

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: Celebrating National Volunteer Week with some volunteers at Burwood Hospital. From left, Adrienne De Leur, Sam Boyd, Karen Hay, Carol Millican, Carole Kennedy, and Carmel Jagar.

Kupu Arataki – Introduction

Minor Health Conditions Service launches

This winter, between Monday 12 June and Saturday 30 September, Te Whatu Ora is funding participating community pharmacies in specific areas across the motu, to provide a free Minor Health Conditions Service for:

- › Māori and Pacific people
- › Children aged under 14 years
- › Community service card holders.

Waitaha Canterbury is one of the regions participating in this service.

Minor health conditions are those that can be managed with advice, self-care and in some cases, medications provided by your pharmacist. Proper management of minor health conditions can prevent more serious ailments from developing or prevent further costly treatment.

This service is part of the Winter Preparedness Plan, to help relieve pressure on general practice, urgent care clinics and hospital services including the Emergency Department. This service ensures care and advice for people who may not have otherwise sought treatment for these conditions due to financial or other constraints.

The following health conditions are included in the Minor Health Conditions Service. Eligible people will receive the medicines they need for these conditions free of charge at participating pharmacies throughout Canterbury:

- › Acute diarrhoea
- › Dehydration
- › Eye inflammation and infections
- › Scabies
- › Headlice
- › Pain and fever
- › Eczema/Dermatitis
- › Minor skin infections.

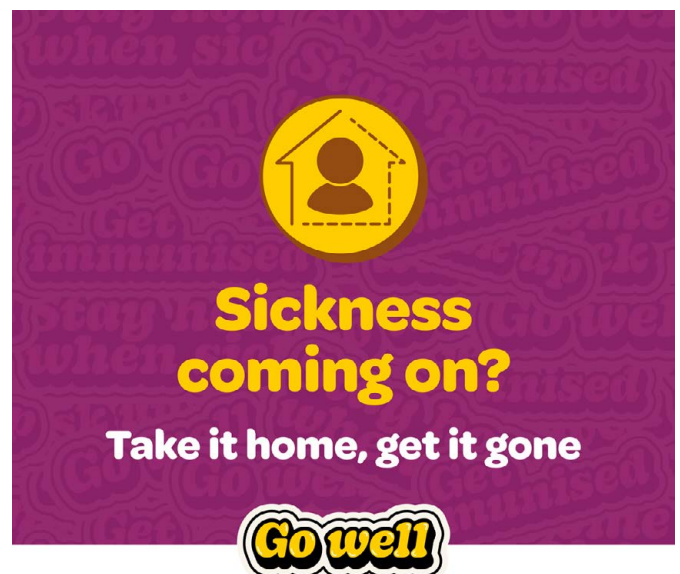


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You can find more information including the list of participating Waitaha Canterbury pharmacies on the [Te Whatu Ora Waitaha website](#).

You can also hear from some locals talking about the initiative, as seen on [1 news](#) last week.



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Te Wiki Tūao ā-Motu – National Volunteer Week

18 – 24 June is Te Wiki Tūao ā-Motu, National Volunteer Week, which recognises and honours the incredible contribution of volunteers across Aotearoa New Zealand.

Anyone employed in or who accesses the services of the health system, knows just how valuable volunteers are. From community work such as Meals on Wheels and Cancer Society volunteer driving services, to the people who support patients and staff in our hospitals, we couldn't do what we do without our volunteers.

Go to [page 11](#) to learn more and [page 15](#) to meet one of our own volunteers.



June is Bowel Cancer Awareness Month

Bowel cancer is now the most commonly reported cancer in Aotearoa New Zealand with around 3000 diagnoses and 1200 deaths each year. According to [World Cancer Research Fund International](#), the rate for bowel cancer in New Zealand women is the eighth-highest in the world.

The purpose of this month is to raise awareness of [bowel cancer symptoms](#) and encourage people to seek medical attention if they develop any signs of the disease. If caught early and diagnosed at a localised stage, the survival rate is as high as 90 percent.

Too many New Zealanders ignore symptoms or assume they're too young to have bowel cancer. One such story is that of West Coast son and Kiwi rugby league international Quentin Pongia who died in 2019 after battling the disease. Fondly referred to as 'Q', his whānau chose to share his story to try and inform people and prevent more deaths.

You can watch [Quentin's story here](#) thanks to our colleagues at Te Whatu Ora Te Tai o Poutini West Coast.



Former NRL and Kiwi rugby league star Quentin Pongia who died of bowel cancer in 2019 at the age of 48

To learn more about bowel cancer and the 'Move your butt' campaign, check out the [Bowel Cancer New Zealand website](#). If you have any personal concerns, please speak to your general practice team.

Change process for Hospital and Specialist services underway

We have been working to achieve the expectations set out in the Pae Ora Act by implementing change that improves health care outcomes for whānau. It is now time to consider what change is required across the Hospital Specialist Services system to achieve this.

Last Wednesday 14 June the change consultation process for Hospital and Specialist Services (HSS) began.

Supporting the operations of our hospitals and specialist services and developing the national teams who support the wider HSS system is our current priority. This means the proposed changes are focused on ensuring there are support teams in place locally who enable our clinical teams to provide equitable, high-quality care to our patients, whānau and communities.

[Read more on PRISM.](#)

Interim local leadership – from Regional Director Hospital and Specialist Services Te Waipounamu, Dan Pallister-Coward

While we work through the change process, I am very pleased to advise that Lisa Blackler, Interim Lead Hospital Specialist Services Lead for Waitaha Canterbury has agreed to extend her secondment until 31 August 2023. Lisa will also be Interim Lead for South Canterbury for the short period while we work through the change proposal, as Jason Power has decided to finish his secondment on 30 June. My deepest thanks to Jason for his mahi over the past year and thank you to Lisa too for agreeing to cover South Canterbury. I will work with Lisa to ensure she has appropriate leadership support.

I would like to thank Lisa for the leadership, care and energy that she has put into this significant interim leadership role during this time of change.

I would also like to take this opportunity to thank each of you for your ongoing leadership and the professional care you show your teams and our communities every day.

It is deeply appreciated.

Ngā mihi.

