

Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

Issue No. 53 | 14 August 2023 | 14 Here-turi-kōkā 2023



Te Whatu Ora
Health New Zealand
Waitaha Canterbury



In this issue

Kupu Arataki – Introduction... pg 3–6

Quiz –Name that song (1990s edition)... pg 7

Ā mātou tāngata – Our people

- › New kaimahi in Hospital Play Specialist Service... pg 8–9
- › One minute with... Paul Beacher, Registered Nurse, Psychiatric Services for Adults with an Intellectual Disability (PSAID) ... pg 10
- › Akoranga reo Māori – lesson #27 Kīwaha – Colloquial sayings... pg 11
- › Winter warmer recipe... Winter pasta salad... pg 12

Whakamihi – Bouquets... pg 13–14

Ā mātou korero – Our stories

- › Waipapa Tower C construction picking up pace... pg 15–16
- › IT equipment donated and recycled ... pg 16
- › Canterbury charity's ice-bath challenge named one of New Zealand's best events ... pg 17

Pānui – Notices... pg 18–19

Cover photo: From left, Hospital Play Specialists Rachel Pienaar and Diane Havler in the Activity Room, Ward A7 Christchurch Hospital

Kupu Arataki – Introduction

Interim appointments to the National Clinical Leadership team

Interim National Chief Allied Health, Scientific and Technical, Sue Waters

A registered Physiotherapist, Sue has a broad range of clinical experience in primary care, acute and tertiary services in the public and private health sector through her career working in Aotearoa New Zealand, Australia, and the United Kingdom.

In the UK, Sue held senior management and executive leadership positions in various National Health Service (NHS) trusts and worked extensively with Primary Care commissioning groups and NHS trusts to develop and implement Allied Health-led models of care across Southeast London to increase access to services and improve outcomes for patients.

In 2012, Sue was appointed Chief Health Professions Officer at (then) Auckland District Health Board and in the last two years has undertaken a co-leadership role with Te Aka Whai Ora as the national Te Whatu Ora lead for the Allied Health Scientific and Technical Workforce Group. She is the Chair of the National Directors of Allied Health Group for Te Whatu Ora, a role she has held for many years.



Interim National Chief Allied Health, Scientific and Technical, Sue Waters

Interim National Chief Midwife, Deb Pittam

Deb is a registered Midwife, committed to equitable, appropriate, and safe care for whānau.

She has been fortunate to be able to experience a wide range of practice contexts and has worked in a rural primary maternity unit, as a rural and urban lead maternity carer (LMC) in community midwifery practices, as well as in a secondary and tertiary unit and in clinical, education and leadership roles over 32 years.

Deb has worked at the Ministry of Health and most recently as the Director of Midwifery at Te Toka Tumai Auckland. She has held numerous leadership roles in midwifery over the years, is the immediate past President of the New Zealand College of Midwives and the co-chair of the National Maternity Monitoring Group.

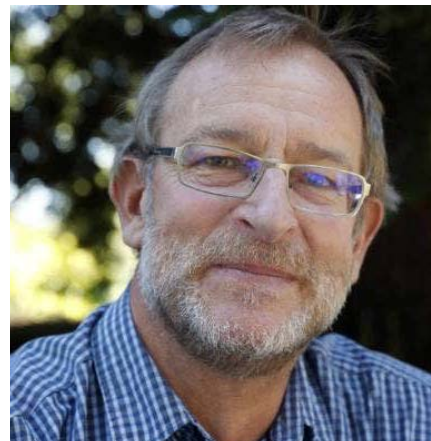


Interim National Chief Midwife, Deb Pittam

Interim National Chief Medical Officer, Nick Baker

A General and Community Paediatrician based in Nelson, Nick has been Chief Medical Officer (CMO) for Te Tau Ihu (Nelson, Marlborough, and Tasman region) for 10 years.

Prior to this, he was President of the Paediatric Society of New Zealand for two elected terms and chair of the New Zealand Child and Youth Mortality Review Committee for six years. Nick developed a national network of groups that worked to identify, address, and potentially decrease the numbers of infant, child, and youth deaths. He has also chaired the South Island Child Health Alliance and the South Island ICU (Intensive Care Unit) Network Group. He is currently chair of the National CMO group.



Interim National Chief Medical Officer, Nick Baker

Interim National Lead for Quality and Patient Safety, David Bunting

David is a Registered Nurse with a Master of Science in Risk Management from New York University. He has extensive clinical, operational and leadership experience in health services in New Zealand, Australia and internationally.

Having lived overseas for 20 years, David has held leadership roles in Healthcare Quality, Risk Management, Regulatory Compliance, Clinical Governance and Patient Safety. He took up the role as Director of Quality and Patient Safety at Waikato and as Chair of the National Quality Leaders forum began a secondment as Interim National Lead for Quality and Patient Safety in January this year.



Interim National Lead for Quality and Patient Safety, David Bunting

“Give our babies one of the best defences in life”

Dhys Faleafaga
Professional rugby player

Prioritise to immunise our children.

