

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: The staff blessing of Building 12 at Hillmorton campus

Kupu Arataki – Introduction

Winter pressures being felt across the health system

The Christchurch Hospital Emergency Department (ED) is currently experiencing a higher than usual number of presentations. This isn't unexpected in winter with an increase in colds, flu and other respiratory illnesses. People who are seriously unwell should be getting the urgent treatment they need, but some go to ED because they are not aware of all the care options available to them.

All people who present to ED are assessed based on the urgency of their condition, not the order of their arrival. Keeping ED for urgent and life-threatening illness or injury ensures better care and shorter waiting times for all. It is also important that people who experience life-threatening symptoms do not hesitate to attend ED or call 111.

If your condition is not urgent or life-threatening, there are many options available to you and some can provide care or advice 24/7.

- › Your **general practice (GP) provider** is there to assist with your day-to-day and ongoing health needs
 - » This includes repeat prescriptions (often available online or over the phone), persistent pain, medical certificates, general check-ups, and long-term conditions.

Many GPs are experiencing high demand and acknowledge it can be difficult to get a timely appointment, so a tremendous amount of work has been undertaken within the health system to provide a range of alternative support options to meet the healthcare needs of people.

- › You can call **Healthline** for free health advice 24/7 on 0800 611 116
 - » If you're unsure how serious your condition is or what action you should take, you can speak to expert nurses, doctors and paramedics
 - » They will assess your needs, advise the appropriate next steps and can even help with prescriptions.

- › Try an **online appointment with a GP** from the comfort of your own home using your smartphone, device or laptop – some available 24/7
 - » Provides medical advice, visual exams, repeat prescriptions, follow-up tests and more all via the camera on your device
 - » Check to see if this is a service your own GP can provide or find a list of providers here: <https://healthify.nz/apps/v/virtual-consult-apps/>.
- › Your **local pharmacy** is available to provide a range of advice and treatments
 - » Over the counter medications, vaccinations, emergency contraceptives, pain management and minor scrapes and injuries.
- › **Most pharmacies across Canterbury** are also offering free advice and where applicable, free medicines for certain minor health conditions for eligible people
 - » Children under the age of 14, Māori and Pacific people and Community Service Card holders (as well as their immediate whānau with the same symptoms) are eligible
 - » To learn more, go to: <https://bit.ly/43Vx94z>.



[Health.govt.nz/gowell](https://health.govt.nz/gowell)

Te Kāwanatanga o Aotearoa
New Zealand Government

Go well

Te Whatu Ora
Health New Zealand

- › You can go straight to a **physiotherapist** if you have a sprain or injury – no need for a referral
 - » The physio can assist you with registering an ACC claim and organise X-rays and specialist referrals.
- › Dental injury and pain shouldn't be ignored and there are **urgent and after-hours dentists** available to assist
 - » Subsidised care is also available for eligible people. To learn more and find a list of providers, go to: <https://www.cdhb.health.nz/your-health/emergency-dental-care-where-to-go/>

- › You can manage minor illnesses and injuries through **self-care at home**

- » Coughs, colds, flu, fever, sprains, vomiting, diarrhoea and mild COVID-19 can all be managed at home

Whatever the illness or injury, there are options available to help you choose the best care for you and your whānau.

Countdown on for move to new facilities on Hillmorton campus

Last Thursday a blessing was held at Hillmorton for the two new buildings set to house services moving from The Princess Margaret Hospital. This was followed by stakeholder and staff 'walkthroughs' of the facilities which gave some people their first opportunity to see where they will soon be working.

Staff, guests, and stakeholders were impressed by the new, modern facilities with the feedback overwhelmingly positive.

You can read more and see photos from the day on pages [15-16](#).



The Hillmorton facilities blessing began with waiata

Authorisation for vaccinators to work across New Zealand extended

During the COVID-19 response, the provision of authorised vaccinators was extended to allow them to vaccinate anywhere in New Zealand until 1 June 2023.

The Director of Public Health has recently extended the provision for all current and newly authorised vaccinators to vaccinate anywhere in New Zealand until 1 June 2024.

This will allow all vaccinators to continue to vaccinate across the motu during the 2023 winter

influenza season and ongoing COVID-19 response, and to be readily assigned to wherever there is greatest vaccination need.

The extension applies to all existing vaccinators and all new vaccinators.

Effective immediately, the authorisation for vaccinators to work between regions will expire on 1 June 2024.

Congratulations to our own climate health champion

The efforts of Te Whatu Ora Waitaha Canterbury Energy Manager Tim Emson were recognised at the recent Sustainable Healthcare in Aotearoa conference where he received the South Island Champion award.