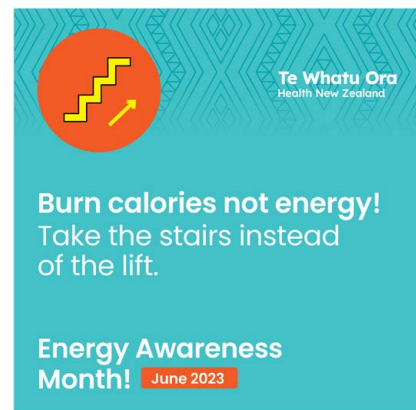
Choose well for you and your whānau this winter

Self-care	Healthline	Pharmacy	General Practice	Virtual appointment	Physio	Urgent dental care	Urgent care	Ambulance & emergency care
Safely manage some minor injuries and illnesses at home - cough, cold, fever, cuts and sprains and vomiting and diarrhoea.	Free health advice and information any time from nurses, paramedics and doctors. Call 0800 611 116. Interpreter and NZ Relay support available.	For a range of advice and treatments - vaccinations, emergency contraceptives, UTIs, pain management & conjunctivitis.	Your first port of call for injury or illness that won't go away, such as persistent pain, cough, earache or long-term conditions.	Try an online provider for medical advice, visual exams, repeat prescriptions and follow-up tests - via the camera on your device.	For an injury or sprain, go straight to a physiotherapist - they can register an ACC claim, arrange x-rays and refer on to other specialists.	For toothache or injury after hours find a dentist who can help at healthinfo.co.nz - some also provide subsidised services.	For issues that need immediate treatment - broken bone, minor head injury, bad cut, or a prolonged fever.	If you have chest pain, difficulty breathing, severe bleeding or bad burns, call 111 or go to the emergency department.

June is Energy Awareness Month at Te Whatu Ora

Ditch that lift! If you are well and able, take the stairs where you can. Lifts are energy hotspots, so you'll not only be saving power, you'll be improving your health and fitness too.

Have you given our energy quiz a go? [You can access it here.](#)



Christchurch Hospital cafés to go cashless

Effective 1 July, some of the cafés on the Christchurch campus will no longer accept cash for purchases. The changes are outlined in the table (right).

Since the start of the COVID-19 pandemic in 2020, Te Whatu Ora cafés have seen a reduction in cash sales and an increase in the use of app ordering (available at Kanuka and Willow Lane cafes). All cafés offer payWave and this seems to be the preferred payment form for most people.

Cafe	Effective 1 July
Great Escape	No change – cash and eftpos
Christchurch Women's	Cashless
Parkside	No change – cash and eftpos
Kanuka	App ordering and cashless
Willow Lane	App ordering and cashless
Peaberry	Cashless



World Refugee Day

Tomorrow, 20 June, is World Refugee Day, celebrating the strength and courage of people who have been forced to flee their home country to escape conflict or persecution. It was estimated at the end of 2022 that the number of people forcibly displaced had reached 108.4 million, with over 35.3 million refugees.

Aotearoa New Zealand accepts a number of refugees every year with people fleeing war, persecution, discrimination and danger all over the world to make what must seem a strange new country their home.

There are many ways people can provide support and assistance to refugees as they adapt to New Zealand life. This includes donating household items, providing driving instruction, assisting with navigating public transport or connecting people to services in their new city.

You can [volunteer through the Red Cross, Immigration New Zealand](#) or donate through [Christchurch Resettlement Services](#).

For staff who can attend the Oxford Terrace corporate office tomorrow (Tuesday 20 June), the Mana Taurite | Equity, Diversity and Inclusion Team is partnering with InCommon (a campaign in response to the 15 March mosque attacks) and some special guests from the former Eritrean



Refugee community who will be coming in to treat us to a traditional 'Buna' or Eritrean coffee ceremony and to share stories of connection as part of the InCommon 'Share Kai in the Workplace' initiative.

If you are available you're warmly invited to pop along to the level 3 kitchen on Tuesday at 10am where our guests will prepare traditional Eritrean coffee, kitcha (bread) and popcorn. We ask that you please bring a \$5 koha (donation) for our manuhiri (guests). If you have any queries please feel free to contact Akira Le Fevre (Akira.LeFevre@cdhb.health.nz).



Shoo the flu and boost yourself this winter

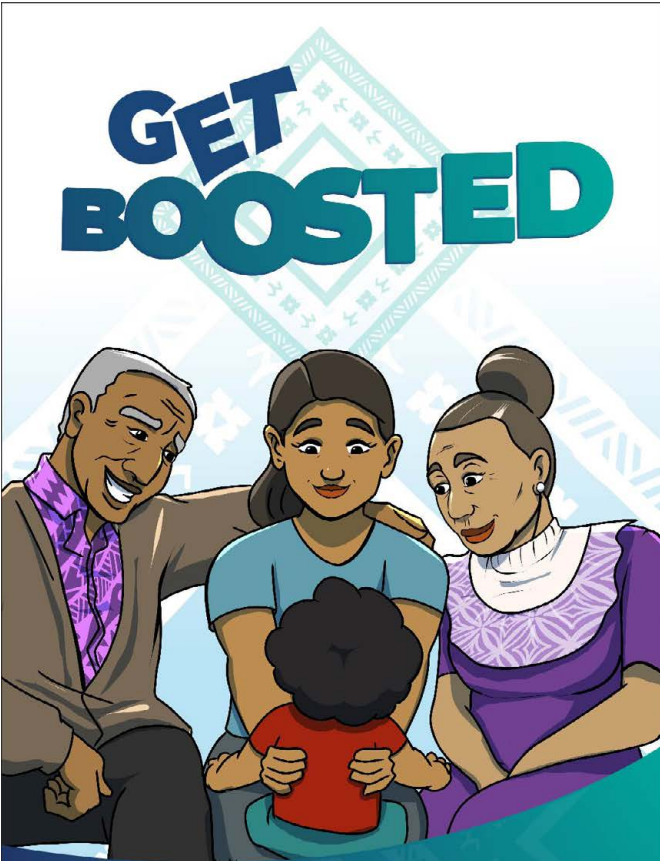
For some it must feel like it has been cold for months, but the reality is that we still have a way to go. Thursday 22 June will be the shortest day, marking the winter solstice and the point at which we can expect a gradual turn to (slightly) longer days.

If you haven't already, there is still time to protect yourself and your whānau this winter.

Shoo the flu by getting your flu vaccination (free for Te Whatu Ora staff – [check PRISM for a clinic near you](#)).

Many people are still unaware that they are eligible for the new bivalent COVID-19 booster, or what it is. The Pfizer BA.4/5 bivalent vaccine is an updated booster targeting Omicron. It provides an added level of protection since COVID-19 has continued to evolve and produce new variants.

