

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 unveiling of Kauawhi by Westpac NZ General Manager of Institutional and Business Banking Reuben Tucker (left) and Sculptor Fayne Robinson

Kupu Arataki – Introduction

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month and a great time to throw some support behind the Breast Cancer Foundation NZ goal of zero deaths from breast cancer. The Breast Cancer Foundation raises funds for research, education, and patient support.

Every day in Aotearoa New Zealand, nine women are diagnosed with breast cancer making it the most common cancer for Kiwi women and the third most common overall. You don't have to be a woman to have your life changed by this disease because it affects partners, spouses, parents, siblings, grandparents, children, grandchildren, friends, extended whānau and colleagues. We all know and love someone impacted by breast cancer.

Throughout October there will be plenty of opportunities to get involved, raise awareness, fundraise, and donate.

Pink Ribbon Walk – Christchurch, Sunday 29 October

- › Register via the link
- › Purchase a ticket and start fundraising.

Pink Ribbon street appeal

- › Collectors will be on the streets on Friday 27 and Saturday 28 October
- › You can volunteer to help or give generously to the collectors.

Make a direct donation

- › A one-off or regular donation will make a huge difference. Click on the link to make a direct donation.

Go Pink for a Day

- › Go Pink for a Day in your team
- › Click on the link above to access resources, information on supporting workmates dealing with breast cancer
- › Hold an event – a morning tea or a lunch and raise some money!

Shop for Good

- › Support brands that are contributing funds to the appeal through their pink products.

Get a mammogram

- › Women have a 95 percent chance of surviving breast cancer five years or longer if the cancer is detected by a mammogram
- › If you've been putting it off, you have any concerns, or even if you're not sure if you should, speak to your general practice team and arrange a mammogram.

Look out for more content during Breast Cancer Awareness Month.

**BREAST
CANCER
AWARENESS
MONTH**



Measles cases in Tāmaki Makaurau Auckland

There have been two cases of measles in Tāmaki Makaurau Auckland in the past couple of weeks. They are not related to each other but both are linked to recent overseas travel. There are no reports of these people being in any other part of New Zealand or any measles cases in other regions.

With international flights arriving in Christchurch daily, there is a risk that measles could enter our region the same way.

Initial symptoms to look out for include a fever, cough, runny nose, and sore and watery pink eyes. This is followed by a blotchy rash. It spreads rapidly through people who are not immune.

People are considered immune if they have received two doses of measles, mumps, rubella (MMR) vaccine, have had a measles illness previously, or were born before 1969.

Two MMR vaccines are free for anyone 18 years or under, and for New Zealand residents aged over 18 years. If you or anyone in your whānau has not had an MMR vaccine or aren't sure, ask your general practice (GP), parent, or caregiver.

Measles is highly infectious so it's important that people who are in quarantine or those with symptoms don't visit their GP or after-hours clinics, but phone their GP for advice first. This is to limit the risk of the virus being spread to other people. Alternatively, people can call Healthline for free at any time on 0800 611 116. Interpreters are available if required.

Protect yourself and Te Whatu Ora from cyber attacks

There's a lot we can do to prevent cyber attacks, and one of the most important is protecting our passwords. Passwords can be complex, frustrating, and impossible to remember but they are often our main line of defence against thieves and scammers.

- › Do not use the same password for all your accounts (banking, Facebook, email, online shopping) – no matter how tempting it may be
- › Avoid the obvious – pets' names, birthdays, partner's name, numbers or letters in sequential order, car registration
- › Don't reuse your passwords
- › Where you can, use two factor authentication, especially for critical accounts. This is where you need to provide something in addition to your username and password to log in. It may be a PIN sent to your mobile, a security question or another identifying tool



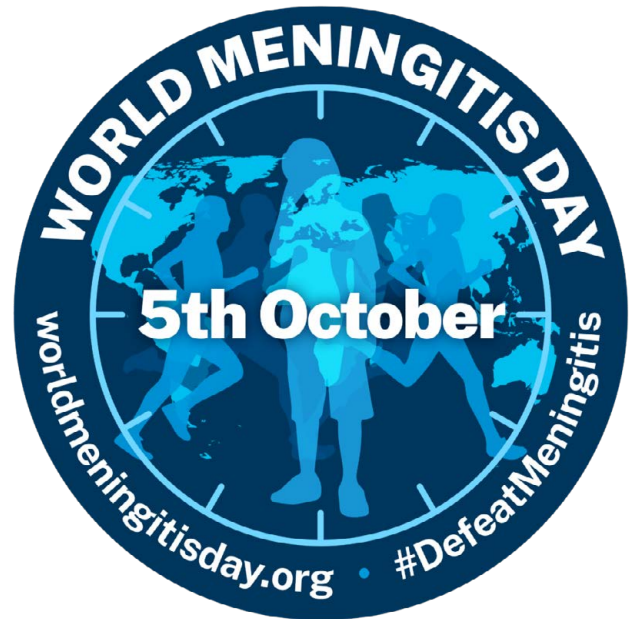
- › Make your password long and strong. Use words or phrases but substitute letters with numbers or symbols to make it more complex (iL0veAllBI@cks15 or W@rrlorsF@nG!r!)
- › Don't share your passwords with anyone.