Tim has led Waitaha Canterbury through transformative change in our energy management since he assumed his role in 2011, resulting in the saving of millions of dollars and a massive reduction in our organisation's carbon footprint.

Ka pai Tim! You can read more about Tim and his achievements on [page 9](#)



“Getting all their shots for the best start in life”

Prioritise to immunise our children.

Te Whatu Ora
Health New Zealand

Launch of Pae Ora, Healthy Futures Strategies

Last week, Minister of Health, Hon. Dr Ayesha Verrall launched Pae Ora, Healthy Futures Strategies.

This long-term vision for the health sector sets out how all New Zealanders, whānau and communities can be well and live longer in good health.

Six strategies to achieve pae ora, healthy futures for all, have been developed in response to New Zealanders wanting a system that is equitable, accessible, cohesive, and centred around real people.

The six new strategies are:

- › [The New Zealand Health Strategy](#)
- › [Pae Tū: Hauora Māori Strategy](#)
- › [Te Mana Ola: The Pacific Health Strategy](#)
- › [The Health of Disabled People Strategy](#)
- › [The Rural Health Strategy](#)
- › [The Women's Health Strategy](#)



This is the first time there has been a specific strategy for Pacific people, rural health, and women, because we know there is not a one size fits all answer to achieving pae ora for everyone.

Collectively, the strategies focus on what drives and sustains change, while working to address the underlying barriers that may have held back progress in the past. The focus will be on:

- › Giving people, whānau and communities greater control over decisions about their health and the design of services
- › Developing services that adapt to people's health needs and are delivered closer to their homes and communities
- › Developing a sustainable, diverse, skilled, and confident future workforce
- › creating a culture of continuous learning and improvement, informed by research, evaluation and innovation
- › Making sure we're prepared for any future shocks that come our way and making the very best of our resources
- › Collaborating across sector and government to drive the right outcomes.

This is the culmination of mahi from strategy leads across Te Pou Rautaki, Te Pou Hauora Māori, and Pacific Health with support from many kaimahi across Manatū Hauora, Te Aka Whai Ora, and Te Whatu Ora.

QUIZ –Tom Cruise movies

Love him or hate him, you can't deny that Tom Cruise is box office gold. How much do you recall of his prolific movie career?

1. **In 1983 Tom Cruise appeared in The Outsiders which featured almost every hot young actor in Hollywood at the time. Who was not in the movie?**
 - a. Ralph Macchio
 - b. Patrick Swayze
 - c. Robert Downey Jnr
 - d. Rob Lowe
2. **Paul Newman co-starred with Tom Cruise in the 1986 drama The Colour of Money. What role did Tom play?**
 - a. A baseball player
 - b. A pool hustler
 - c. A race car driver
 - d. A poker player
3. **True or false. Tom Cruise has never won an Academy Award for acting.**
 - a. True
 - b. False
4. **In which movie did Tom Cruise play a misogynistic motivational speaker?**
 - a. Risky Business
 - b. Legend
 - c. Cocktail
 - d. Magnolia
5. **Match the famous quote with the Tom Cruise movie.**

a. "You complete me"	1. Rain Man
b. "You can be my wingman anytime"	2. A Few good men
c. "You can't handle the truth!"	3. Tropic Thunder
d. "...you never show that you're counting cards. That is the cardinal sin, Ray."	4. Jerry Maguire
e. "Or, you can grow a conscience in the next five minutes and see where that takes you."	5. Top Gun
6. **Tom Cruise is famous for often doing his own stunts in movies. Which of the following has he done in his Mission Impossible movies?**
 - a. Performed a 360-degree corkscrew dive in a helicopter
 - b. Climbed the outside of the Burj Khalifa in Dubai (the tallest building in the world)
 - c. Clung to the exterior of a plane while it took off
 - d. All of the above
7. **In the movie Collateral Tom Cruise plays a hitman and his co-star who played a taxi driver was nominated for a Best Supporting Actor Academy Award. Who was his co-star?**
 - a. Russell Crowe
 - b. Mark Ruffalo
 - c. Jamie Foxx
 - d. Al Pacino
8. **Which character from the original Top Gun also appears in Top Gun Maverick?**
 - a. Merlin
 - b. Iceman
 - c. Slider
 - d. Wolfman
9. **How many movies did Tom Cruise make with his ex-wife Nicole Kidman?**
 - a. Two
 - b. Three
 - c. Four
 - d. Five
10. **Which Tom Cruise movie was filmed largely in New Zealand?**
 - a. The Last Samurai
 - b. Interview with a Vampire
 - c. Minority Report
 - d. Mission: Impossible 5 – Rogue Nation

[Check your answers on page 19.](#)

Ā mātou tāngata – Our people

Sustainable health approach recognised

Te Whatu Ora Waitaha Canterbury Energy Manager Tim Emson is the recipient of the South Island Champion award at the recent Climate Health and Sustainable Healthcare in Aotearoa conference.