Te Whatu Ora
Health New Zealand

Quarterly shingles email to 65-year-olds

Starting this week, a nationwide email communication will be sent to approximately 9000 65-year-olds about being immunised against shingles. The target audience includes eligible people contactable via email who have recently turned 65 (to raise awareness) or are soon to turn 66 (as a reminder).

This communication is the start of a regular quarterly email that will reach people as they 'age-in' and encourage them to book and receive their two free doses of the Shingrix vaccine.

Shingrix is recommended to all New Zealanders from the age of 50 however the vaccine is only free for 12 months once people turn 65.

Shingles is a very painful condition affecting people who have had chickenpox in the past (usually as a child), and your best protection against it is vaccination.

After you recover from chickenpox, the virus stays in your body. It moves to the roots of your nerve cells (near the spinal cord) and becomes inactive (dormant). Later, if the virus becomes active again, shingles is the name given to the symptoms it causes. It is also known as herpes zoster (a different disease from herpes simplex).

While anyone who has recovered from chickenpox may develop shingles, the risk of shingles increases as you get older or if you have a weakened immune system.

Symptoms include pain, burning and itching on the skin which is also very sensitive to touch. This same area will develop a red rash which subsequently forms into blisters. Even if a small area of the body is affected, it causes considerable pain and discomfort which can last weeks.

General vaccination clinics still available to Te Whatu Ora kaimahi

Vaccines available:

- › Influenza (Flu)
- › Hepatitis A and/or B, Varicella – only available if Occupational Health has sent you a letter recommending these relating to health screening – bring evidence of the letter with you
- › Measles/Mumps/Rubella (MMR) – no Occupational Health approval is required if you are participating in the 15–30 years catch-up programme. An Occupational Health recommendation letter is required if not part of the catch-up programme
- › Whooping cough (Boostrix) –for pregnant staff members and those looking after pregnant women and babies/young children.



Born between 1989 and 2004?

Make sure you're fully protected against measles

www.immunise.health.nz/measles

Te Whatu Ora
Health New Zealand

Work progressing on Waipapa Tower C

In the coming weeks, staff working in and around Waipapa will notice an increase in construction activity. Some of this may be a little disruptive and affect daily routines.

Hoardings are currently going up and a crane will be brought onsite in September. Changes to pedestrian access and emergency egress will be communicated in advance. Your patience and cooperation are greatly appreciated.

You can read more on [page 15](#).

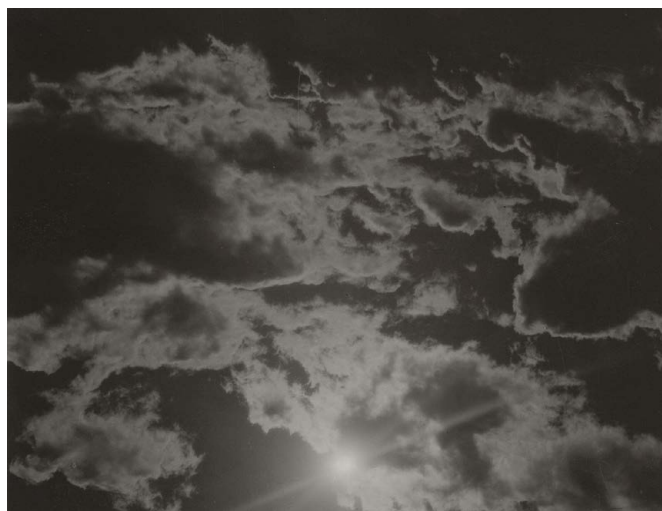
World Photography Day

Saturday 19 August is World Photography Day and the theme this year is 'understanding clouds'.

Many of our Te Whatu Ora kaimahi are keen photographers so we would love you to share one of your photos to mark this day, and have it published in next week's pānui.

The only condition is that clouds must be the hero of your photo. It may be a beautiful sunrise or sunset, the view from a plane, a fierce storm or scenery shot.

Please submit your photo by completing [this form](#) (or paste this URL in your browser: <https://forms.office.com/r/cSBk6JPdXM>).



Photographer Alfred Stieglitz produced more than 350 cloud studies between 1922 and 1930. This image was taken 100 years ago, in 1923

Snow falls in Christchurch



Snow settled on Sumner Beach on Thursday 10 August. Photo courtesy of [Canterbury Weather Updates Facebook page](#)

QUIZ – Name that song (1990s edition)

The 1990s provided a musical bounty of grunge, rap, boy bands, hip-hop, and the best club dance hits. Can you name these 1990s classics just from the first one or two lines?

