

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: From left, Community Librarian Megan Cornish, Specialist Paediatric Dentist Arun Natarajan and Dental Assistant Camille Dock entertain children at Everyday Heroes Storytime at Bishopdale Library last week

Kupu Arataki – Introduction

Te Wiki o te reo Māori – Māori Language Week

Today marks the beginning of Te Wiki o te reo Māori and a reminder of the significance of the Māori language in Aotearoa New Zealand's culture and identity.

There are several events happening for staff to enjoy this week. From te reo lessons to waiata; hāngi, a colouring competition and quiz. Please refer to the daily email for the events planned this week. You can join some online if you're unable to attend in person.

On [page 9](#) Workforce Development Partner | Mana Taurite – Equity, Diversity, and Inclusion Akira Le Fevre (he/him) shares his personal te reo journey. Growing up Māori in a Pākehā family meant he had a complicated relationship with the Māori language but as an adult, he now shares his love and passion for te reo.

Akira talks about the importance and relevance of Te Wiki o te reo Māori and this week's akoranaga (lesson) on [page 12](#) is also dedicated to the language week.



Voting in the General Election – staff, patients, and consumers

The 2023 General Election is on Saturday 14 October; however, the voting period opens from Monday 2 October.

If someone knows when they will be admitted to, or discharged from our care, they can plan their vote for a suitable time in the 12-day period and attend a local polling place.

For patients and consumers who find themselves unexpectedly admitted to our care or are with us for a longer stay and don't have the opportunity to attend a polling place, there will be a few options available to them to ensure they are able to vote. Additionally, there will be opportunities for staff to vote on our Christchurch, Burwood and Hillmorton campuses.

An FAQ will be shared with staff in the next couple of weeks with information on how staff, patients and consumers can vote on our campuses.

Everyday Heroes Storytime

Prevention is always better than cure and this is particularly true when it comes to children's teeth. With up to 50 percent of New Zealand tamariki having early childhood tooth decay, the proactive work of Specialist Paediatric Dentist Arun Natarajan is timely and important.

Arun has started participating in Everyday Heroes Storytime where he gets the opportunity to educate young children and their parents/caregivers on the importance of caring for their teeth.

You can read more about this great initiative on [page 8](#).



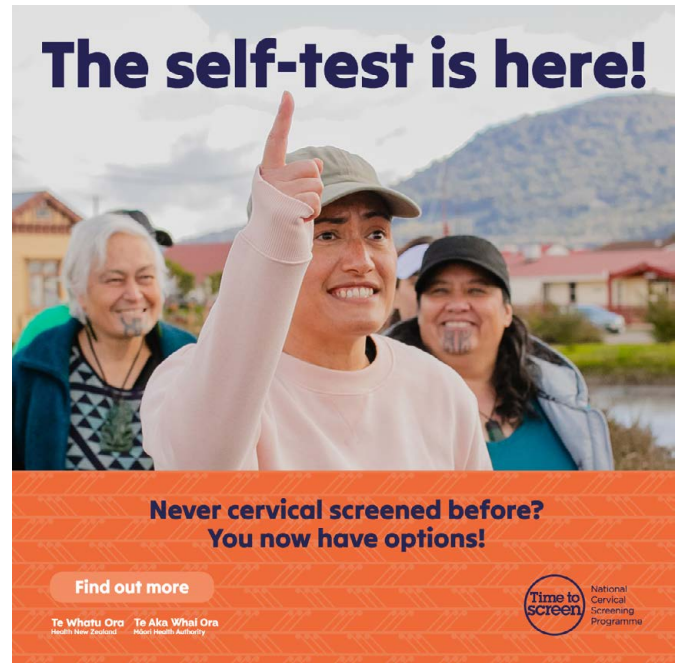
Specialist Paediatric Dentist Arun Natarajan talks to children during Everyday Heroes Storytime at Bishopton Library

New HPV screening will allow for self-testing

One of the biggest changes to women's health in New Zealand comes into effect tomorrow. The pap smear which has been the standard cervical screening test since the National Cervical Screening Programme (NCSP) began in 1990, will now be a test for human papillomavirus (HPV). Almost all cervical cancer is caused by HPV and this new test will improve the detection of risks and changes that can lead to cancer.

In addition, the test will be a vaginal swab that can be self-administered. For those who are uncomfortable with having a pap smear or who have put off getting screened, the new test will be less invasive. The option to self-test also means that some who have been hesitant to get screened, may be more inclined to do so.

You can read more about the HPV testing on [page 16](#).



World Physiotherapy Day

Last Friday 8 September was World Physiotherapy Day. One of the most common specialist referrals made by general practices across the world, is to a physiotherapist. Physios provide treatment for people after injury, surgery or accident, including athletes, those with arthritis, and people who have had a limb amputation.

Their services include relief from pain, assistance with physical limitations; and even disease management. There aren't too many of us who won't visit a physiotherapist at some point in our lives and they are crucial to keeping people well, mobile, and independent.

The theme of this year's World Physiotherapy Day was 'arthritis' with a particular focus on inflammatory forms, including rheumatoid arthritis and axial spondyloarthritis.

Arthritis affects people of all ages and levels of physical fitness. Symptoms can vary from day-to-day and for many, they are debilitating.