The Climate Health Champion Aotearoa awards go to an individual or team who has gone above and beyond to support, advocate for, or implement positive environmental change that protects the health of New Zealanders from climate change.

Tim was nominated by Waitaha Canterbury Specialist Anaesthetist Paul Currant and Public Health Physician Anna Stevenson.

Tim began as the first Energy Manager of the then Canterbury DHB one week after the 2011 Christchurch earthquakes. Since then, he has developed an energy management system that is ISO5001 equivalent, covers around 50 clinical sites, and represents over \$10 million of energy.

Tim gained CEMARs certification for (the former) Canterbury DHB in 2017 which provided the necessary evidence base to justify the ambitious decarbonisation programme that he has championed. This includes substituting coal boilers for biomass or ground source heat pumps.

Under Tim's guidance, these technologies have saved millions of dollars and created massive reductions in our organisation's carbon footprint, said Paul and Anna in their nomination.

"The figures are staggering – a 98 percent reduction from baseline measurements, or absolute reduction of over 31,000 tons CO2 equivalents per year in scope 1 emissions from the clinical sites that Tim manages."

Tim has championed the use of Green Star building measurements in new projects and is an active member of the Transalpine Environmental Sustainability Governance Group and Sustainable Healthcare Aotearoa.

"I'm very grateful to those busy people who thought about me for this award and took the time and trouble to nominate and vote for me. Some of these are fellow members of Waitaha and Te Tai o



Energy Manager Tim Emson with his 'South Island Champion' award from the Sustainable Health Conference. He is pictured in Te Whatu Ora Waitaha Canterbury's new Energy Centre

Poutini's Transalpine Environmental Sustainability Governance Group who have advised and encouraged me in this work over several years," Tim says.

Tim is well known nationally as a tenacious leader in greenhouse gas emission reduction for the country's health sector and has pioneered projects which showcase current best practice for the transition to a low carbon world.

His advice is sought by Ministry of Health building project teams and sustainability leads and he is active in training and mentoring new graduates in the emerging field of energy and carbon management.

The [Climate Health and Sustainable Healthcare in Aotearoa Conference](#) is open to anyone interested in:

- › Planetary health
- › How climate health and healthcare impacts on the well-being of all New Zealanders
- › Ensuring the health sector in Aotearoa New Zealand is equitable, and delivers high quality, patient and whanau-centred services within existing planetary boundaries

This year's focus was on mātauranga Māori, challenging conference delegates to become more connected and knowledgeable and shift the paradigm towards environmental sustainability and climate resilience.

New kaimahi welcomed

On Monday Te Whatu Ora Waitaha Canterbury welcomed 30 new kaimahi to our Whakamana Whānau programme.

This is our Māori tikanga-based programme to ensure that we manaaki Māori and Pasifika to recruit, onboard, and provide ongoing support. The initiative is linked to the Health Workforce Plan 2023/24 – Direct Action “growing pathways for Māori and Pasifika in health.”.

The roles included in the programme are career pathways within health – healthcare assistants, hospital aides, allied health assistants, maternity kaiāwhina, sterile service technicians, administrators, and more.

As the candidates have walked along the recruitment journey together, they have started to form relationships, says Head of Equity, Diversity and Inclusion Rebecca McCormick.

“We know that joining our large organisation can be daunting, and our induction process creates a sense of belonging as part of a kaimahi whānau.”

The induction started with a mihi whakatau, a time for our new kaimahi to complete mandatory learning, organisational development workshops, and hospital tours.

“We were also fortunate to have inspirational kōrero from John Snook, the National Director Workforce Te Whatu Ora, Carlton Irving, the Chief Clinical Officer Te Aka Whai Ora and Jo Domigan, Waitaha’s Chief People Officer,” Rebecca says.

The new kaimahi say:

- › “I feel so privileged to be a part of something to better the health outcomes for our people.”
- › “I loved the connections I made with everyone on the programme, they feel like my whānau now and we’re all on this journey together.”
- › “Thank you to the Mana Taurite team for creating this programme, giving us a chance to better our lives and building our confidence”.