1. **“You are my fire, the one desire...”**
 - a. Always Be My baby by Mariah Carey
 - b. I Want It That Way by Backstreet Boys
 - c. Losing my Religion by R.E.M.
 - d. Say My Name by Destiny’s Child
2. **“A lonely mother gazing out of the window...”**
 - a. Waterfalls by TLC
 - b. If it Makes You Happy by Sheryl Crow
 - c. End of the Road Boyz II Men
 - d. I’ll be Missing You by Sean Combs
3. **“When you were here before, couldn’t look you in the eye...”**
 - a. Creep by Radiohead
 - b. Common People by Pulp
 - c. Loser by Beck
 - d. Bitter Sweet Symphony by The Verve
4. **“You just walk in, I make you smile, it’s cool but you don’t even know me...”**
 - a. Spice Up Your Life by Spice Girls
 - b. Who Do You Think You Are? By Spice Girls
 - c. Stop by Spice Girls
 - d. Say You’ll Be There by Spice Girls
5. **“Sometimes I feel like I don’t have a partner...”**
 - a. 1979 by The Smashing Pumpkins
 - b. Come as You Are by Nirvana
 - c. Iris by Goo Goo Dolls
 - d. Under the Bridge by Red Hot Chili Peppers
6. **“Today is gonna be the day that they’re gonna throw it back to you...”**
 - a. Don’t Look back in Anger by Oasis
 - b. Dancing in the Moonlight by Toploader
 - c. Wonderwall by Oasis
 - d. Basket Case by Green Day
7. **“I thought I saw a man brought to life; he was warm, he came around like he was dignified...”**
 - a. Song 2 by Blur
 - b. Torn by Natalie Imbruglia
 - c. Hold On by Wilson Phillips
 - d. Love is All Around by Wet Wet Wet
 - e. Runnin’ With the Devil by Van Halen
8. **“Look around, everywhere you turn is heartache; it’s everywhere that you go...”**
 - a. Rain by Madonna
 - b. Nothing Really Matters by Madonna
 - c. Frozen by Madonna
 - d. Vogue by Madonna
9. **“Another turning point, a fork stuck in the road...”**
 - a. Good Riddance (Time of Your Life) by Green Day
 - b. More than Words by Extreme
 - c. All That She wants by Ace of Base
 - d. Glycerine by Bush
10. **“I want you to know that I’m happy for you; I wish nothing but the best for you both...”**
 - a. Unbreak my Heart by Toni Braxton
 - b. You Oughta Know by Alanis Morissette
 - c. Praying for Time by George Michael
 - d. Nothing Compares 2 U by Sinéad O’Connor

[Check your answers on page 18.](#)

New kaimahi in Hospital Play Specialist Service

Child patients are reaping the benefits of new additions to Christchurch Hospital's Play Specialist Service team.

"We are excited to announce that we now have a hospital play specialist (HPS) in Paediatric Day-stay working part-time. Diane Havler has taken on this awesome opportunity to support children and whānau in the day-stay environment. There was an HPS there a few years ago, just as a trial, however we now have this as a permanent position," says Team Leader Melinda White.

The staff in Paediatric Daystay are already seeing such a difference having Diane as part of the team, says Charge Nurse Manager Paediatric Outreach/Daystay/Neurodevelopment/Outpatient Services Nicola Scott.

"Diane has worked with some neurodiverse tamariki and in her first month here has prevented eight of these tamariki needing sedation to have their blood test completed."

She is also working with tamariki who are pre or post-transplant or cardiac surgery, ensuring they are set up with coping strategies to help them manage the frequent investigations required.

"The day ward staff are really enjoying seeing these tamariki leaving the ward so proud of themselves after having a procedure completed. In such a short time Diane has made a massive difference to the tamariki and whānau who come into the daystay ward and require ongoing care with us. She is very much a valued member of the team."

Diane has done amazing work already in such a short time, Nicola says.



From left, Hospital Play Specialists Rachel Pienaar and Diane Havler

Also welcomed into the service is Registered Play Specialist Rachel Pienaar, who previously worked as an HPS at Starship Children's Hospital and who has experience in a variety of areas. She will be working in the Children's Haematology Oncology Centre (CHOC) on Mondays, Tuesdays and Wednesdays.

Another new staff member is Lisa Phillips who is a Registered Early Childhood Teacher and is beginning her Hospital Play Specialist internship. Lisa will mainly work in the hospital's Activity Room.

Hospital Play Specialist Jemma Thomas who has been working at Christchurch Hospital for a number of years has stepped up to the leadership position of Practice Supervisor and will be working closely with the team to continue to develop best practice.

Hospital play specialists provide therapeutic play and recreation programmes for infants, children and young people, both individually and in groups.

They work as members of the professional healthcare team to:

- › Provide activities to maintain learning and development goals
- › Prepare children for medical and surgical procedures
- › Help children express feelings and cope with anxieties
- › Support families, especially siblings
- › Contribute to clinical judgements through observations of children
- › Contribute to improved understanding of the value and importance of play in hospital

If you need to contact any of the HPS team, call the Activity Room on ext: 88231.



More of the Play Specialist team, from left, Team Leader Melinda White, Practice Supervisor Jemma Thomas, Play Specialist Nicole Huddy, Hospital Play Specialist Megan Wiffen and Hospital Play Specialist Intern Lisa Phillips

**“Baby’s wellbeing
is our first priority”**

Prioritise to immunise our children.

