of alternative approaches to managing their clinical inbox
- › Exploring ways to retain the workforce in general practice.

Consumer perspectives are sought for the PCTF, and the group's various priority areas of work.

The Terms of Reference can be [found here](#) and more information about the PCTF is [available here](#).

Meeting and Remuneration

PCTF meetings are currently monthly for one hour, Tuesdays 11am – 12pm. Meetings for the various priority areas of work are varied and based on need. Remuneration will be as per the [CCN Remuneration Policy](#).

Attributes sought

We welcome expressions of interest from consumers that:

- › Bring a diversity of age, cultural backgrounds and lived experiences
- › Are well-connected to the community or other consumer networks
- › Are committed to engaging with and communicating between consumer networks and the PCTF
- › Able to actively contribute to a group environment and work constructively with others.

An understanding of the following would be an advantage:

- › What influences people/whānau access to care
- › Primary care, including general practice
- › How the various parts of the health system influence access to and capacity of primary care.

Nomination Process

If you would like to express your interest in participating in the PCTF or nominate a peer, please complete the [expression of interest form](#) and return via email to linda.wensley@ccn.health.nz by Monday 17 July.

Pānui – Notices

Something For You

Something for You is the Te Whatu Ora – Waitaha Canterbury 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 offers for you.



Fitness Passport – Your Fitness Passport vote is coming...

Fitness Passport is a discounted workplace health and fitness program. For a fraction of the price of a regular gym membership, its members and their families enjoy unparalleled access to a wide range of gyms, pools and fitness centres as often as they like. Its purpose is to motivate staff to participate in exercise by removing the barriers of cost and limited choice.

Te Whatu Ora Waitaha and Te Tai o Poutini have the opportunity to have a Fitness Passport program designed exclusively for us. This survey will allow you to nominate your favourite gyms and pools for inclusion in the programme and tells us how many employees are interested in membership. Don't miss this chance to have your say! www.fitnesspassport.co.nz



Noel leeming – Moorhouse, Riccarton, Northlink, Hornby, Northwood and online at www.noelleeming.co.nz

Last week of Te Whatu Ora Staff plus Friends and Family deal. Discounts including cost + 5-10 percent on all products storewide with 2.5 percent of total sales will go to Christchurch City Mission. This deal can be used instore and online from 3rd July- 16th July. Find more details including [promotion codes here](#).



Warehouse Stationery – Eastgate, Papanui, South City and online at www.warehousestationery.co.nz

Last week of Te Whatu Ora Staff, plus Friends and Family deal. Offering 30 percent off filing and storage paper notebooks and 20 percent off office stationery and labels, envelopes, packing, whiteboards and cork-boards, office desks, office chairs and furniture with 2.5 percent of total sales will go to Christchurch City Mission. This deal can be used instore and online from 3rd July- 16th July. Find more details including [promotion codes here](#).

QUIZ ANSWERS – The Rolling Stones

1. c. 1962
2. a. London School of Economics
3. b. "... I'd rather be dead than sing 'Satisfaction' when I'm 45."
4. d. All of the above
5. a. Cuba – they played to 100,000 people
6. a & 4, b & 2, c & 1, d & 3
7. b. He got a head injury falling out of a tree in Fiji
8. b. False. John Pasche was in the third and final year of his Master of Arts degree at the Royal College of Art in London 1970 when Mick Jagger approached him to create the logo. He was paid £50.
9. c. Satisfaction
10. a. None. Despite six decades in the business, the group has never won a Grammy Award.



Online Information Evenings for Registered Nurses

17 & 24 August 2023
7–8pm

otago.ac.nz/nursing



NEW ZEALAND

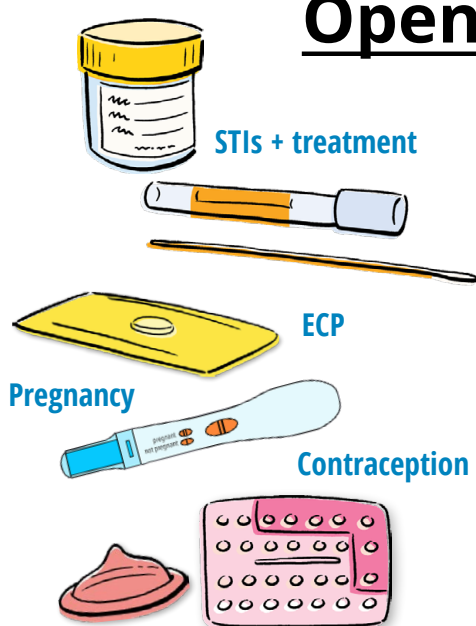
Family Planning

Rolleston Clinic

94 Rolleston Drive,
Rolleston Community Centre

Youth Drop-in Clinic

no appointment needed



STIs + treatment

ECP

Pregnancy

Contraception

Open: Monday
8.30am to 4.30pm

Date: 26th June

Date: 10th July

Date: 24th July

Date: 7th August

Date: 21st August

Date: 11th September

Family Planning services are **free if you're under 22*,**
or \$5 if you have a community services card.

(*NZ residents or eligible for funded healthcare)

familyplanning.org.nz • facebook.com/familyplanningnz

CONFIDENTIAL, NON JUDGEMENTAL, EXPERT ADVICE



NEW ZEALAND

Family Planning

Hornby Clinic

8 Goulding Avenue, Hornby

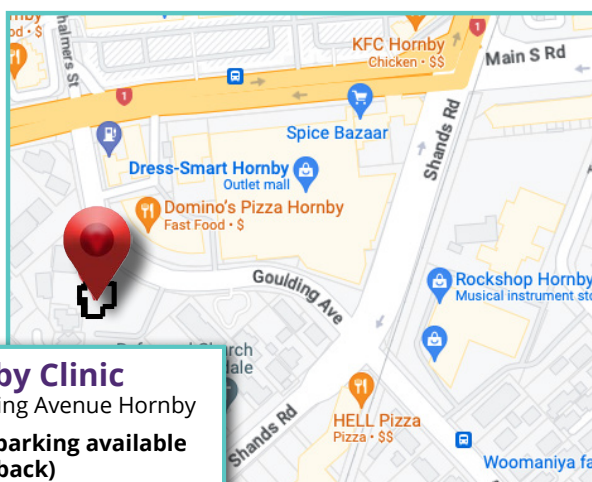
Booked Appointments

Open: Tuesday 9am to 4pm

Date: 4th July

Date: 11th July

Date: 18th July



Drop-in

no appointment needed

Open: Every Friday 9am to 4pm

We don't take payment at the clinic but clients will be invoiced.

Family Planning services are free if you're under 22*,
or \$5 if you have a community services card. (*NZ residents or eligible for funded healthcare)

familyplanning.org.nz • facebook.com/familyplanningnz

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