Whakamana Whānau kaimahi and their line managers

Help design a Te Whatu Ora exclusive Fitness Passport programme

Do you need a little more motivation to focus on your health and fitness?

Te Whatu Ora is considering partnering with Fitness Passport which is a discounted workplace health and fitness programme that gives our kaimahi and their whānau unparalleled access to a wide choice of health and fitness facilities.

Which gyms and pools would be included in our exclusive programme is up to our people who have the power to design an affordable and tailored programme of fitness locations, close to work and home.

What is Fitness Passport?

Fitness Passport is a discounted workplace health and fitness programme available to staff and their whānau. If you become a member, you and your whānau will be able to access a wide range of gyms, pools, and leisure centres as often as you like for less cost than a regular gym membership.

What does a membership include?

Your Fitness Passport membership is designed exclusively around the gyms and pools you and your colleagues want to use. You nominate the facilities for Fitness Passport to approach and once approved, you can visit all the facilities that make it onto your programme!

- › Unlimited visits across all fitness facilities in your programme
- › Individual and whānau memberships available
- › Discounted fortnightly direct debit
- › Simple hassle-free access
- › Full facility access can include gyms, group classes and pools.

What does a membership typically cost?

The pricing varies depending on the facilities we choose to have on our programme. The price will be more cost effective than joining up to just one of these fitness facilities directly. For example, in Australia a Fitness Passport membership is typically 18–50 percent more cost effective than a regular gym membership.

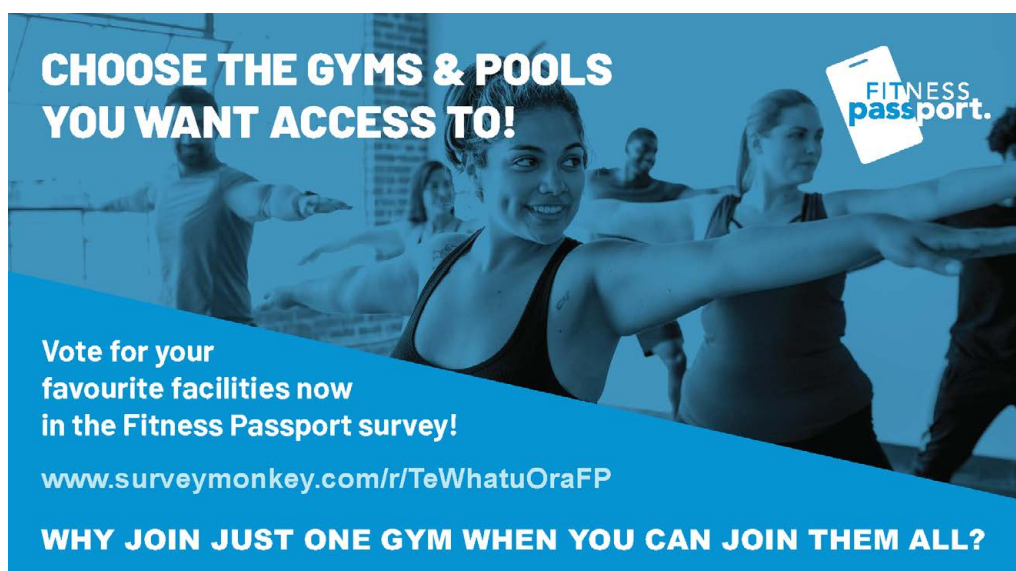
In addition, participants get more choice, more convenience and better value than a traditional gym membership. Sign up for a whānau membership for you, your partner, and children under 18 and experience even greater savings.

Choose the gyms and pools you want included

In order to build the programme, we need your input. We need to know what fitness facilities you are interested in using with your membership. We will only be able to proceed with the programme if there is enough interest registered in the survey (about 30–40 percent of our members).

The survey is open from Monday 17 July 2023 until Friday 4 August 2023 and takes only a few minutes to complete. It is important you get as many people as possible in our workplace to complete this survey to get the programme off the ground for us all.

Click [here](#) to complete the survey.



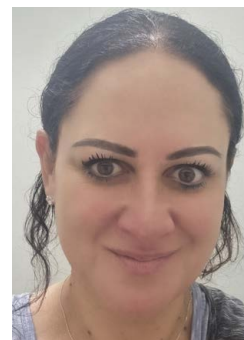
**CHOOSE THE GYMS & POOLS
YOU WANT ACCESS TO!**

**Vote for your
favourite facilities now
in the Fitness Passport survey!**

www.surveymonkey.com/r/TeWhatuOraFP

WHY JOIN JUST ONE GYM WHEN YOU CAN JOIN THEM ALL?