Te Whatu Ora
Health New Zealand



One minute with... Paul Beacher, Registered Nurse, Psychiatric Services for Adults with an Intellectual Disability (PSAID)

What does your job involve?

Working with people with mental health issues, supporting and promoting health and wellbeing in partnership with our patients.

What pathway got you to this job?

I completed a pre-nursing course to see if I liked it working in this area. This also gave me a better chance to get on to the Bachelor of Nursing degree course.

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

Just be yourself, you have the skills. If you don't know something, then ask someone who you think could help you.

Who inspires you and why?

My children and now my granddaughter. I'm motivated by them, they're special people in my life.

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?

What it means to me is that we should treat someone the same way that we would like to be treated.

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

To see my dad in the UK, it has only been a year since my mother died, it would be so good to catch up with him.



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

Jonny Depp, particularly when he played Edward Scissorhands and Jack Sparrow. These characters have a good sense of humour and think I have too, and that's useful for my interaction with consumers. Like Jack Sparrow I am generally seen unshaven and have handsome looks! Like Edward Scissorhands, when I was a landscape gardener, I was good with the pruning shears too!

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

Walking along the beach. I do appreciate the beauty of nature. Prior to nursing I was a qualified horticulturist and landscape gardener, for me it's spiritual.

What are your hobbies/interests outside of work?

Fishing, gardening, walking, catching up with friends and family.

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 #27

Kīwaha – Colloquial sayings

Kei ngā honu manawa rahi – whai wā ai koutou ki te whai wāhi mai ki te kaupapa nei, tēnā koutou.

To those of you with endurance and perseverance like the big-hearted turtle journeying the ocean –regularly finding time to participate in this kaupapa, thank you.

If you have been following this segment for a while, you may be aware that we have looked at kīwaha in previous akoranga. However, Māori love to use this type of slang speech and there exists an endless supply of these expressions that are very easy to incorporate into your everyday language without having to be a fluent speaker of te reo. So, this week we will look at a few more kīwaha to expand our range.

Kīwaha

Nā whai anō	Well that explains it. So that's the reason.
Nā wai tāu?	Who told you that? What a lot of rot!
Puku ana te rae	Livid with rage.
Aua atu	Don't worry, it doesn't matter.
Mea ko au koe	If I were you...
Mea rawa ake	Next minute...
I wāna nei hoki!	Poor thing!
Mō taku hē!	I'm sorry!
Auare ake	To no avail
Kotahi atu	Make a beeline for

He whakapātaritari – A challenge

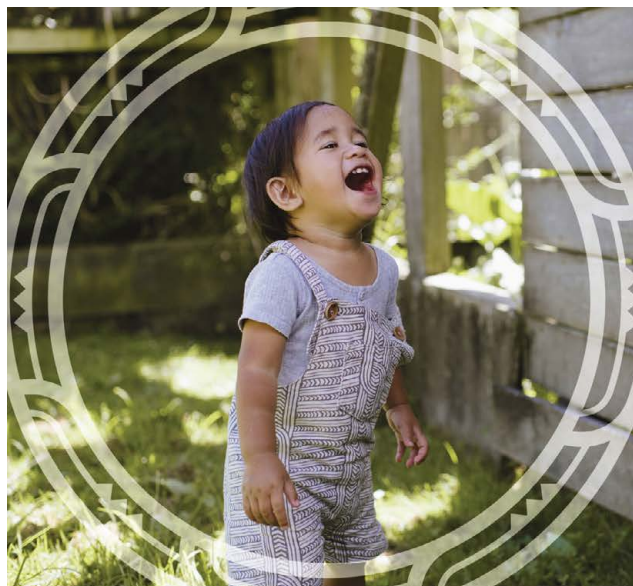
Challenge yourself to use two of these kīwaha each day over the next week and become familiar with some of the contexts in which you might use them.

Anei te hau o mihi e mātāhehengi atu nei ki a koutou katoa. E mihi ana.

Here is the wind of acknowledgement that is gently blowing out to you all. Thank you.

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

Hauora.Maori@cdhb.health.nz



Keep your mokopuna safe

Immunise against preventable childhood diseases.