The right treatment can help manage those symptoms, reduce pain, and allow people to live well.



Burwood Hospital Physiotherapy team

Regular physical activity and exercise are important in the management of all forms of inflammatory arthritis and physiotherapy is a vital part of the overall treatment.

Physiotherapists guide patients on how to exercise safely, increase activity levels, set goals, and find the right balance between rest and activity.

Thank you to all the wonderful and dedicated physiotherapists who treat Cantabrians and improve their lives every single day. We truly appreciate everything you do.

Volunteers needed to deliver Meals on Wheels

Te Whatu Ora, in conjunction with the Red Cross, provide a hot nutritious lunch every weekday to thousands of New Zealanders who have a disability or ongoing health problems that mean they have difficulty preparing a meal for themselves.

The Meals on Wheels service has existed since the 1950s and in addition to providing a healthy lunch, the service gives clients regular social contact and an opportunity for someone to check that they're doing okay.

There is currently a shortage of Meals on Wheels volunteers in Christchurch, and as the summer/Christmas period is rapidly approaching, even more drivers will be needed.

Could you become a volunteer?

- › Could you drive a two-hour mid-morning shift every couple of weeks?
- › Have a valid driver's licence and a road-worthy vehicle with valid registration and warrant of fitness
- › Have two referees for a reference check and undertake a police vetting
- › Are aged 18 years or older.

If you or someone you know could volunteer, please refer to the [Red Cross website](#) for more details.

Message from Te Whatu Ora Board Chair, Dame Dr Karen Poutasi

I want to take this opportunity to share mine, and the board's, thanks for your hard work on behalf of the people of Aotearoa New Zealand.

It's a stressful time and we know the environment is less than conducive to ease of work. We understand that, but I know that you do your best every day, to deliver really good services for our people. I really appreciate it.

We've done well with winter, despite the stress of winter and the stresses we've inherited. We're doing well with waitlists, notwithstanding the fact that they are significant. We are making significant inroads into our workforce challenges and that is really heartening.

We are definitely seeing the benefits of being one organisation, alongside Te Aka Whai Ora, to address workforce issues for the country as a whole. We are seeing the potential of our new structure and how much it will help you in your work for New Zealanders.

So, from the board, thank you again. We've got a long way to go. Some of us old hands know the challenges ahead of us, but I know we are all up for those challenges. Because if we continue doing what we were always doing, we are not going to be able to deliver the benefits for New Zealanders.



Te Whatu Ora Board Chair Karen Poutasi

We are not alone in the stresses and strains that confront us, but we are a unique country in our own right and it's our job to do the best for our country in the face of international headwinds. That we will do I know.

I know our team of teams will join to make and do better as we look forward into the future. Building on the strength of the past that we've inherited to create and build new opportunities to do even better in the future.

Ngā manaakitanga.

QUIZ – They said what?

Celebrities, athletes, academics, and politicians say the darndest things! Who made these bold, profound, funny, controversial, inspirational, or downright idiotic statements?

1. **Which 90s supermodel famously said: “I don’t get out of bed for less than \$10,000 a day.”**
 - a. Naomi Campbell
 - b. Claudia Schiffer
 - c. Cindy Crawford
 - d. Linda Evangelista
2. **Which former US President said: “Our enemies are innovative and resourceful, and so are we. They never stop thinking about new ways to harm our country and our people, and neither do we.”**
 - a. George W Bush
 - b. George H W Bush
 - c. Donald Trump
 - d. Ronald Reagan
3. **Which sportsperson said: “It’s hard to be humble when you’re as great as I am.”**
 - a. Mike Tyson
 - b. Tom Brady
 - c. Muhammad Ali
 - d. Conor McGregor
4. **What world leader said: “It is a woman's decision about when they choose to have children, and it should not predetermine whether or not they are given a job or have job opportunities.”**
 - a. Justin Trudeau
 - b. Jacinda Ardern
 - c. Julia Gillard
 - d. John F Kennedy
5. **What civil rights campaigner said: “Because I’ve been to the mountaintop. And I don’t mind. Like any man, I would like to live a long life. Longevity has its place. But I’m not concerned about that now...”**
 - a. Malcolm X
 - b. Martin Luther King Jr
 - c. Rev. Jesse Jackson
 - d. Rosa Parks
6. **What famous All Black said: “We’re not playing tiddlywinks here mate. This is a contact sport.”**
 - a. Buck Shelford
 - b. Jonah Lomu
 - c. Tana Umaga
 - d. Piri Weepu
7. **What admired scientist said: “It is not the strongest of the species that survives, not the most intelligent that survives. It is the one that is the most adaptable to change.”**
 - a. David Attenborough
 - b. Carl Sagan
 - c. Neil deGrasse Tyson
 - d. Charles Darwin
8. **Who sang: “Life is what happens to you, while you’re busy making other plans.”**
 - a. John Lennon
 - b. Paul McCartney
 - c. Mick Jagger
 - d. Keith Richards
9. **What was the occupation of the person who said: “At three o'clock in the morning that pie has been in the warming drawer for probably about 12 hours. It'll be thermo-nuclear. You must always blow on the pie, always blow on the pie.”**
 - a. Service station attendant
 - b. Baker
 - c. Police officer
 - d. Emergency Department doctor
10. **What writer and humourist said: The only thing worse than being talked about is not being talked about.”**
 - a. Mark Twain
 - b. Oscar Wilde
 - c. Stephen Fry
 - d. Erma Bombeck

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

Ā mātou tāngata – Our people

Education key to healthy tamariki teeth

For Specialist Paediatric Dentist Arun Natarajan, getting out into the community to give our littlest people top teeth tips is one of the highlights of his work.