One minute with... Frances Pooley (Iwi: Ngāti Porou/ Ngāti Apa) Associate Charge Nurse Manager, Te Whare Manaaki, Hillmorton campus



What does your job involve?

I work in Te Whare Manaaki which is an acute forensic inpatient unit in Christchurch. We provide care to those who have committed a serious offence and require assessment to determine if the offending occurred as a result of major mental illness. We work closely with the Department of Corrections, the courts, and non-governmental organisation services in the community. Part of my role is providing leadership to the team. I am often the shift lead and have an overall picture of what is going on with the ward acuity and allocating staff according to skill mix. I will act as a coach, mentor, and educator. I am the first point of contact if there are any acute concerns or risk issues. I also liaise with the other forensic inpatient units and provide after-hours support to their teams. I attend the evening and weekend Care Capacity Demand Management (CCDM) meetings and meet with the leadership team from around the service to identify any hot spots, provide support where needed in other areas of the hospital, or ask of assistance from their teams.

What pathway got you to this job?

I have worked within the forensic mental health services at Hillmorton campus in Christchurch for over 20 years as a registered nurse and clinical nurse specialist. I returned to Te Whare Manaaki after spending several years away, to assist with providing leadership and guidance to the nursing team.

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

I enjoy working alongside tangata whai ora (a person seeking health) through their journey within the service. I would encourage anyone to come and join us if you are interested in learning about this specialty of nursing.

Who inspires you and why?

I have had many people who have inspired me in my career over the years, both past and present, including those who are no longer here with us. I had many role models that I looked up to who are

a big part of who I am today. There are too many people to list here, but they know who they are and how much I value them.

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 am a member of the Māori nurses rōpu called Ngā Toka O Te Aratika. This rōpu provides guidance and support to the Specialist Mental Health Service leadership team, while also providing support to Māori nurses to have a safe place where we can share our experiences and look at ways of improving cultural safety in our workplace. These values are very important to me in my everyday practice.

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

I would love to go to America, or to the UK to visit Coronation Street.

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

It would have to be someone funny. Maybe my 11 year-old niece, but then she thinks I am cringe and gets embarrassed by me easily, so I don't know if that would work!

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

We recycle our cans and bottles and try our best not to use any plastic.

What are your hobbies/interests outside of work?

I enjoy spending time with family. I love to go swimming at the pools with my niece and nephews. In the warmer weather, I enjoy riding my moped to Sumner and over the hill to Taylors Mistake. I am trying to learn how to sew, although I am not very good at it!

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 #23

Kei te pēhea koe? How are you?

E rērerere nei te reo o mihi ki a koutou katoa

The voice of acknowledgement is flying from place to place, to reach you all.

This week we are going to look at some different ways to answer the question “Kei te pēhea koe?” or “How are you?”. It’s very common to hear “good” as our response in English to this question, even if we aren’t in fact feeling good. However, in te reo Māori, it is more common to use a wide raft of comments or statements to answer this basic question. Some of those are outlined below. As you will see, there are often multiple contexts within which these comments may be utilised.

He Kupu – Word

Kei te ngenge ahau	I am tired
Kei te wherū ahau	I am exhausted/ absolutely stuffed
Te mutunga kē mai o te pai.	Never better
Kei raro e putu ana	Going under, sick, unable to cope.
Kua pau te hau	Exhausted, out of breath
Kei te kaha tonu.	Still strong
Taua āhua anō	As per usual.
Kei te pērā tonu	Just the same
Kei te ora ahau	I am well
Ka nui te pai	Very well thank you
Kei te hiakai ahau	I am hungry

I mōhio rānei koe? Did you know?

On 14 July 1950, Sir Apirana Ngata of Ngāti Porou died. Apirana was the first Māori graduate of a New Zealand university gaining skills and knowledge that he utilised to improve the social and economic circumstances for the Māori people.



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.

[Death of Sir Apirana Ngata | NZHistory, New Zealand history online](#)

Ko te tūmanako ia, kua upa ō minaka ki te ako i ēnei whakapūwharu.

I really hope that your desire to learn has been satisfied by these tidbits.

If you have any questions or feedback, please make contact via the email below. Hauora.Maori@cdhb.health.nz

Winter warmer recipe

Chicken and mushroom filo parcels

This recipe has few ingredients, is super easy to make and tastes yummy!