Have a kōrero with your GP, pharmacy or hauora provider today.

www.immunise.health.nz

Te Aka Whai Ora
Māori Health Authority

Te Whatu Ora
Health New Zealand

Winter warmer recipe

Winter pasta salad

Ingredients

- » 2 cloves of garlic
- » A few sprigs of fresh thyme
- » 300g mushrooms
- » 300g diced ham or leftover cooked chicken
- » 500g short pasta (penne, spirals, macaroni)
- » Olive oil
- » 3 tablespoons crème fraîche
- » 200g baby spinach leaves
- » Parmesan cheese
- » 1 lemon
- » Salt and pepper

Method:

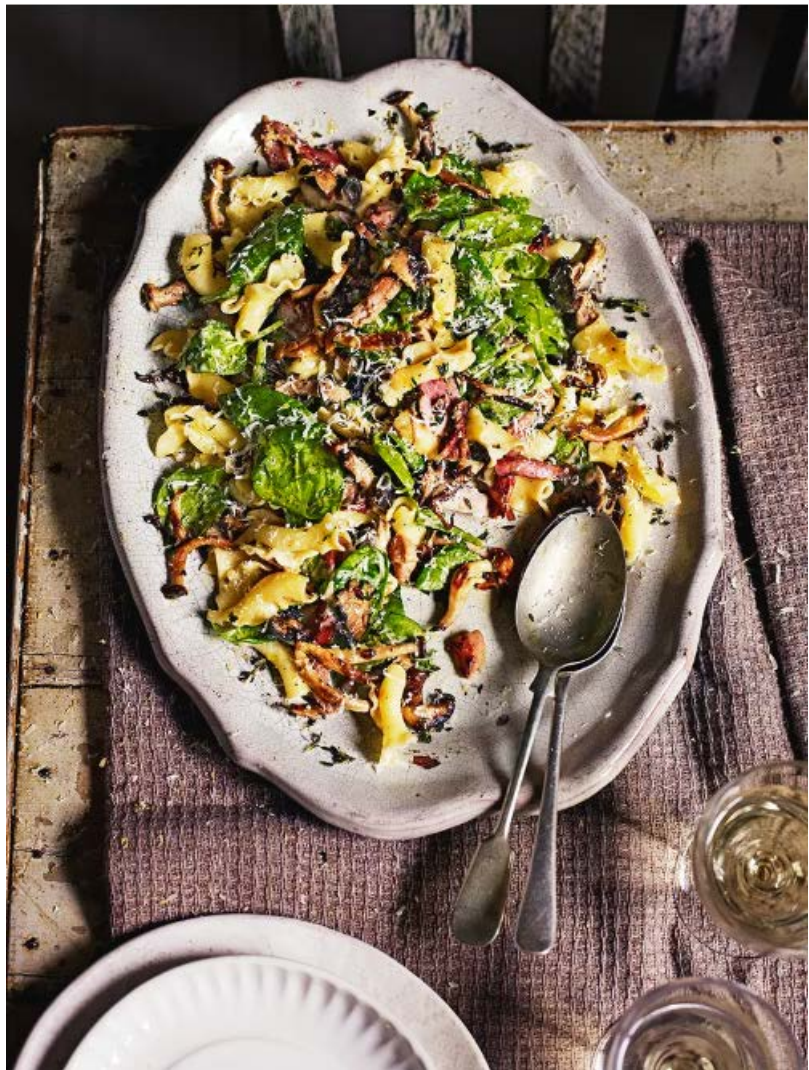
Peel and finely slice the garlic, pick the thyme leaves, and clean and tear up or chop the mushrooms. Dice the ham or leftover cooked chicken.

Cook the pasta in a pan of boiling salted water according to the packet.

Heat a little oil in a large pan, add the garlic and cook for 1 minute, until golden. Add the thyme, mushrooms, sea salt and black pepper and fry for 5 to 8 minutes.

Stir in the ham or chicken, and continue to cook for 5 minutes, so everything gets some colour. Stir in the crème fraîche and remove the pan from the heat. Drain the pasta once cooked – saving a mugful of the cooking water – and let it cool slightly.

Toss the pasta with a little oil,



then stir into the sauce. Add a little cooking water to loosen, if needed.

Stir in the spinach, add a good grating of parmesan, squeeze in the lemon juice, then season to taste.

Serve warm.

You can play around with the vegetables to suit your taste. Peas or snow peas as well as broccoli florets could be used.

Whakamihi – Bouquets



Children's Emergency Care (CEC), Surgery and Ward B7, Christchurch Hospital

Our 10 year-old son was admitted with appendicitis. We were greeted in the (CEC) by Lexi, the most wonderful nurse, who made us feel so relaxed and took special care of him while his IV was inserted. We are very fortunate to not have to frequent the hospital, so it was a bit scary, and Lexi eased us in so well. During his stay our son was looked after by the most incredible nurses. I do not recall all their names, but a very special thank you to Abby, Sonya and Donna from Ward B7. You all treated our son like he was one of your family members. John and the surgical team, along with the aftercare nurses, were also so amazing. We felt so comfortable and very well informed about the whole surgical process, and afterwards when our son wasn't feeling well enough for discharge the following day, we were not rushed out and thankfully were welcomed to stay another night. Even though it wasn't a nice time for our son we are so incredibly grateful to all the staff who helped us and cared for him. You are all such wonderful people, and we cannot thank you enough.

Ward C2 Burwood Hospital

Our heartfelt thanks to everyone in Ward C2. You have made our dad's time with you enjoyable and have helped his children feel relaxed knowing he's being cared for to such an amazing level.

PGM, Christchurch Hospital

Thank you for helping me to get better. You do a great job.