Between 40 and 50 percent of Kiwi children have early childhood tooth decay, and this is now the leading cause of child hospitalisation.

“In my hospital work, I deal with the extreme end of the tooth decay spectrum. Every day we see kids walk in with at least five or even 10 teeth affected that need to be taken out or filled,” Arun says.

Arun believes that education is key to improving dental outcomes for New Zealand tamariki and so has started regularly participating in Everyday Heroes Storytime through Christchurch City Council libraries. These events allow community ‘heroes’ including clinicians like Arun, firefighters, police officers, paramedics, and others to engage with pre-schoolers and young children. Through reading stories, play, songs and educational interaction, the children learn valuable health, safety, and life lessons.

Last week, Arun along with Community Librarian Megan Cornish and Dental Assistant Camille Dock participated in Everyday Heroes Storytime at Ōrauwhata: Bishopdale Library and Community Centre. The youngsters, along with their parents/ caregivers, were entertained with a story, puppets and play to learn the importance of brushing their teeth.



Community Librarian Megan Cornish reads to the children

Seven Sharp filmed the session, and you can watch the [segment here](#).

These events are promoted through Christchurch City Council and local libraries, and you can expect to see Arun pop up again at a library near you!



From left, Community Librarian Megan Cornish, Specialist Paediatric Dentist Arun Natarajan and Dental Assistant Camille Dock talk with the children



Young Max learns how to take care of his teeth

Arun's top tips for tamariki teeth

- › Stop the sugary drinks and treats. The biggest cause of childhood tooth decay is sugar
- › Establish a good habit of brushing children's teeth twice a day with a fluoride toothpaste
- › A parent or caregiver should brush their child's teeth until they are eight years old. This is to ensure all the teeth, including the adult molars that come in at around six or seven years of age, are brushed properly. From the age of eight, the kids should be able to brush their own teeth
- › Don't rinse the child's mouth with water after brushing. Let the toothpaste stay on the teeth and continue to 'do its thing'.

My te reo Māori journey

by Workforce Development Partner | Mana Taurite
– Equity, Diversity and Inclusion Akira Le Fevre (he/him)

Growing up on the east side of Ōtatutahi Christchurch and the only wee Māori boy in my adopted Pākehā family, I had always felt embarrassed hearing te reo Māori.

Maybe it was because I grew up with the stigma that Māori were 'lesser' or maybe because I couldn't speak my own indigenous language that I felt like a stranger within my own culture. Now as a 42 year-old, hearing te reo Māori spoken so frequently and beautifully like poetry warms my heart.

We now see TV news presenters speak it confidently, musicians translating their songs into te reo Māori and even the worlds most famous drag queen RuPaul greeting her drag divas with 'Kia ora Queens' on a global stage.

Working at Te Whatu Ora in Equity, Diversity and Inclusion, I try and encourage people to be positively curious, whether that's around someone's sexuality, gender identity, disability, faith or culture. As Māori we encourage people to try to speak te reo Māori, to lose the fear of getting it wrong and just do your best.

Often that fear holds us back, and as Māori we aren't here to judge but to tautoko (support) you. When we hear someone speaking te reo Māori we aren't focusing on your mistakes, we just appreciate that you are giving it a go.

As a country we've come a long way, but I'm not blind to the fact we still have far to go, especially when a simple chocolate wrapper including kupu (words) Māori can cause dismay and outrage. As a schoolboy the only thing I remember being taught about te reo Māori was being told that an easy way to pronounce the word 'Māori' was to compare it to the word 'mouldy' which as a shy 10-year-old instilled a negative stigma around being Māori.

Now school children are taught the importance of being proud of who they are, where they come from and can roll their pepeha off their tongue. As an adult I am proud, but still nervous, to recite my pepeha. However, now with both my parents recently having passed away, when I stand and say "Ko Murray Le Fevre tōku pāpā. Ko Jean Le Fevre



Workforce Development Partner Mana Taurite – Equity, Diversity and Inclusion Akira Le Fevre at the Arahura Marae at Awatuna, just north of Hokitika

tōku māmā" it makes it even more special that I can keep their wairua (spirit) alive.

One of my favourite New Zealand movies, the groundbreaking 'Rurangi' has a character starting her own journey with te reo Māori. A quote from the movie which really resonated with me was "it used to be that we were supposed to feel shame for speaking Māori, now we're meant to feel shame for not speaking it. Who benefits from our shame?"

I no longer feel shame when hearing te reo Māori, nor do I feel shame for not being able to speak it fluently. Instead I am filled with aroha and whakakī (pride). I'm proud of my journey with te reo Māori and I look forward to navigating my waka (boat) through this awa (river) and welcome anyone to set sail, no matter where they are starting from.

Hepetema (September) 11-17 2023 – Te Wiki o te Reo Māori, or Māori Language Week, is an annual campaign led by Te Taura Whiri promoting te reo as New Zealand's language and a language for all New Zealanders.