Ingredients:

- › 500g chicken breast fillets, diced
- › 2 tbsp flour seasoned with salt and pepper
- › 1 onion, finely diced
- › 200g button mushrooms, chopped
- › 420g can of Wattie's Condensed Creamy Chicken Soup
- › 2 tbsp sour cream
- › 2 tbsp freshly chopped parsley – can use 1 tbsp dried parsley instead
- › Handful of chopped baby spinach (optional)
- › 18 sheets of filo pastry
- › Cooking spray or melted butter

Method

Toss the chicken in the seasoned flour to coat.

Heat a little oil in a large frying pan and brown the chicken. Add the onion and mushrooms and cook for a few minutes.

Pour over the soup and add the spinach if you're using it. Stir and simmer for 10 minutes until the chicken is cooked.

Take off the heat and stir through the sour cream and parsley. Allow this to cool completely.

Spray a sheet of filo with oil or brush with melted butter. Place a second oiled/buttered sheet on top, then top with a third sheet. Place 1/6 of the chicken mixture into the middle of the bottom third of the filo. Fold in pastry sides and roll. Repeat to make six parcels.

Place parcels seam side down on a greased baking tray. Spray tops with oil or brush with melted butter. Bake at 200°C for 20–25 minutes.

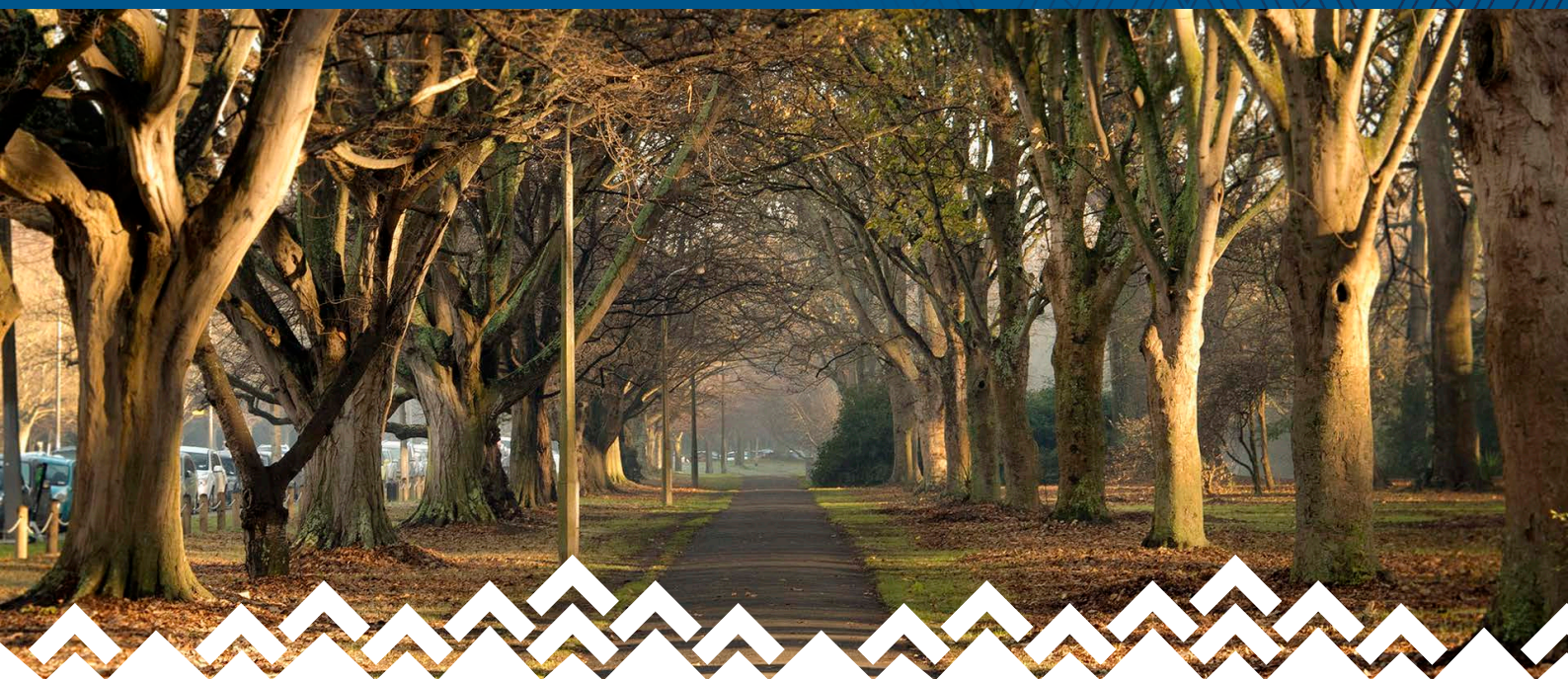
Serve with vegetables or a green salad.