Eye Surgery, Christchurch Hospital

I wish to congratulate the Eye Department and express my grateful thanks for the wonderful experience I had. First was the speed in which I got an appointment for eye surgery to remove my cataract, and then the friendly helpful treatment I received when I entered the hospital. All the nurses, the ophthalmologist – and being walked downstairs to my daughter waiting in her car to drive me home! I am so grateful for my wonderful care. Thank you all so much, you do an amazing job.

Te Whare Manaaki team, Hillmorton

With our heartfelt gratitude for your individual and collective input into our son's treatment over recent weeks. We believe there has been a significant breakthrough in his situation during his stay with you. Thank you all so much and thank you for your support and care for us,

Emergency Department (ED), Ward A8, B8 and Acute Medical Unit, Christchurch Hospital

I am so grateful to all involved with my diagnosis and subsequent treatment. Everybody has been amazing and so lovely to deal with. Thanks for all the public health system has done for me. I am incredibly grateful for the team – Drs Leighanne Hughes, Karen Yanagimoto and Phoebe van Boheemen – they have been amazing, as have all the nursing staff on the wards.

ED and Orthopaedics, Christchurch Hospital

Thank you to the staff in ED – Jess on Reception; Registered Nurse Peter for clear info and gentle respectful manner; Support Worker Cleo for her kindness, friendliness and warmth; and Dr Sophie for her professional and friendly manner. The Orthopaedic ward was quiet and calm, even though staff were busy, which helped me feel at ease. You all do amazing work. I really appreciate your expertise and professionalism.

Claire, Ward B5, Christchurch Hospital

Thank you to Claire on Ward B5 for looking after me while I was admitted to hospital. I appreciated how you would check in on me if I needed anything and before you went on your breaks to ensure that support was around if I needed it. Your caring nature and patient-focused approach was truly appreciated. Ward B5 is lucky to have you as part of the team.

Ward C2, Burwood Hospital

To all the wonderful caring and loving doctors, nurses, catering and cleaning staff, physiotherapists, and occupational therapists, I loved my stay in Burwood. Thank you.

Megan, Ward B8, Christchurch Hospital

Thank you to Registered Nurse Megan for being the kind, caring familiar face to my daughter throughout this turbulent time in her life. I can return overseas knowing that if she is admitted again while you are working, she will feel settled.

Ward B6, Christchurch Hospital

I have been treated with the greatest respect from the catering assistants, cleaners, and nursing team, the doctors, and the specialist team. They have all made my time in Ward B6 so wonderful. The meals rock too!

Intensive Care Unit (ICU), Christchurch Hospital

Great service and I felt very comforted, and safe, through this hard time. I feel great to have my nana in the hands of these lovely nurses. Keep up the great work.

Rob, Maxillofacial department, Christchurch Hospital

Thanks Rob, for all the help and extensive work you did for me. I am extremely happy with the outcome.

Ward 24 and Palliative Care Service, Christchurch Hospital

To all the amazing nurses, doctors, and staff on Ward 24, and to Melissa in Palliative Care, thank you for the care that you gave our mother in her final weeks. We deeply appreciated the kindness and compassion you showed. Thank you for making her passing dignified and comfortable.

Angela, Ward B5, Christchurch Hospital

I recently spent an unplanned 14 hours in Christchurch Hospital and during that time I spent some time in Ward B5. I had the absolute pleasure of being looked after by Nurse Angela and she was truly wonderful. Everything you would hope from a nurse, kind, caring, friendly, calming, and thorough. She was amazing and she is an asset to Christchurch Hospital and her patients!

ED, Christchurch Hospital

To the ED staff involved with my care, Robin Page (House Officer), night shift RNs, the morning shift RN, and receptionist Katrina Crafts, thank you individually and collectively for your care, compassion, kindness, and expertise given to me during your over-run night shift. In my miserable state, and your busy department, you were still professional, respectful and caring. For me, this was just one overnight 'snapshot' of your challenging work environment, but you return day after day to deliver the same standard of care, for the same professional reasons.

Big Shout Out

To: Iris Vogt, Adult Community Therapy Service, Older Persons Health and Rehabilitation

I'd just like to let you know that Iris is continuing her fantastic work as usual. I have had some amazing feedback from a family that Iris has been working with. She has made some changes at home for one of my clients that has made things so much easier for them and very likely has delayed the need for this person to move from their home into residential care. The family are absolutely singing her praises!"

From: Mike Climo, Lifelinks

#carestartshere

Ā mātou kōrero – Our stories

Waipapa Tower C construction picking up pace



Artist's impression of Waipapa's Tower C shown above on the left

Work is continuing to progress on the construction of the Waipapa building's Tower C.

In April a significant milestone marked another step forward in the redevelopment of the Christchurch Hospital campus – the start of construction on the highly anticipated Waipapa Tower C – was announced.