Te Taura Whiri i te Reo Māori (Māori Language Commission) promotes the use of Māori as a living language. Every year they encourage whānau from across Aotearoa, New Zealand, including organisations, schools, workplaces and homes, to give te reo Māori a go. The theme of Kia Kaha Te Reo Māori – making the language stronger – will continue this year, picking up from where it left off in 2022.

The campaign is an essential piece of the puzzle to achieving the goal of 1 million speakers of te reo Māori in 2040.

Māori Language Week has been celebrated each year from 1975 and commemorates the presentation of the 1972 Māori language petition to parliament. Te Wiki o te Reo Māori is becoming a major fixture on the national calendar providing an opportunity for concentrated promotion, raising awareness and giving an opportunity for expert and advanced speakers to encourage others on their te reo Māori journey.

How to observe Te Wiki o te reo Māori:

Learn some new words:

– Make an effort to learn at least a dozen Māori words before the week is up. Here are a few that are easy to use every day: kia ora – hello, mōrena – good morning, pō mārie, good night, āe – yes, kāo – no, e aua – I don't know, haere mai – come here, ka pai – well done, whānau – family. [Check out these resources.](#)

Correct your pronunciation:

If you're not sure how to pronounce a word, [Te Aka](#) is a great link to find new words and hear how to pronounce them.

Watch television:

The news and weather reports continue to make great progress in the content of te reo Māori that they incorporate all year round.

MĀORI
LANGUAGE
WEEK

11-17
HEPETEMA
2023

TE WIKI
O TE REO
MĀORI



11-17 Hepetema 2023
Te Wiki o te Reo Māori

Protecting your pēpi
from **Whooping Cough**
starts during pregnancy

Te Whatu Ora
Health New Zealand

Te Aka Whai Ora
Māori Health Authority



One minute with...

Christopher Pennington, Executive Assistant (EA) to Chiquita Hansen (Regional Wayfinder Commissioning)

What does your job involve?

Executive Assistant (EA) is an incredibly varied role with the key focus of maximising what the executive can achieve each day; being their right-hand person. Sometimes that is being a soundboard for the big strategy discussions, other times it is making sure incoming emails are prioritised and responded to, and sometimes it is as simple as making sure they have time to grab a coffee.

As the Wayfinder is the co-chair of the Regional Integration Team (RIT) I also provide secretariat functions for this team; agenda setting, minute taking and advising on governance issues.

What pathway got you to this job?

I've had several admin and support roles, and team coordination, and was given the opportunity to move into the EA and Secretariat space recently.

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

Don't be afraid to give things a go! It can be scary to push yourself, but I haven't read any timeless stories that started with "I waited until I was sure I'd succeed..."

Who inspires you and why?

My two wonderful daughters, and my beautiful wife. They motivate me to be a better person and put any work challenges in perspective.



Chris and his wife Angela and their children Emma and Elliott

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?

I believe we can outwork these values by having an attitude of going above and beyond, something that has been exemplified by all of us in the health system over the last few years, especially those on the front line. In my role this means not letting the busyness and competing priorities cause me to aim for the easiest solution, but rather the best.

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

Any of the tropical islands. Warm weather and great beaches are my happy place.

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

Robin Williams, he was such an amazing and hilarious actor, and I'm assuming this would somehow bring him back!

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

We do what we can to care for our beautiful planet; reducing our waste, buying second-hand, biking for travel where possible, even forgoing a car for two years until we could save for a second-hand electric vehicle.

What are your hobbies/interests outside of work?

I enjoy gardening and spending time in nature, juxtaposed nicely with HiFi audio and PC gaming.

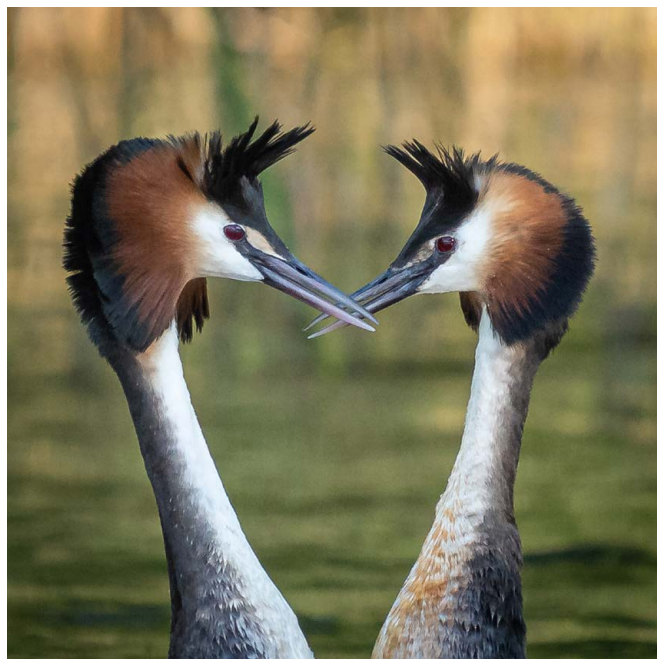
If you would like to take part in this column or would like to nominate someone please contact Naomi.Gilling@cdhb.health.nz.

What is spring?