Book your flu, COVID-19, MMR and pertussis (whooping cough) vaccinations through <https://bookmyvaccine.health.nz/>.




GET BOOSTED

Stay well for your family, get an extra booster for stronger protection against covid.

To check when you can get an extra covid booster go to immunise.health.nz/covid.

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SHOO THE FLU!

Get your flu jab now at the doctor or chemist. To check if it's **FREE** go to immunise.health.nz/flu

FLU2023

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Unwell?

Your local pharmacy can help with advice, medicine or referral for minor health conditions.



Acute diarrhoea



Headlice



Dehydration



Pain and fever



Eye inflammation and infections



Eczema/dermatitis



Scabies



Minor skin infections

This Winter, Te Whatu Ora is funding advice, and if needed, medicine for minor health conditions at participating community pharmacies in specific areas across the motu.

For eligibility criteria and more information visit www.tewhatauora.govt.nz/go-well or **talk to your pharmacist.**



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Quiz – Antarctica

What do you know about the icy continent to the south?

- 1. Who was Alexander Francis Henry von Tunzelmann (15/6/1877 – 19/9/1957)?**
 - a. First person to map the Antarctic peninsula
 - b. Credited as the first person to step on mainland Antarctica
 - c. Reportedly the first person to die in Antarctica
 - d. Oldest person ever to reach the South Pole on foot
- 2. What animal is not found in Antarctica?**
 - a. Worms
 - b. Emperor penguins
 - c. Humpback whales
 - d. Sled dogs
- 3. True or false. Approximately 70 percent of the world's fresh water is stored in Antarctica.**
 - a. True
 - b. False
- 4. What is special about Taylor Glacier in East Antarctica?**
 - a. It is the largest glacier in the world
 - b. It has a river flowing underneath it
 - c. It has a blood red waterfall flowing from it
 - d. It was the first Antarctic glacier to disappear due to climate change
- 5. In 1915 Ernest Shackleton's ship Endurance was caught in Antarctic sea ice, crushed and subsequently sank. The captain and some of the crew had to take a perilous journey to a whaling station for help. How many of the 28 people on the ship survived?**
 - a. None
 - b. All
 - c. Only Captain Shackleton survived
 - d. 10 people survived
- 6. Norwegian explorer Roald Amundsen led the first successful expedition to the South Pole in what year?**
 - a. 1909
 - b. 1910
 - c. 1911
 - d. 1912
- 7. Antarctica hasn't always been a frozen continent. When did the Antarctic ice sheet form?**
 - a. 10 – 12 million years ago
 - b. 15– 20 million years ago
 - c. 30 – 31 million years ago
 - d. 34 – 35 million years ago
- 8. True or false. Antarctica is larger than Europe.**
 - a. True
 - b. False
- 9. Which country is closest to Antarctica?**
 - a. New Zealand
 - b. Argentina
 - c. Chile
 - d. South Africa
- 10. There are 17 species of penguin. How many species are found in the Antarctic region?**
 - a. Three
 - b. Seven
 - c. Nine
 - d. 17

[Check your answers on page 23.](#)

Ā mātou tāngata – Our people

Celebrating our volunteers

Te Wiki Tūao ā-Motu (National Volunteer Week) started yesterday honouring the collective contribution of the 1.2 million Kiwis who volunteer their time and energy in Aotearoa.

Here at Te Whatu Ora Waitaha Canterbury there are dedicated volunteers carrying out a variety of tasks every day in our hospitals. By giving their time and energy, these unsung heroes help make life a whole lot brighter for many people every day.

Our volunteers include the team of Wayfinders who meet and guide patients and visitors around the hospitals. Volunteers run the gift shops, mobile shopping trolleys – and much more.

Christchurch Hospital Volunteer Raelene Mountford says she had some time on her hands after semi-retiring from the business she has run for the last 20 years and decided she wanted to put that time to good use.

Raelene's sister volunteered at Christchurch Hospital and Raelene decided to go along and check out if it was something she'd like to do. That was four years ago, and Raelene hasn't looked back since, volunteering two four-hour shifts a week in the Christchurch Hospital Volunteers Gift Shop.

"It's really good, I love interacting with all the people who come into the gift shop – visitors, staff, and patients. It's so rewarding being here, and able to help, rather than just sitting around at home," she says.

All profits from the gift shop go back to the committee to distribute via funding applications. The money received has resulted in many thousands of dollars of 'extras' to support patient and visitor comfort.



Christchurch Hospital Volunteer and Chair of the Volunteers Liaison Committee Raelene Mountford



Te Wiki Tūao ā-Motu
National Volunteer Week

18-24 June 2023 | #NVW2023



Some of the volunteers at Christchurch Hospital- pictured in the campus gift shop

For the last two years Raelene has been Chair of the Volunteers Liaison Committee which meets once a month and considers these applications.

"This has also been very rewarding for me, being a part of putting resources into the hospital."

While the last couple of years with the COVID-19 pandemic haven't been easy, the fantastic support from Gift Shop Retail Manager Ann Hill, Wayfinding Team Leader Maria Flores and Volunteer Co-ordinator Louise Hoban-Watson made it much easier.

To anyone considering volunteering, Raelene says:

"We are always looking for new volunteers, and there are some new roles coming up in patient support and the Matatiki Hub (Children's Play Space). Even if people can only spare time to volunteer once a week, we would really appreciate it."

Louise says the volunteers are an amazing group of people who selflessly give up their own time to help others.

"We are so grateful to them. They make such a big difference to the hospital."

Burwood Hospital Volunteer Coordinator Susie Cox says there are lots of volunteering roles on the Burwood campus.

These include those already mentioned, as well as volunteers offering pet therapy, a mobile library service, gardening, mail delivery, wheelchair repair, pool assistants and volunteers working in the wards to tautoko (support) the clinical staff.

"At Burwood we also have Kōwhai Companions who are specifically-trained volunteers who provide emotional support and practical assistance to vulnerable patients."

Did you know the Christchurch Hospital Gift shop delivers for free in the hospital? They take orders from all over the world! The gift shop's website is [here](#).

For more information on National Volunteer Week go to the website [here](#).

Check out the [Waitaha Canterbury Facebook page](#) this week to see profiles of some of our volunteers.