The contractor, Naylor Love, has now begun the initial work of installing internal and external hoardings. They are also inducting staff with basic knowledge of work health and safety requirements, key risks on site they need to be aware of, and what to do in an emergency.

In September, a crane will be brought on-site to assist with the construction.

Before modifying access, updated fire egress plans will be issued and communicated with affected staff.

Access to the Waipapa changing room (lower ground floor) will remain available via the new path or from the west as site hoarding will be installed east of the changing room door.

"Due to the construction, there will be some changes around the campus that could affect your daily routines.

While we understand the excitement this project brings, we also recognise that it may cause some disruptions for our staff members," says Acting Canterbury Executive Director Infrastructure, Tony Hampton.

"We apologise for any inconvenience this might cause and assure you that every effort will be made to minimise the impact on your work and activities during this period."

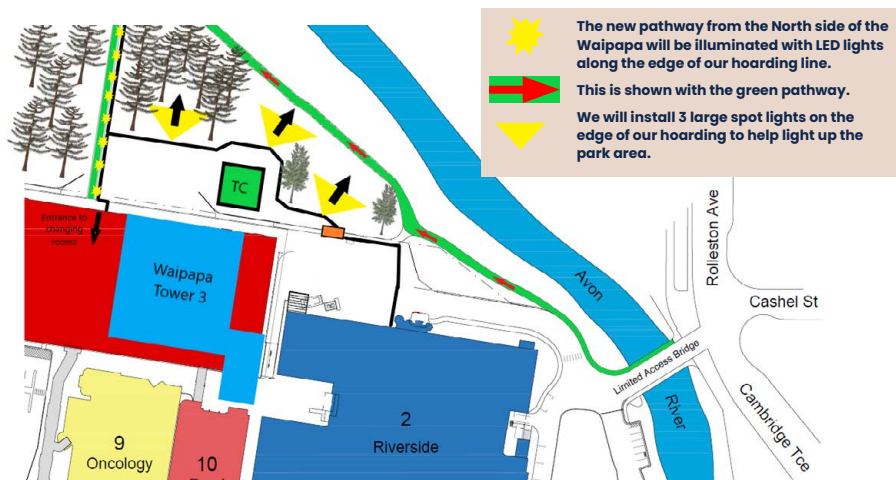
During the construction phase, you may notice the following changes and considerations:

- › **Noise and vibrations:** Construction activities may generate some noise and vibrations around certain areas of the campus. We understand that this could be disruptive, and we will work closely with the construction teams to manage and mitigate these effects.
- › **Pedestrian flow:** There might be temporary changes to pedestrian pathways and vehicular traffic around the construction site to ensure safety. Signage and guidance will be provided to assist with navigation.
- › **Safety precautions:** Your safety is of utmost importance to us. Please adhere to all posted safety signs and guidelines while moving around the campus, particularly near the construction zone.

Ā mātou kōrero – Our stories

You will be informed of any significant updates or changes that may impact your daily routines. Additionally, you can reach out to your respective department heads or manager if you have any questions or concerns related to the construction.

It is anticipated that Tower C will be completed by quarter three of 2025. Read more about Waipapa Tower C on the [website](#).



Updated path after the crane is installed

IT equipment donated and recycled

In the last four years Waitaha Canterbury and its predecessor the Canterbury DHB has donated thousands of items such as computer monitors, keyboards, docking stations, and cables.

The items are given to Digital Wings, a programme initiated by computer recyclers, RemarkIT Solutions, that works with businesses and public sector organisations to donate quality IT equipment for reuse in the community.

As well as supporting community groups who may not be able to afford the equipment it also reduces the amount of e-waste going to landfill, says Customer Support Manager ISG Elizabeth Spooner.

“As most electronic devices contain toxic materials such as lead, that are harmful to human health if released into the environment, we look at more eco-friendly alternatives.”

This current recycling process provides both digital and physical disposal. All data is erased from the hardware to remove any confidential information. Devices that cannot be refurbished and given a new lease on life are broken down into parts, reused as components for other products or safely disposed of.”

Digital Wings is grateful for the donation of decommissioned high-grade equipment that is then redeployed to the charitable sector, says Programme Director Digital Wings Dianne Daniels.

“Technology is making a difference to organisations and the communities they serve.”

The equipment goes to over 80 charities in Canterbury including the Men’s Centre, Painful Bladder Syndrome Support Group, Vaka Tautua, Christchurch Aunties, the Champion Centre, Christchurch Parents Centre, Hospice Mid Canterbury Trust, and One Mother to Another.

“One Mother to Another has grown significantly since starting in 2016 and the support we have received from Digital Wings has been part of that”, says the organisation’s Chief Executive, Joy Reid.

“Specifically, we have received a laptop computer and a Surface Pro tablet, as well as a monitor, keyboard and mouse. These have enabled us to streamline many processes, more easily connect with recipients and sponsors, develop new strategies, and secure more sponsorships for our care packs. All of this has relied on the frequent use of reliable technology.”