(Above) Spring to me as a photographer means many photo opportunities with the spring flowers, newborn lambs, and other babies.

Telephonist/Rec Booking Coordinator - General Surgery Alison Parish eptionist Pauline Hart



(Left) Spring spells 'love is in the air'. Lots of funny or very attractive birds (in the case of these Pūteketeke / Australasian crested grebes) mating dances, and scrapping followed by lots of super cute chicks. One of just many things to love about spring.

Manager Information and Policy teams, Te Mana Ora Sandy Brinsdon

What is spring to you? Share your favourite thing about the season, what you're looking forward to or what defines spring in Canterbury for you. Just a few words and a photo (if you have one) will help us all get excited about the upcoming change in season. you can contribute by [clicking here](https://forms.office.com/r/7aGbwjdy36) or on this URL: <https://forms.office.com/r/7aGbwjdy36>

Whakamihi – Bouquets



Marita and Kuriachan, Ward 12, Christchurch Hospital

My brother was in Ward 12 having major surgery. My sister-in-law and myself want to acknowledge the outstanding care from a couple of nurses who work in that ward – Marita and Kuriachan. They both went out of their way to ensure there was a peacefulness in [patient name's] room and helped him with a sense of calm when recovering from such major surgery. They made his bed and tidied his room as well as the usual cares and medication dispensing. They just went above and beyond, and it was so appreciated.

Emergency Department (ED), Christchurch Hospital

I am writing to express my deep appreciation and gratitude to all the staff who worked hard to save my life and took care of me. I understand from my family that at times I was difficult during my recovery stage. I am sorry if I made anyone feel uncomfortable, I was not myself. It has been a very difficult time for myself and my family, given the circumstances around my admittance to the hospital. I apologise that it has taken so long for me to acknowledge the medical care that I received, however, I am grateful.

Sally, Bone Shop, Christchurch Hospital

Sally from the Bone Shop was amazing today. We were having issues obtaining a medical certificate for our daughter. Sally went out of her way to correct the problem and was super helpful. What an awesome person to have caring for others!

Christchurch Hospital are lucky to have her working there and so are the people of Christchurch. Thanks for caring Sally!

General Surgery and Ward 11, Christchurch Hospital

I was pretty anxious about surgery and my stay. Turns out I had no worries. Everyone, nurses, doctors etc were amazing and friendly, and made everything stress free. Thank you to all of you for your time, caring and smiles. I am so grateful. P.S. I am such a racing roadrunner now! Look out life, here I come!

Trish, Respiratory Physiotherapist, Christchurch Hospital

I've been coming to see Trish for the past few months, and she has improved my health so much. I was feeling like I had a limited outlook, as had gone from being previously active to struggling to breathe after walking 60 metres. Now I am planning to walk 5km next month. Trish and the Physio department are amazing. Five-star team!

Ward A3 and B3 and Intensive Care Unit, Christchurch Hospital

I have had the most wonderful caring staff and been treated with dignity and compassion. I have been listened to intently and received helpful advice on how to care for myself when I return home. To all the staff who were by my side I want to say thank you!

Ward A4, Christchurch Hospital

After spending five days here I have to compliment the care and service I have received. It has been great and at no time have I had any reason to think otherwise. Keep up the great service.

Surgical Assessment and Review Area, Christchurch Hospital

Thank you to the staff for your care. It was first class.

Caitlyn, ED, Christchurch Hospital

My wife and I were extremely impressed with Caitlyn's service in and around the waiting area in a wonderful, friendly, and professional manner, helping all kinds of patients with all kinds of requests and being generally helpful. She is excellent! Highly commended.

Lily, Christchurch Women's Hospital

We want to send in a sincere thank you to the most wonderful nurse, Lily Johnson. She looked after me yesterday in day surgery at Christchurch Women's. There are so many kind nurses around, but she was above and beyond and is genuinely the most lovely, caring, hardworking, simply incredible nurse. My surgery wasn't a nice one and she made me feel so cared for and at ease. I wish there was something I could do for her to say thank you as it really meant so much to me. She deserves to be recognised for her hard-work and compassion. Thank you again Lily.

Acute dialysis, Nephrology, Christchurch Hospital

I love that everyone here is so kind and caring. Thank you.

How to vote in the General Election

Click on the image below to watch a short video explaining how to vote in this year's General Election.



**Here's how to vote in
the General Election.**



Ā mātou kōrero – Our stories

HPV test now primary cervical screening method

September is Cervical Screening Awareness Month, and this week will see one of the biggest changes to the prevention of cervical cancer in Aotearoa New Zealand.

Effective tomorrow, 12 September the primary test for cervical screening (previously called a smear test) will change to a human papillomavirus (HPV) test, with the option of self-testing.

Almost all cervical cancers are caused by HPV. It is a very common virus with multiple strains and is spread by intimate skin-to-skin contact or any sexual activity.

Most people will have HPV at some time in their lives and the body usually clears itself of the virus, however some strains can persist and pose a high risk of developing into cervical cancer.

How will the new HPV testing work?

When you receive notification that you are due for your screening, you will visit your usual provider (general practice, hauora provider, community, sexual health or Family Planning clinic).

The new HPV testing requires a vaginal swab. After consultation with your provider, you may prefer the doctor or nurse to assist you, or you may choose to do this as a self-test in a private place in the clinic.