Messages of appreciation to volunteers from our kaimahi

- › To the Wayfinder volunteers, Christchurch Hospital; thank you for being available rain, hail and sunshine to help guide patients and visitors around our large campus. It is much appreciated by the staff, when we see our patients turn up to their appointments on time and not stressed. I often see the apron wearers helping in corridors and they are lovely and reassuringly guiding the people about efficiently. Your energy helps the campus tick.

From: Deidre Guy, Staff Nurse

- › I work with volunteer Gaye who assists in Christchurch Outpatients. She is always helpful and friendly, and the patients love her. She's fabulous, fabulous, fabulous! And to all volunteers and anyone who willingly gives up their time to help others, a big thank you.

From: Anne Keys, Administrator

- › Wanting to acknowledge the selflessness of the Christchurch campus volunteers in choosing to give their time to us here. We're a big place, with a lot happening, the interactions can be challenging. In all likelihood there are easier gigs for a volunteer and yet they choose us. I'm immensely appreciative that they do. Volunteers brighten the day of patients, whānau and staff. They make a valuable contribution to the smooth running of the hospital and crucially to the experience of all with whom they come into contact. We are the richer for their presence.

From: Pauline Clark, General Manager Christchurch Campus

- › The volunteers at Christchurch hospital are an incredible support for patients and staff alike. We are so blessed to have such wonderful people willing to put their hearts and energy into caring for the Christchurch community. The kindness and caring they show to people who are often at their most vulnerable is priceless. They make the hospital as pleasant as it could possibly be. The Tiaki Whānau Child and Family Safety Service has been especially fortunate to receive assistance from the volunteer service. We have been blessed with funding for new furniture and toys for the children and families. We are so grateful to Ms. Nette from the volunteers for helping to organise our space and the donations we receive, as well as the many volunteers that come and help by playing with children during clinic times. The resources the volunteers have provided and continue to provide our department are greatly appreciated, this service would not be the same without them!

From: Joelle DeDanann, Clinical Nurse Specialist, Infant2Teen Service

- › I want to send a big thank you and recognition to all of our amazing volunteers who I see helping not only our patients, but often staff, around the place. You are all so valued and your presence on campus is very much appreciated by all! Thank you for all you do.

From: Maggie McEvoy, HR Business Partner

Radio Lollipop volunteers bring fun and smiles

Radio Lollipop's unique combination of play, humour, music, crafts, storytelling and broadcasting, can create some of the best moments of a child's stay in hospital.

"We see first-hand the positive impact one-to-one interaction has on children. Our activities provide a unique blend of interaction and stimulation, which can help alleviate the stress and impact of being in an unfamiliar and sometimes frightening place," says Radio Lollipop Honorary Deputy Chairperson Christchurch Kay Weeks.

"The interaction with our volunteers can be a powerful and important part of a child's stay in hospital, supporting them in their emotional wellbeing, which has been found to be key in the recovery process. Our volunteers enjoy spreading happiness, smiles and laughter as they interact with children and their families and at the same time find friendship with like-minded people."

Radio Lollipop is a worldwide organisation where volunteers provide comfort, play and entertainment for sick children in hospitals. They also run their own radio station where children can request songs, enter competitions and go on air in the hospital.

In 2023 the charitable organisation is celebrating 10 years of volunteering in Christchurch. The Radio Lollipop studio is in the Matatiki Hub on Level 7 of Waipapa.

From 6–8pm Monday to Thursday Radio Lollipop volunteers visit children in Wards A7 and B7, the Children's Haematology and Oncology Centre, Children's Emergency Care and the Child High Dependency Unit.

"Our DJs present our live broadcasts during these days and times, but the channel runs 24/7 as a sustained broadcast (feed comes from the U.K).



From left, Radio Lollipop's 'Monday Madness' volunteers Jan, Mercy, Antonia and Jess

We also encourage children who are able, or their siblings, to visit us in the Matatiki Hub where volunteers can play games and have craft options.

"Our radio presenters also get children to come and have a go at being a DJ, getting them to select and introduce their favourite tunes on the radio which is connected to rooms via channel 30 on the TVs," she says.

There are currently about 50 Radio Lollipop volunteers at Christchurch Hospital, ranging in age from 19 to over 60.

Radio Lollipop was first launched in England in 1978, with the aim of providing smiles and laughter to children at a time when they need it most. The organisation has grown to include over 10,000 volunteers operating 26 hospital radio stations in five countries. They also operate satellite stations in a number of suburban/regional hospitals.

For more information go the [Radio Lollipop website here](#) or [Radio Lollipop New Zealand's Facebook page here](#).

Gerontology Acceleration Programme 2023/24 commences

Registered nurses from General Medicine – Christchurch Hospital, Older Persons' Health – Burwood Hospital and aged residential care have begun their journey on the latest Gerontology Acceleration Programme (GAP).

A 'GAP meet and greet' was attended by the five registered nurse (RN) participants, mentors, charge nurse managers, nursing directors and other supporters (see photo).

The GAP is a 12-month skills and experience-based professional development programme designed to support the personal, professional and academic development of RNs with an interest in gerontology nursing.

The aims of the programme are to:

- › Promote gerontology nursing as a specialty by providing skill acquisition and nursing knowledge in this area
- › Positively impact on clinical teaching, quality improvement and nursing leadership development in the sector
- › Provide an opportunity for collaboration across the system to foster a better understanding and positive relationships across different areas of the sector, both for the nurses undertaking the programme and their wider health networks
- › Retain talented gerontology RNs, strengthening skill mix and flexibility within this workforce.

The programme includes two 13-week clinical rotations, postgraduate level education and individualised mentorship to enhance participants' knowledge, skills and understanding of the older person's journey through the health care continuum. Over 30 nurses have participated in the GAP since it started in 2013.



From left, Charge Nurse Manager Medical Progressive Care Kerry Winchester, Nurse Educator General Medicine Rommel Principe, Nursing Director Older Persons Population Health Caroline Skegg, Registered Nurse Ward C2 Burwood Hospital Eric Tering, Gerontology Nurse Specialist Sue Holland, Manager Rosewood Lifecare Diane Topschi, Registered Nurse Rosewood Lifecare Stacy Valloso, Registered Nurse Ward C2 Burwood Erin Tobin, Registered Nurse Burlington Village Care Centre Carolin Bijju, Gerontology Nurse Specialist Natalie McGuffie, Gerontology Nurse Specialist Rachel Leary, Registered Nurse Medical Progressive Care Jenn Morris, Charge Nurse Specialist Older Persons Health Burwood Hospital Angel Dumaguin, Nursing Director Medical Mark Crawford, and GAP Nurse Coordinator Rachel Marshall

Rachel Leary and Angel Dumaguin are supporting the programme by each mentoring one of the GAP participants. Rachel and Angel previously completed GAP and now hold senior roles in gerontology nursing, Rachel as a Gerontology Nurse Specialist supporting Aged Residential Care, and Angel as a Clinical Nurse Specialist at Older Persons Health – Burwood Hospital. Both spoke at the meet and greet about the impact GAP had on their nursing, communication skills and career development.