Filo is a nice light and crispy pastry. If you prefer, the filling can be used to make pies with flaky pastry.

If you're trying to sneak more vegetables into your children, you can add finely diced carrot and celery to the filling. Just be careful not to overload your parcels/pies.

Whakamihi – Bouquets



Emergency Department (ED), Christchurch Hospital

I would like to say a very big thank you to the ED staff, in particular Registered Nurse Kate, Dr Mark Gilbert and the co-ordinator on shift that afternoon. Thanks to you all we were incredibly fortunate to be assessed treated and discharged within a surprisingly short time frame. Mum (aged 91) fell at the airport, resulting in a gash to her head which required sutures. Thanks to you all we were able to continue on to the family memorial service we had come to Christchurch for and get home again later that night. With all the publicity about health services and waiting times I want to say thank you for the difference you made to our day and visit to Christchurch. It really meant a lot.

Radiology, Christchurch Hospital

Each person I spoke with, from the lady at reception, to the nurse and the radiologist, were all fantastic, and super friendly. They explained everything well and made sure I was comfortable the whole time.

Eye Outpatients

I was very impressed with the professionalism and manner of the doctor who did my urgent laser treatment. Couldn't ask for better.

Christchurch Women's Hospital

You are all fantastic! Ngā mihi nui.

Acute Admitting Unit, Christchurch Hospital

I wish to thank the team who looked after me after I arrived by ambulance. I was most grateful for their caring support and for the efficient way my needs were met. Considering the busyness of the unit and all the calls on the staff's time, everyone was kind and calm and this was really appreciated.

Plastics Outpatients, Christchurch Hospital

I have found the treatment and service excellent. I have been well informed all the way about the procedures involved and everyone seems to be very competent and friendly.

Christchurch Hospital

The treatment and consideration in your hospital were first class, and although this is rather belated, I would like to express my thanks to all who helped me get better.

Bone Shop, Christchurch Hospital

What an amazing, reassuring and "I've got you" attitude from a professional and understanding, yet humorous bunch! They certainly put a smile on my dial!

Jayden, Physiotherapy, Christchurch Hospital

I have had several visits for hand therapy treatment with Jayden. I would like to comment on the superb treatment I have received from him. He is a consummate professional, coupled with terrific client-focused skills. Christchurch Hospital is so fortunate to have someone with his skills and compassion.

Eve, WellFood, Christchurch Hospital

Great one Eve, with the cuppas and the food. Lovely smile! Thank you.

Dental department, Christchurch Hospital

The children's dental team was awesome. Thank you for everything.

Radiation Oncology, Christchurch Hospital

Thank you to Brittany, Charlotte, Nicola, Greta, Dylan, Sarah and Melissa. The team is truly amazing. Thank you for really going the extra mile to ensure my mum was comfortable and confident to successfully complete her radiation treatments. Thank you so very much.

ED and Ward B5, Christchurch Hospital

Absolutely first class, thank you all.

Ward A8, Christchurch Hospital

Amazing treatment of my brother who suffered a stroke. Compassion from the nurses, explaining everything to him when treating. Interaction with his doctors was fantastic, especially engaging as his family live abroad. Thank you so much.

Christchurch Hospital

The staff were amazing – exceptional care. The nurses delivered outstanding care. Thank you so very much.

ED and Medical Assessment, Christchurch Hospital

Everyone is really nice. You guys are awesome. Keep up the good work.

Plastics, Ward 15 and Day of Surgery Admission, Christchurch Hospital

I am very grateful for the superlative health care that I have received from all the team. I have nothing but praise for my treatment. Many thanks.

Surgery, Christchurch Hospital

My surgeon was Philippa Mercer and three of her assistants are Brooke, Catherine and Kathryn. I can't remember the names of the others in the team in Theatre and the rest of the hospital, but I will never forget their care, kindness, professionalism, skill and competence. I was always kept well informed and reassured and could never doubt that I was well looked after. I have no concerns or suggestions to make except that I suspect these lovely people don't get the recognition they deserve. They are wonderful!



Protect your toddler against
meningococcal disease
FREE vaccines for tamariki under 5 years old

Te Aka Whai Ora
Māori Health Authority

Te Whatu Ora
Health New Zealand

Ā mātou kōrero – Our stories

Celebrating new beginnings – staff blessing of Hillmorton’s new facilities

The staff and teams that will be supporting whai ora (wellbeing) in Hillmorton’s new facilities joined together for a blessing of the buildings last week. Staff and consumers begin to move in over the coming month.