From left, ISG Technicians Ralph Samson and Josh Smith recycling old IT items

Canterbury charity's ice-bath challenge named one of New Zealand's best events

Two-time leukaemia survivor Josh Komen is celebrating another milestone, as the charity he froze for is named a finalist in the 2023 New Zealand Event Awards.

Josh Komen, the first ever ambassador for Rānui House, was the brains and bravery behind the 'Take the Challenge, Embrace the Cold' event, which saw Josh set New Zealand's 'unofficial' ice-bath record on prime-time television.

The event, held in March this year has just been named as finalist in the Best Community or Not-for-Profit Event (under 3000) category at the 2023 New Zealand Events Association annual awards. The awards, which received a record-number of entries, will be announced at a Gala Evening at Te Pae Christchurch Convention Centre on 9 November.

To set New Zealand's 'unofficial' ice-bath record, Josh Komen spent 21 minutes in the ice bath, supported by 38 others who took turns having a dip in the freezing water. Many more kiwis supported Josh from home by taking part in the Two-Week Cold Shower Challenge.

The event raised the profile of Rānui House and the Bone Marrow Cancer Trust, and raised \$100,795 for the charity.

"All I wanted to do was to give back to Rānui House, which gave me a home and hope during my darkest days. To have raised over \$100k in the process, and for the event to now be recognised nationally, is just incredible. I'm over the moon," says Josh.

Rānui House, owned and managed by the Bone Marrow Cancer Trust, provides accommodation for patients and families undergoing life-saving medical treatment at Christchurch hospitals.

Josh and his family stayed for 474 nights at Rānui House while he was battling acute myeloid leukaemia, a type of cancer of the blood.



Josh Komen during the ice-bath challenge

He came up with the idea for the record-setting attempt earlier this year as a way of giving back to Rānui House, which he says was a "saving grace" for him and his family during his epic health battle.

Bone Marrow Cancer Trust CEO Mandy Kennedy says for the last 30 years, the Trust has been a quiet achiever, but Josh's unique idea gave them a chance to change that.

"Having a man of such unquestionable character, passion and drive gift his time to sharing his story and telling ours through the Take the Challenge, Embrace the Cold event was very special. Thanks to Josh and his unwavering commitment to our cause, we raised awareness of Rānui House and celebrated the brave kiwis who have called our house home while raising much-needed funds."

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.



Porters Ski Field – Springfield

50 percent off full-day passes from Monday to Friday (excluding school holidays) – show your Staff ID to redeem. See [here](#) for more information.



Ōpuke Thermal Pools and Spa – 47 Mount Hutt Station Road, Methven

Get 10 percent off on bookings for the Tranquility pools or Discovery pools.

See the deal and discount code included on the [brochure](#). All bookings can be made online [here](#).



Eightgrains – 255 St Asaph Street, Little High Eatery, Christchurch Central

Get 10 percent off your food order (excluding drinks) for both families and groups – show your Staff ID to redeem. Discount applies to both dining in and takeaways, on food only (except salmon and duck)



Warehouse Stationery – 11-13 Winchcombe Street, Central City (South City)

When shopping at the South City Branch, get 20 percent off all stationery, art, craft and furniture in-store – Just take a copy of the flyer found [here](#) and your Staff ID to redeem.

QUIZ ANSWERS – Name that song (1990s edition)

- | | |
|---|--|
| 1. b. I Want It That Way by Backstreet Boys | 6. c. Wonderwall by Oasis |
| 2. a. Waterfalls by TLC | 7. b. Torn by Natalie Imbruglia |
| 3. a. Creep by Radiohead | 8. d. Vogue by Madonna |
| 4. c. Stop by Spice Girls | 9. a. Good Riddance (Time of Your Life) by Green Day |
| 5. d. Under the Bridge by Red Hot Chili Peppers | 10. b. You Oughta Know by Alanis Morissette |

Āwhinatia tō hapori kia whakaputaina ngā whakairo Help your community have their say

The 2023 General Election will be held in October, and we want every eligible New Zealander to enrol and vote.

Voting starts on Monday 2 October and finishes at 7pm on election day, Saturday 14 October.

We'd like your help to get as many New Zealanders as possible to have their say. Let's work together to make that happen.

You can help by sharing information with your community about enrolling and voting in this year's General Election.

On our website vote.nz you'll find information and links to resources you can download or order to share in a variety of ways – on social media, on your website, in newsletters or direct communications, or as display materials at your workplace, marae, library, or community centre to help spread the word to your friends, whānau and community.

Resources are available in different languages, te reo Māori dialects, and alternate formats. We'll continue adding new resources to share as the election approaches.



We value your support in helping us make information about enrolling and voting available to your community and encouraging their participation in the 2023 General Election.

Enrol. Vote. Be Heard.



**FREE
PUBLIC
EVENT**

Living well & ageing well research talks

Join us to learn more about your brain health

**Tuesday 15 August, 10.30am-12pm
MainPower Stadium, Rangiora**

Registrations essential
visit www.healthprecinct.org.nz/events