For further information regarding the Gerontology Acceleration Programme (GAP) please contact: Rachel Marshall – Nurse Coordinator, Nursing Workforce Development Aged Residential Care arcnursing@cdhb.health.nz

Visit: <http://edu.cdhb.health.nz/gap>

One minute with... Elizabeth Hawken, Wayfinder Volunteer, Christchurch Hospital

What does your job involve?

The main aspect of my role is to try and alleviate some of the stress which people experience when they go into a hospital. This is achieved by showing people to their desired destination.

What pathway got you to this job?

I am currently doing a master's project in simulating magnetic resonance temperature maps, so I was very interested in understanding the reality of being a patient.

As temperature changes in a sample, the chemical structure of the sample changes. This change in chemical structure can be detected with an MRI machine. Since there is a model for how the chemical structure changes with temperature, we can model it with a computer. This is the essence of my project.

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

If you are wanting to join the Christchurch Hospital group I would say the best thing to do is to contact Volunteer Coordinator Louise Hoban-Watson as she is the amazing person who organises the volunteers there.

Who inspires you and why?

The volunteers who have been volunteering for a long time as they have the innate ability to make a patient relax instantaneously, just with a few words.

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?

Always show empathy for a patient's beliefs and emotions, always be reliable and think about the results of your behaviour.



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

At present, I am thoroughly enjoying the challenge of completing my Master's degree combined with hospital volunteering, so I feel as though I am in the perfect place for me at the moment.

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

According to my whānau it would either be Renée Zellweger or Emma Thompson.

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

My whānau and I are keen cyclists and recyclers; we also enjoy tramping and treating our beautiful outdoors with respect at all times.

What are your hobbies/interests outside of work?

I would say my favourite hobby is baking. I am also quite partial to strategic board games. My most recent favourite board game is called 'Brass Birmingham' – a strategic economic game set in industrial revolution Birmingham.

If you would like to take part in this column or would like to nominate someone please contact [Naomi Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz).

Akoranga reo Māori – lesson #19

Matariki, the whetū tapu o te tau – Matariki, the star of the year

Hauhauke tū, ka tō Matariki

The harvest ends when
Matariki sets

Tēnā koutou katoa

As the days become colder and Te Tau Hou Māori (Māori New Year) gets closer, we are going to focus our next few sessions on Matariki. For those of you who don't know, the national day of celebration for Matariki this year is 14 Hūrae (July) but it is so much more than just another excuse for a day off work.

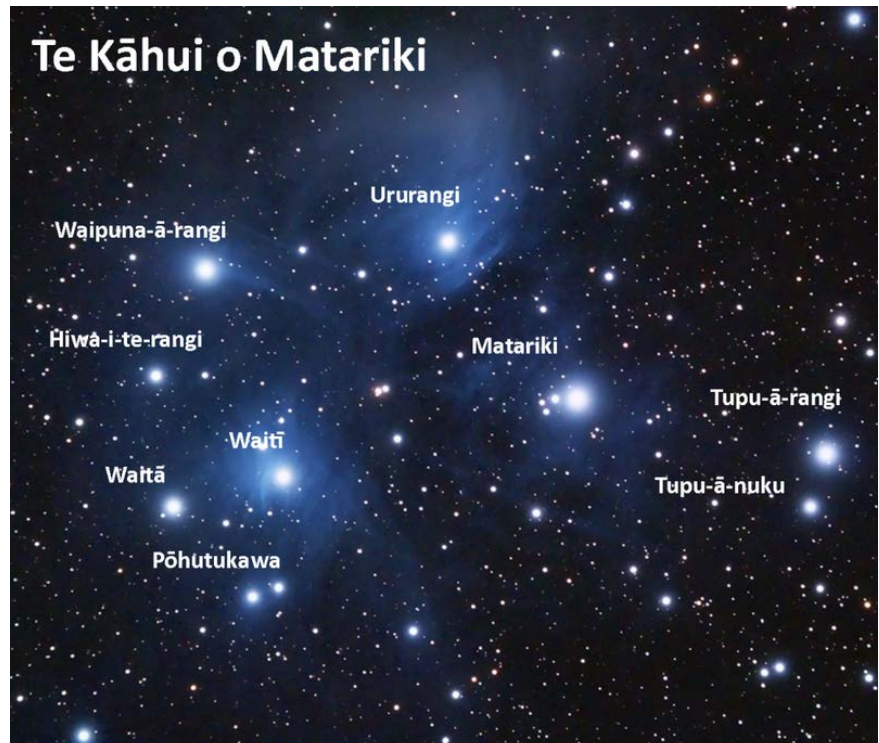
What is Matariki?

Matariki is an open star cluster more commonly known throughout the world as Pleiades or Messier 45 (M-45). The cluster itself is made up of several hundred stars, but very few of these are visible to the naked eye. It is important to note that different iwi across Aotearoa have different stories and understanding relating to Matariki. For instance, some iwi refer to Puanga instead of Matariki, as the signal for the new year, but all maintain knowledge of both Puanga and Matariki.

Matariki is often translated as “small eyes”, a literal translation of “mata” and “riki”. This translation seems to have originated from and been socialised by early ethnographers in Aotearoa, without any deeper explanation relating to Māori understanding of cosmology. Matariki is in fact, an abbreviated version of the name “Ngā Mata o te Ariki Tāwhirimātea”, and this name originates from the creation narratives of Māori.

Following the separation of Ranginui (Sky Father) and Papatūānuku (Earth Mother), Tāwhirimātea (deity of wind and weather) was the only child of Ranginui and Papatūānuku who had not agreed that his parents be separated, and he sought retribution on his siblings. Ultimately, an epic battle ensued and Tāwhirimātea was defeated. Before he fled towards the skies to spend his days with his father, Ranginui, Tāwhirimātea was so distraught that he plucked out his own mata

Te Kāhui o Matariki



(eyes) and threw them into the sky, such was his outrage. His eyes remain stuck to the chest of Ranginui to this day and Tāwhirimātea continues to attack his siblings by sending the wind and storms to earth.