The self-test may feel less invasive and more comfortable than a pap smear.

It is important to discuss all your options with your health provider as you may choose to continue to have, or they may recommend, ongoing cervical screening smear tests.

Results

Your HPV test results will usually come back within two weeks. Around 90 percent of people screened will be found not to have HPV.

If you do test positive for HPV, this does not mean that you have, or will develop, cancer. Your health provider may recommend some additional testing to see if there are any changes to the cells of your cervix.

Frequency

If HPV is not found in your test results, it will likely mean that you won't need to be screened for another five years (three years if you're immune deficient).



The cervical screening self-test is here. It's a game-changer!

Cervical screening is for eligible wāhine, and people with a cervix aged 25 to 69. Visit [TimeToCervicalScreen.nz](https://www.timetocervicalscreen.nz), call 0800 729 729 or talk to your nurse, doctor or hauora clinic.

Te Whatu Ora Health New Zealand | Te Aka Whai Ora Māori Health Authority | **Time to screen** National Cervical Screening Programme

Who should have the HPV test?

Wāhine/women and people with a cervix aged 25 to 69, who have ever had intimate skin-to-skin contact or any sexual activity, no matter their sexual orientation.

If you have had a total hysterectomy, check with your health provider to see if you still need to have this test.

From tomorrow, free screening will be available for:

- › Wāhine/women and people with a cervix 30 years and over who are unscreened (have never had a screening test) or under-screened (haven't had a test in the past five years)
- › Anyone requiring follow up
- › Māori and Pacific
- › Anyone who is a community service card holder.

If you have any questions about the new HPV test, you can speak to your health provider, or refer to the [Time to Screen website](https://www.timetocervicalscreen.nz).

Manawa, a partnership journey

Five years of collaboration in the Manawa building was celebrated recently by its three partners, Te Whatu Ora Waitaha Canterbury, Te Pūkenga Ara, and the University of Canterbury (UC).

Manawa – a creative and inspiring hub that integrates world-class healthcare, research and innovation, education, and industry – is the flagship facility of Te Papa Hauora Health Precinct in central Christchurch.

The precinct emerged in the blueprint for the city following the 2011 earthquake and is the result of a strategic partnership between the three partners mentioned above and the University of Otago who had a vision for a world class health precinct next to Christchurch Hospital.

The then Canterbury District Health Board (CDHB) and Ara Institute of Canterbury teams began migration to Manawa in September 2018 with UC joining not long after. Since its opening, the partners

in Manawa have been building relationships, and working together on timetabling and communications. They have also been sharing and collaborating in the offices, learning/teaching spaces and the Simulation Centre to meet the needs of the health and education sectors.

This partnership was celebrated in late August with a morning tea kindly sponsored by Te Papa Hauora. Prior to morning tea, a brief informal but meaningful mihi was held.

Te Pūkenga Ara's Director of Māori Development Te Marino Lenihan welcomed partner staff members and spoke of the meaning behind the partnership and the cultural narrative adorning the building, reminding those gathered of their connection to the land, water and the communities that they sustain.

Executive Director of Nursing (Te Whatu Ora Waitaha Canterbury) and Manawa Governance Group Lead Becky Hickmott spoke of the beginning partnership and the continued importance of working together collaboratively, thanking everyone for their collegial efforts within the space.

Those present then sang a joint waiata and Te Marino blessed the food.

Operationally the partners have devised Health and Safety policies for the building and meet monthly to ensure that the building operations (cleaning,

maintenance, heating etc.) are maintained. Manawa partners jointly employed an event coordinator/receptionist who is the main 'face' of the building. The partner teams have all grown in staffing numbers, roles, and work commitments.



The puhoro pattern on the exterior of Manawa



Executive Director of Nursing (Te Whatu Ora Waitaha Canterbury) and Manawa Governance Group Lead Becky Hickmott speaking at the five year celebration



Exterior of the Manawa building

Sitting at the heart of Te Papa Hauora Health Precinct, the six-story Manawa building houses health education, professional development and research activities for over 1800 Te Pūkenga Ara nursing, midwifery and medical imaging students, as well as Te Whatu Ora Waitaha education and development staff.

It also features lecture rooms and flexible learning spaces for supervision, tutorials and large group sessions. A simulation floor contains a mock operating theatre, ward, imaging, Intensive Care/post-anesthesia care, unit clinical simulation and teaching areas, enabling simulations in real-world healthcare environments.

The name 'Manawa' means heart, patience or breath on its own. It is, however, taken from the proverb 'Manawa whenua; Manawa tangata' which reminds us of the intimate link between the health of our fresh water (manawa whenua) and the health of people (manawa tangata).

There was a lot of collaboration in the design of Manawa with the (then) CDHB, Ara and UC working with Ngai Tuahuriri, the local hapu of Nga Tahu. The latter bestowed the name Manawa and endorsed the telling of their narrative through contemporary and traditional design.

Cultural components created especially for Manawa are woven throughout the facility.



Academic Liaison Nurse, Ara Te Pūkenga Amy Currie teaching at Manawa

They tell a story about our connection to the land, water, and the communities that they sustain. The principal design is the puhoro (split koru) pattern of water, which can be seen on the exterior of the building.