The first new building will provide inpatient mental health services for children and youth, people with eating disorders, and mothers and their babies. It will also include the outpatient South Island Perinatal Mental Health service, South Island Eating Disorders Service and the Southern Health School. The second building will provide adult mental health inpatient services, including extended treatment. All these services are transferring from The Princess Margaret Hospital.

The blessing was led by Pou Whirinaki, Ruru Hona.

A big thank you to everyone from the teams transitioning to the new facilities who joined the blessing. However, caring for our consumers is always our highest priority, so an even bigger thank you to those of you who were working and couldn’t join us.

There was overwhelmingly positive feedback from the people who attended the blessing.

Pukenga Atawhai, Morgan Kahika:

“What’s happening today is like “manawa tia Matariki” – it’s celebrating new beginnings, new life, and new safe journeys for the consumers.”

Chaplain Wyatt Butcher:

“I love how spacious and open the new facilities are.”



From left, Pou Whirinaki Ruru Hona, Acting General Manager Specialist Mental Health Services Vicki Dent and Chaplain Wyatt Butcher outside Building 12



The blessing began with waiata

Ā mātou kōrero – Our stories



Pukenga Atawhai, Morgan Kahika

Charge Nurse Tanya Ewart,

"The new facilities are wonderful, spacious, inviting and consumer focused."

Registered Nurse Joy Zhou:

"The new facilities are fantastic and will give us more capacity to look after patients – it feels positive."



From left, Charge Nurses Barbara Loomes, Tanya Ewart and Natasha van Leeuwen enjoyed their walk around the facilities

Charge Nurse Barbara Loomes:

"It's been a real journey to build the facilities – we're nurses, not builders, but we've all contributed what we can to the developments, while we've kept looking after consumers. It's going to be a great positive change to be in new purpose-built facilities."



The group enters Building 12 for the blessing

Enrolled Nurse Amy Zhang:

"It's going to give us more opportunity to provide rehab and treatment in a better environment."

Clinical Manager David Egan:

"It's going to be a wonderful environment for staff to work in and consumers will appreciate the modern facilities. I think it's also important to recognise all the hard work that's gone into developing the new facilities by people who have gone over and above their day jobs."



A sculpture in Building 14

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 [here](#)

Fitness Passport is a discounted workplace health and fitness programme. 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 staff have the opportunity to have a Fitness Passport programme 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! Visit the [Something For You](#) page for details on how to vote.



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

Get 10 percent off on bookings for the Tranquillity pools or Discovery pools. All bookings can be made online at www.opuke.nz See the [full deal and discount code here](#).

FITSTOP.

Fitstop – 221F Blenheim Road, Riccarton

Fitstop Riccarton is offering five free sessions over two weeks. The offer is valid 10–22 July. See [more information here](#).

B A I L E Y N E L S O N

Bailey Nelson – Christchurch Central & Riccarton

Receive 15 percent off all prescription eyewear, an annual comprehensive eye test is also free for all customers. Show your staff ID in-store to redeem.

Matariki markets

To celebrate Matariki, we're putting on Matariki Markets here at the University of Otago Christchurch!

When: Friday 21 July 2023

Where: 10am – 2pm

University of Otago Christchurch Foyer, 2 Riccarton Avenue.

Save the date and make sure you get along and support all the locally made goodies that will be on offer! Goodies include baked treats, organic food, crafts, art, jewellery, candles, bathroom products, toys, children's clothing, traditional and contemporary Maori arts, plants, and a variety of ceramics. There's something for everyone! So, make sure you come along and check them out!



The latest news from Te Tāhū Hauora Health Quality & Safety Commission is out now.

Read about Ria Earp made an Officer of the New Zealand Order of Merit; Normalising kōrero around death – an interview with The Casketeers; Learning from harm education programme 2023/24 and much more [here](#)

QUIZ ANSWERS – Tom Cruise

1. c. Robert Downey Jnr
2. b. A pool hustler
3. a. True. He has been nominated three times (Born on the Fourth of July, Jerry Maguire and Magnolia) but has never won.
4. d. Magnolia
5. a 4
b 5
c 2
d 1
e 3
6. d. All of the above
7. c. Jamie Foxx – in 2005 Jamie Foxx was nominated for Best Supporting Actor for Collateral and Best Actor for Ray. He won the Oscar for Ray.
8. b. Iceman – Val Kilmer's character
9. b. Three – Days of Thunder, Far and Away and Eyes Wide Shut
10. a. The Last Samurai



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by Friday, 4th August

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