Here in Aotearoa, Matariki is visible for much of the year except for a period of approximately a month during May, June and July. During this time Matariki sets in the West in the early evenings of May until the time that it rises again in the pre-dawn sky during June or July (remember that the maramataka Māori or Māori calendar is based on lunar phases and is not related to the Gregorian calendar that most of the western world works within). This rising again of Matariki is what signifies the new year in the maramataka Māori.

Matariki would be carefully analysed by the tohunga kōkōrangi (astronomers) in the early morning. Each visible star within the cluster would be carefully assessed to obtain clues about the environment and determine whether the following year would be one full of bounty, or one of lean times.

Furthermore, Matariki is a time for togetherness, reflection, remembrance of those who have died during the previous year, and a time to give thanks to the taiao (environment) for providing the sustenance for life. It is also a time for setting goals and aspirations for the year to come.

An important ceremony associated with Matariki involves the cooking of a selection of the best kai (food) associated with various stars in the constellation in the umu kohukohu whetū (steaming earth ovens of the stars). We will learn more about the stars in the weeks to come. Once the karakia (incantations) to Matariki were complete and the names of those who had died during the past year had been called out, the hot kai would be uncovered and the hautapu (steam) that rose into the sky would 'feed' and replenish Matariki.

He whakapātaritari – A challenge

Think about what you might do with your whānau (family) and/or your hapori (community) this coming Matariki to celebrate. Do you know of any events occurring in your neighbourhood? Talk to others about what might be happening about the place and join in the festivities.

He whakamihi tēnei ki a koutou katoa i a koutou ū ki te kaupapa!

This is a tribute to you all for sticking with the subject!

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

Hauora.Maori@cdhb.health.nz

Whakataukī	Proverbial Sayings
Puanga kai rau	the abundant harvest of Puanga
Matariki hunga nui	Matariki of many people – speaks to the gathering of people during celebrations.
(Matamua, R. (2019). Matariki – The Star of the Year. Wellington: Huia Publishers.)	

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

Prioritise to immunise our children.

Te Whatu Ora
Health New Zealand



International winter warmer recipes

Lentil and cauliflower curry

Prep: 10 mins

Cook: 40 mins

Serves 4

An earthy spice pot that's low in fat and calories. Use your favourite curry paste along with mustard seeds, turmeric and coconut yogurt. Can substitute the cauliflower for broccoli if preferred.

Ingredients:

- › 1 tbsp olive oil
- › 1 large onion, chopped
- › 3 tbsp curry paste
- › 1 tsp turmeric
- › 1 tsp mustard seeds
- › 200g red or yellow lentils
- › 1 litre of low-sodium vegetable or chicken stock (made with 2 cubes)
- › 1 large cauliflower, broken into florets
- › 1 large potato, diced
- › 3 tbsp coconut yogurt
- › Coriander, chopped
- › Lemon
- › Brown rice to serve

STEP 1

- › Heat the oil in a large saucepan and cook the onion until soft, about 5 mins. Add the curry paste, spices and lentils, then stir to coat the lentils in the onions and paste. Pour over the stock and simmer for 20 mins, then add the cauliflower, potato and a little extra water if it looks a bit dry.

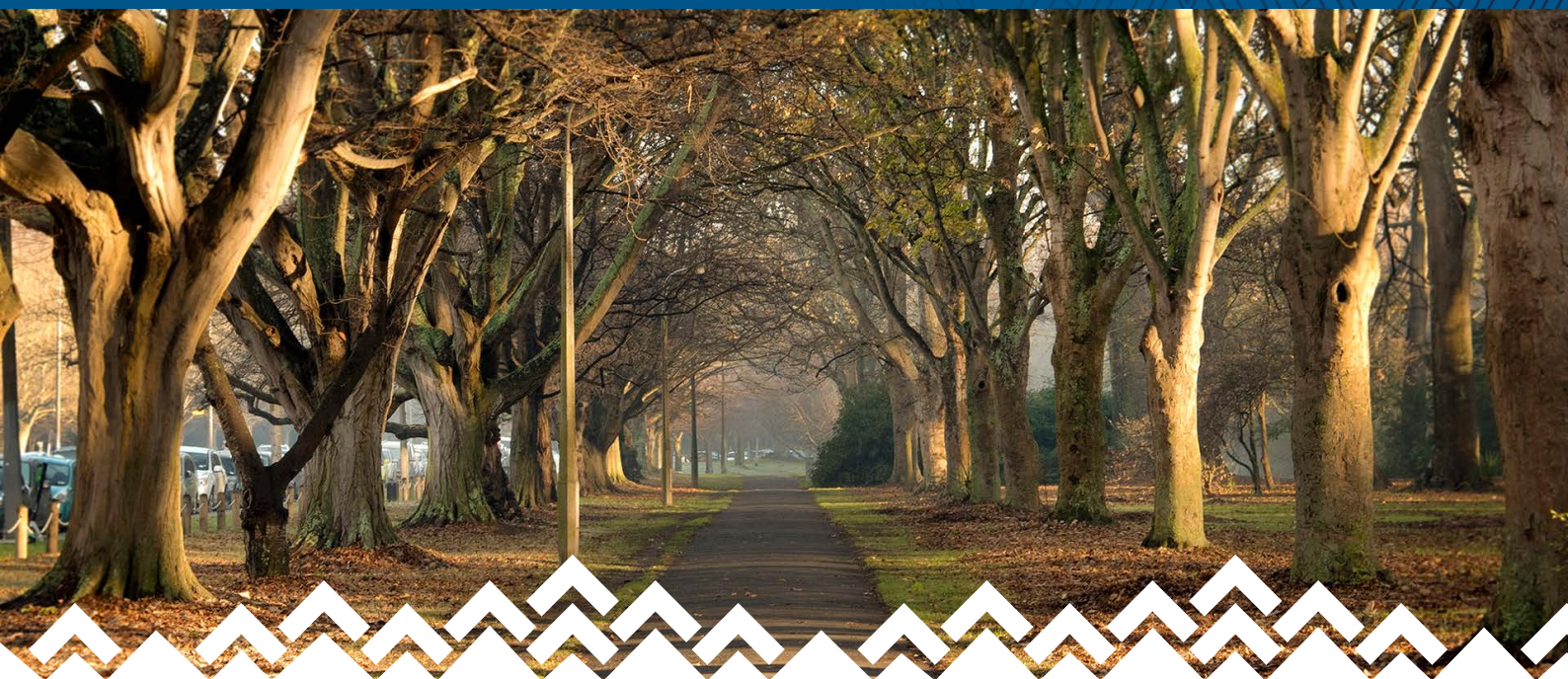
STEP 2

- › Simmer for about 12 mins until the cauliflower and potatoes are tender. If you want the cauliflower firmer just add it in towards the end of the 12 minutes. Stir in the yogurt, coriander and some lemon juice, and serve with brown rice.