Weaving itself through the puhoro pattern is ake-kioi (native jasmine) and on every floor is a depiction of a native New Zealand bird. The building was officially opened on 31 January 2019 by the Hon Chris Hipkins, then Minister of Education and the Hon Dr David Clark, then Minister of Health.

2023 Safe Mobility September campaign underway

The Safe Mobility September campaign started last week with the Safe Mobility Steering Group key messages encouraging staff to help keep patients physically active.

Keeping patients physically active while in hospital helps them recover faster and regain independence sooner.

Why does it help? Activity helps retain muscle strength, improves balance, and builds confidence for when they are ready to leave.

What can I do? Ensure they are walking at least three times a day. Why not start now and take them for a walk?

Keep an eye out during September for the feature pieces in the pānui on safe mobility.

Further information on the 2023 Safe Mobility September campaign is available on the [intranet here](#).



Blue September raising awareness and funds for prostate cancer

Prostate cancer is the most common cancer in men in New Zealand – more than 4000 Kiwi men will be diagnosed with the disease this year.

The Prostate Cancer Foundation supports men and their families across the country who are living with prostate cancer. Their annual awareness and fundraising campaign, known as Blue September, is held this month.

The foundation aims to significantly reduce suffering and death from prostate cancer by:

- › Raising awareness about prostate cancer and the importance of getting regular checks for men over 50

- › Funding research into better diagnosis and treatments for prostate cancer
- › Advocating for improved healthcare services for men with prostate cancer
- › Providing support for men and their families living with prostate cancer

The foundation is encouraging people to fundraise or to make a donation on their website. There is more information, including fundraising ideas, on the [Prostate Cancer Foundation website here](#).

Some facts about prostate cancer:

What is the prostate?

The prostate is a gland in the male reproductive system and is about the size of a walnut. It is found inside the body, in front of the rectum (bottom) and just below the bladder. It produces some of the fluid in semen.

What is prostate cancer?

Prostate cancer develops when cells in the prostate gland grow abnormally and spread either locally or around the body.

Who can be affected by prostate cancer?

The chances of getting prostate cancer increase from age 50 onwards. Prostate cancer affects people with a prostate: men, trans-women, non-binary people assigned male at birth and some intersex people.

Risk factors

Anything that can increase your risk is called a risk factor. Having one or more of these risk factors does not mean that you will develop prostate cancer. Some of these risk factors can't be changed (such as ageing) and others can (e.g. being overweight).

Risk factors include:

- › Age – the risk of prostate cancer increases from age 50.

- › A close family member (such as a father or brother) affected by prostate cancer
- › Being overweight or obese increases the risk of advanced prostate cancer.

Signs and symptoms

There may be no warning signs that you have prostate cancer. Some signs and symptoms may include:

- › Weak urine flow when urinating (peeing)
- › A flow that stops and starts
- › Needing to urinate urgently or more often than usual
- › Trouble starting or stopping when urinating
- › Getting up often during the night to urinate
- › Burning when urinating
- › Blood in urine or semen
- › Pain during urination
- › Lower back or pelvic pain
- › Unexplained weight loss.

It is important to note, problems with urination are common as men get older. This is usually due to prostate enlargement and not cancer. Find more information on prostate cancer on the [Te Aho o Te Kahu Cancer Control Agency website here](#)

Sepsis awareness

World Sepsis Day is held on 13 September every year and is an opportunity for people all over the globe to unite in the fight against sepsis.

Sepsis, which accounts for at least 11 million deaths worldwide annually is a serious condition that happens when the body's immune system has an extreme response to an infection. The body's reaction causes damage to its own tissues and organs.

Sepsis can affect anyone, but people who are older, very young, pregnant or have other health problems are at higher risk.

Common signs of sepsis include fever, fast heart rate, rapid breathing, confusion and body pain. It can lead to septic shock, multiple organ failure and death.

Sepsis is usually caused by bacterial infections but may be the result of other infections such as viruses, parasites or fungi.

What's been happening behind the scenes regarding the issue of sepsis in Waitaha Canterbury?

- › The sepsis group is continuing to meet – see their [minutes](#) are on the [Sepsis site](#), which you can access from the intranet home page under [Projects and Programmes](#)



- › Education sessions are continuing for medical and nursing groups – the Sepsis Group are happy to come and chat to your team too, be in touch at sepsis@cdhb.health.nz
- › Pharmacy have started equity work with a focus on sepsis. They hope to contribute to educating patients/whānau using resources such as this [information leaflet](#) from the Sepsis Trust NZ website (www.sepsis.org.nz) and are working with Māori leaders around cultural safety
- › Reviewing documentation of sepsis and looking to make improvements
- › Pre-hospital, pre-antibiotic blood culture pilot – this collaboration between Te Whatu Ora Waitaha and Hato Hone St John has proven highly successful for patient care. Results are to be presented by Medical Student Aileen Harwood at the NZ–Australasian Society for Infectious Diseases conference in Christchurch this month.
- › Steps for Sepsis campaign: If you don't want to step yourself, consider donating to one of our teams – <https://sepsis.raisely.com/infection-management-service-two-waitaha-canterbury>. [Te Whatu Ora Waitaha Pharmacy Services – #StepforSepsis \(raisely.com\)](#) or the Emergency Department team.

World Sepsis Day 13 September

Wear your sepsis t-shirts – Pull out the t-shirt from last year's campaign!

Develop a noticeboard: To help raise awareness!

Review your understanding of sepsis to ensure you are up-to-date – Find our bulletins on the [sepsis screening and action tool](#), [equity for Māori](#), and [raising awareness and patient support](#) on the [learn](#) page of our sepsis intranet site. Also on this page are our two grand rounds on sepsis, and a link to a [HealthLearn](#) course.

Review the kōrero mai process: kōrero mai, which means 'talk to me' in te reo Māori, encourages patients, their whānau, carers, and support people to speak up and report any concerns they have during their hospital stay, especially if they feel the patient is getting sicker.

For more information on the kōrero mai: Patient, Family and Whānau Escalation of Care process [click here](#).

Te Whatu Ora Waitaha Youth Advisory Council quiz night

Te Whatu Ora Waitaha Youth Advisory Council's most anticipated event of the year is coming – the annual sell-out quiz night!

It's on Tuesday 19 September, 7–9.30pm at Christ's College.

Tickets are \$15 per person (plus booking fee) and include free pizza. Teams of two to six people can enter. There is also a raffle on the night with amazing prizes from local businesses.

All proceeds from the evening go toward the continuing work of Te Whatu Ora Waitaha Youth Advisory Council including supporting projects such as backpacks of goodies for young people in hospital and youth health resources.

Tickets can be purchased [here](#).

This event sells out every year so make sure you get your ticket soon as this is a night you won't want to miss!

Keep up to date with all the latest information about this event on their social media, including through their event page on [Facebook here](#).

Any questions, contact the team at cdhbyouth@gmail.com

QUIZ ANSWERS – They said what?

- | | |
|--|---|
| 1. d. Linda Evangelista | 6. c. Tana Umaga |
| 2. a. George W Bush | 7. d. Charles Darwin |
| 3. c. Muhammad Ali | 8. a. John Lennon (Lyrics to 'Beautiful Boy') |
| 4. b. Jacinda Ardern | 9. c. Police officer
(from an episode of Police Ten 7) |
| 5. b. Martin Luther King Jr (This was MLK's last public speech before he was assassinated) | 10.b. Oscar Wilde |

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.



SNAP FITNESS – Rolleston, Hornby, Barrington, Ashburton, Papanui, Ferrymead and The Palms

\$0 joining, just pay for the access card. Two 30-minute personal training sessions. Available on month to month, home club and pre-paid memberships. Plus, first 30 days free if you join on 12-month contract membership.

*Show staff ID when signing up to receive the deal.



THE SMART WAY TO RENT MOTORHOMES.

MCRENT – www.mcrent.co.nz

Get 15 per cent off the current daily rates when renting any McRent campervans or motorhomes from Auckland or Christchurch or take it one way in between. The minimum hire is five days/four nights.

Email reservations@mcrent.co.nz to enquire and let them know you are a Te Whatu Ora employee.



GLOBAL LIVING™
RELAX LIVE ENJOY

GLOBAL LIVING – 100 Moorhouse Ave, Christchurch Central

Receive 15 percent off all purchases – show your staff ID in-store.



GREEN DINNER TABLE – www.greendinnertable.co.nz

Get 20 percent off your first order of plant-based dinners delivered to your door, see [discount code here](#).

CHIC newsletter

The latest issue of the Community Health Information Centre (CHIC) newsletter is out now. The monthly newsletter is produced by CHIC at Te Mana Ora.

The newsletter highlights new and revised free resources available from your local CHIC office. [See it here](#).

The cervical screening self-test is here. It's a game-changer!



**Cervical screening is for eligible wāhine,
and people with a cervix aged 25 to 69.**
**Visit [TimeToCervicalScreen.nz](https://www.timetocervicalscreen.nz), call 0800 729 729
or talk to your nurse, doctor or hauora clinic.**

Te Whatu Ora
Health New Zealand

Te Aka Whai Ora
Māori Health Authority



National
Cervical
Screening
Programme

Community Pop-Up Vaccination Clinics

COVID-19, MMR (measles) and funded Flu vaccinations for those eligible!

	Where	When
Linwood / Phillipstown	Eastgate Mall - Ground Floor (entrance off Buckleys Rd, beside Unichem)	September Saturday 9 & Sunday 10 11am – 4pm
	Linwood Community Arts Centre 388 Worcester Street, Linwood	September Monday 4, 11 & 18 11am – 4pm
	Ōtautahi Sports Association 485 Tuam Street, Phillipstown	September Tuesday 5, 12, 19 & 26 11am – 4pm
Aranui / Wainoni	Aranui/Wainoni Community Centre 31 Hampshire Street, Aranui	September Every Wednesday 11am – 4pm
Shirley	Rhombus Studio (MacFarlane Park) 21 Acheson Ave, Shirley	September Every Friday 10am – 3pm Saturday 2 & Sunday 3 11am – 4pm
Woolston	Woolston Community Library Hall 689 Ferry Road, Woolston	September Saturday 16 11am – 4pm

Walk-ins welcome!
No bookings required.

Te Whatu Ora
Health New Zealand

**Unite
against
COVID-19**

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Vote from 2 to 14 October.



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COMMISSION**
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