This dish is vegan if you use the vegetable stock.

Whakamihi – Bouquets



Ward B7, Christchurch Hospital

I want to say a huge thank you to your team. As a mum it is very hard having your little one in hospital and not knowing what is going on while waiting for results – especially as a first-time mum. The care provided for both child and mother is just amazing. The facilities are great too. The staff were there were very sympathetic, genuine and extremely kind. The nurses we had looking after us were so lovely and the doctors who popped in were very reassuring. We had such a great experience for something that could have been pretty upsetting. I'm sure people are always quick to complain but not compliment, so just know you all do such a great job thank you so much for your service!

Ward B5, Christchurch Hospital

I recently spent a couple of days in Ward B5 and wanted to say thank you to all the wonderful staff. The care and support I received from the nursing, medical and ward staff was excellent and much appreciated.

Radiology, Ashburton Hospital

I had a colonography at Ashburton Hospital recently and just wanted to share how wonderful the team were, from the receptionists booking the appointment and arranging the prep, who were friendly and helpful, through to the radiographer Suan, who did the procedure. Suan was equal parts professional, empathetic and an excellent

communicator. A fabulous team. How blessed we are to have this amazing service in Ashburton.

Ward A4, Christchurch Hospital

Wonderful care from all the staff. Thank you so much for the past week.

Diabetes Outpatients

I appreciate the wonderful diabetes team – Nurse Tina and Dietitian Jess. I have felt fully supported on my pump journey. My physical and mental health has been treated respectfully and kindly. Great team, who I feel very connected to and I know have my health and wellbeing in mind.

Ward 25, Christchurch Hospital

The staff are wonderful! Hospital Aide Robyn was delightfully friendly, engaging and professional. Thank you.

Ward B4, Christchurch Hospital

Fabulous team. Nothing is too much for any of your staff from the orderlies to reception, nurses and surgeons. Thank you for your incredible facilities and care. Outstanding.

Christchurch Hospital

Lovely helpful receptionist who always has a smile, which helps people feel at ease and comfortable. The staff are wonderful. It is amazing to have a healthcare system like we do. We are very lucky. Great job Health New Zealand!

Ward 3, Christchurch Hospital

Staff are very helpful and kind. They are always there when asked and are friendly in general. To all the nurses and doctors thank you for looking after and healing my mum.

Day of Surgery Admission, Christchurch Hospital

Great care and service for our dear client [patient name] who has an intellectual disability. So much TLC toward him and he appreciated all the love shown to him before his operation. Thank you so much for the great care.

Hato Hone St John, Emergency Department (ED) and Ward B8, Christchurch Hospital

I would like to thank Nurse Rowena and Dr Hannah in ED for taking good care of me. I really appreciated it. Also, the two ambulance officers, Amelia and Marty, who were awesome. Thank you also to all the staff of Ward B8 – Dr Finnis, Fiona the CAT scan staff and the MRI staff. You guys are awesome.

Acute Care and Ophthalmology, Christchurch Hospital

I attended the Acute Care unit after receiving an injury to my eyes. I was seen by Nurse practitioner Carla Turnbull and Ophthalmology Registrar Dr Nic Theis. I wanted to write in because I was so impressed with the level of care I received from both Carla and Nic. I was in a lot of pain and very concerned and they were both very professional, as well as being kind, caring and reassuring. As a former Canterbury DHB employee, I know how very busy and demanding this work can be and I think it's important to acknowledge how fantastic both of these health professionals were. I am really appreciative, and grateful to have been able to have this level of care as well as follow-up.

Hato Hone St John, ED and Ward 10, Christchurch Hospital

I would like to sincerely thank all the medical personnel who were involved in my treatment after my accident. Firstly, the two paramedics Angus and Skye, and the driver who attended to me on site. All the medical team in ED – the care and professionalism were amazing. The nursing team in Ward 10, especially Dr Jon and Charge Nurse Mary and Bridget. The care from both was extraordinary and most appreciated. Thank you all once more for your care and understanding.

ED and Acute Care, Christchurch Hospital

I wanted to provide some positive feedback about the service we received last weekend after my daughter had an accident. The service we received from a very competent male nurse and another woman who did blood tests was outstanding. Both were very personable and skilled at getting key information in a respectful way, assessing injuries, applying stitches etc. We were in and out within about two and a half hours and left feeling reassured about my daughter's injuries. Thank you so much for the fantastic service. Those two staff are an absolute credit to your team and we appreciate their skills.

Ward A3, Christchurch Hospital

Excellent service, wonderful doctors and nurses. Thank you so much.

Ward B8, Christchurch Hospital

Fantastic food, care and patient empathy. Well done.

Intensive Care Unit

Brilliant staff. Thank you so much.

Ward 4, Christchurch Hospital

Absolutely wonderful care of our mother during her end of life. All staff were very kind, caring and empathetic to our mother and the family.

Big Shout Out

To: Medical Illustrations and Communications teams

Thank you to our amazing Medical Illustrations team and Communications team for all the work they have completed on our behalf to acknowledge our 8,000+ nurses in May around International Nurses Day. You all rock, as without you assisting with design of digital screens and screensavers, photography and articles for the Waitaha Canterbury Pānui, we may not have been able to celebrate our nurses, our future, our way!

**From: Nurse Co-ordinator Projects
Cathy King**

#carestartshere

Ā mātou kōrero – Our stories

Walking your way to wellness

Active transport is a focus for Community and Public Health Te Mana Ora Health Promoter Meg Christie.

She is a long-standing member of Living Streets Aotearoa and an avid walker and runner in Ōtautahi Christchurch. Meg was part of the Living Streets Aotearoa executive for six years, where she wrote submissions advocating for the most vulnerable in our community.

“At Living Streets, we are always advocating for people who are frail, elderly, disabled, and for mums with kids because we want to ensure that we prioritise infrastructure that’s safe and easy for everyone to use, locally and across Aotearoa,” she says.

Walking is so common it can be easy to lose sight of how important it is to our health.

“Walking is an all over tonic for the body, and we were built to do it. There’s lots of research showing that regularly walking briskly can prevent diseases like type two diabetes and stroke.”

Despite all the benefits, many of us default to driving instead of walking. Meg describes this as a vicious circle that begins in childhood and is especially embedded when children are young and dropped off at school.

“We’d really like to encourage walking more with children, because we have such a culture of dropping children off by car. It’s been going on for 30 years now, and we are trying to get the walk to school back as a normal mode of transport. Kids learn so much more when they walk or bike.

“Children who grow up in a culture of being driven everywhere are more likely to carry on those habits. My daughters were in their 30s when they finally got their driving licenses. They said, ‘oh Mum, what did you expect when we cycled and took buses and walked everywhere?’”

The health benefits of walking are multiple, and only 30 minutes a day can make a world of difference, Meg says.

“If people can get from A to B in an active way, then they’re more likely to achieve their 30 minutes a day. Doing 30 minutes of moderate exercise means better outcomes in heart health, diabetes, stroke, and Vitamin D. Most importantly, it’s a weight-bearing activity and improves bone health – something swimming, and even cycling doesn’t contribute to.”

One of the biggest health benefits to walking is cleaner air, and even mixing it up between feet and wheels can have a huge impact on climate change on a larger scale.

“When we walk we are doing something that produces no emissions, helping mitigate climate change. Getting out of our cars and back on our feet makes sense on every level.”

On 25 and 26 July Ōtautahi Christchurch will host the Living Streets Aotearoa 2023 Walking Summit. The Summit is an opportunity to discuss how we can make the places we live more walkable, liveable, and sustainable for a climate-friendly future.

A range of expert speakers will share their insights on how to create walking-friendly spaces, and we’ll hear updates on the journey towards Aotearoa’s first National Walking Plan.

Join the discussion either in person or virtually and walk confidently into the future. Register today at www.livingstreets.org.nz.



Health Promoter Meg Christie on a walk

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.



Specsavers – Ashburton, Riccarton, Shirley, Papanui, Hornby, Rangiora

Specsavers is offering staff \$50 off when selecting two pairs from the \$249 range and above until 29 July 2023. See more information and [how to redeem here](#).

Get 25 percent off lens when selecting one pair from the \$169 range or above. [See more information here](#).



Porters Ski Field – Springfield

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



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

When shopping at the South City Branch, get 20 percent off all stationary, art, craft and furniture in-store. [See more information on how to redeem instore here](#).



Torpedo7 – Nationwide

Torpedo7 would like to offer a year-round offer for our staff (up to 40 percent off). [Show this flyer](#) in-store printed out or on your device.

Want to test your energy related knowledge?
Take our 2 min quiz! Scan the QR code >>>

Energy Awareness Month!


June 2023

A Te Whatu Ora initiative providing tips, tricks and fun facts about energy efficiency and conservation.

Te Whatu Ora
Health New Zealand

QUIZ ANSWERS – Antarctica

1. b. Credited as the first person to step on mainland Antarctica – The 17-year-old New Zealander from Nelson, Tunzelmann was in the Antarctic with a Norwegian whaling crew when they made the first substantiated landing in January 1895.
2. d. Sled dogs – Early Antarctic explorers used sled dogs but since 1994 all dogs have been banned from the continent due to the fear that they could spread disease to the seal population or disturb the wildlife if they managed to break out and roam free.
3. a. True – although most of it is frozen.
4. c. It has a blood red waterfall flowing from it – The water originates from a subglacial lake and is high in salt and oxidised iron. When the water comes into contact with air, the iron rusts giving it its amazing red colour.
5. b. All – Miraculously, all of the crew survived.
6. c. 1911
7. d. 34 – 35 million years ago
8. a. True. Antarctica is about 40 percent larger than Europe.
9. c. Chile. Puerto Williams in Chile is slightly closer than Punta Arenas and Ushuaia in Argentina
10. b. Seven. Adélies, Kings, Chinstraps, Emperors, Gentoos, Macaroni, and Rockhoppers.



GET BOOSTED

If you're over 30 you can get an extra covid booster to help stay protected longer.

To check when you can get an extra covid booster go to immunise.health.nz/covid.

Te Whatu Ora
Health New Zealand



Bowel Cancer
NEW ZEALAND

Ngā kōrero pono mō te mate
pukupuku whēkau

Bowel cancer facts

A guide for communities in Aotearoa.



At a glance...

- Bowel cancer is also known as colorectal or colon cancer.
- Cancer is a disease caused by a series of changes to DNA which results in the uncontrolled growth of abnormal cells. Most bowel cancers start as benign growths on the wall of the bowel called 'polyps'.
- 90% of bowel cancers are curable if caught early.

"If you have any symptoms which aren't settling, trust your gut instinct. Just go and get checked, even if you think it's nothing."

DR ANNE MATHIESON,
BOWEL CANCER SURVIVOR

Bowel cancer

Bowel cancer affects the colon (large bowel) or rectum (also known as rectal cancer). The difference between the two is their location.

How bowel cancer begins

Bowel cancer develops when there are a series of mutations to the cells that line the bowel, which results in the uncontrolled growth of those cells. Initially, these cells develop into polyps which are growths that can be flat or grow on stalks from the bowel wall. These growths are more common as people get older. Although most polyps never develop into bowel cancer, some can if left undetected.

If untreated, the cancer continues to grow through the bowel wall and then metastasise. The most common places for bowel cancer to spread are the liver and lungs.

Bowel cancer can be easy to miss. It is important to know the symptoms, and if they persist, follow up with your doctor.

Still concerned? Consider the following options:

- Get a second opinion.
- Go privately for a colonoscopy.
- Discuss private FIT testing as an option or a CT colonography with your GP.



Want to know more?

Visit our website for more information on bowel cancer facts.
bowelcancernz.org.nz > What is bowel cancer
> Bowel cancer facts



Helpful tip

You can purchase BowelScreen Aotearoa kits from the screening page on our website.



NEED SUPPORT?

Contact our bowel cancer support nurse:
Email: here4you@bowelcancernz.org.nz
Phone: 0800 BCNZ NURSE (226 968)

Join our private Facebook group:
bowelcancernz.org.nz > Support > Finding Support

CONTACT US

Bowel Cancer New Zealand
PO Box 301517, Albany 0752, Auckland
Email: info@bowelcancernz.org.nz
Website: bowelcancernz.org.nz