World Meningitis Day

Thursday 5 October is World Meningitis Day, a day to raise awareness about the impact of meningitis, a disease that can tragically take a life in less than 24 hours or cause lifelong disability.

On 1 March 2023 the Meningococcal B vaccine was added to the National Immunisation Schedule and is available for free for all pēpi aged under 12 months, and for anyone aged 13–25 entering their first year of a close-living situation such as a boarding school or university hostel.

Tamariki aged over 12 months, but under five years, and people aged 13–25 who are also in close living situations including boarding schools, youth justice facilities, university halls of residence and military barracks can also catch up for free for a limited time.



Tuvalu Language Week (1 – 7 October)

Talofa koutou, it's Vaiaso o te Gana Tuvalu – Tuvalu Language Week! This year's theme is 'Fakatumau kae fakaakoi tau 'gana ke mautu a iloga o 'ta tuā' – Preserve and embrace your language to safeguard our heritage identities.

With a population of around 12,000, Tuvalu is composed of three reef islands and six atolls. According to the 2018 census, 4653 Tuvaluans live in New Zealand, most in Auckland.



Rongoā Māori now available for Waitaha kaimahi through EAP

We now have two rongoā Māori (Māori medicine) providers that our kaimahi in Waitaha and their close whānau can access through EAP Services. This is an amazing opportunity to connect and heal through the wisdom and tools of our tipuna (ancestors) and traditions.

Kahukura Māori healing:

Christchurch Māori Healing Kahukura Rongoā Māori Trust

Aperahama is an initiated tohunga (expert) of rongoā Māori healing. Practices and services include the following:

1. Rongoā rakau – traditional Māori medicines
2. Pūrea – spiritual cleansing and balancing
3. Mirimiri and Romiromi – therapeutic, deep tissue massage
4. Spiritual Teacher
5. Rongoā workshops and wananga (seminars)

Te Ara Teatea:

Māori Healing | Te Ara Teatea Trust | Christchurch

We are here to assist you and your whānau with self and intergenerational healing through our traditional healing modalities, and empower you to remember your true potential through the teachings of our ancestors.

- › One-hour private miri/romi (massage) session
- › Rongoā wairakau/plant medicines
- › Wānanga/workshops
- › Hapūtanga (pregnancy) sessions
- › Maternal birth injury

How to book:

1. Ring EAP National Support Centre (NSC) – **0800 327 669**
2. Please give all necessary details to the NSC coordinator
3. Ask for a rongoā appointment and state Te Whatu Ora Waitaha as your place of work
4. Kaimahi can select either provider (kahukura Māori healing – Riccarton or Te Ara Teatea–Woolston) or the NSC will select one for you.
5. A case file number will be created and sent to the rongoā provider, and they will contact the kaimahi to discuss an appointment which suits both parties.

If you have any further pātai (questions) please feel free to get in touch at
– ManaTaurite@cdhb.health.nz



Two new ā mātou tāngata (our people) features

Two new features are being introduced to the ā mātou tāngata (our people) section of the pānui, 'Ngā huritau – Anniversaries and 'Tūtaki mai ke te kapa – Meet the team'.

Ngā huritau – Anniversaries

This will recognise and celebrate the longevity of our kaimahi.

- › Who? We will recognise people who have reached their 10th, 15th, 20th, 25th and 30th+ years of working with Te Whatu Ora (and previously Canterbury DHB)
- › Only people who self-nominate or who are happy to be put forward by a colleague will be acknowledged – in case it's not your cup of tea!
- › Each month, we will note people who have reached their 10th, 15th, 20th and 25th years. People who have reached 30+ years can opt for a slightly more detailed profile or share team celebrations with us.

Right now, we want to hear about people who will be celebrating their anniversary in October, November, or December. You can provide your submissions here: <https://forms.office.com/r/7LAp9YNJWq>

Tūtaki mai ki te kapa – Meet the team

This will allow us to learn about some Te Whatu Ora teams that we may not know much about or understand. Your chance to raise your profile and share what you do.

- › Who is in your team?
- › What do you do? Who are your customers?
- › How do you work with other parts of Te Whatu Ora?

We can't wait to hear from you. Complete the form here: <https://forms.office.com/r/tnFrHQj94y>



Medicines to treat Covid

Covid antiviral medicines are free, ask your doctor, hauora provider or pharmacist if they are right for you

Te Kāwanatanga o Aotearoa
New Zealand Government

Te Whatu Ora
Health New Zealand

QUIZ – Elvis Presley

The King of Rock ‘n’ Roll, Elvis Presley is still adored 46 years after his death. He was a genuinely talented pioneer of the music industry who transcended genre, race, and age to be one of the world’s most famous and beloved artists of all time. Test your knowledge of the king!

- 1. Most closely associated with Memphis, Tennessee where his Graceland home is, Elvis was in fact born in a different state. Where was he born?**
 - a. Mississippi
 - b. Alabama
 - c. Georgia
 - d. Texas
- 2. True or false. Elvis was a twin.**
 - a. True
 - b. False
- 3. What was significant about Elvis’ third appearance on the Ed Sullivan Show in 1957?**
 - a. The network censors cut transmission during his appearance
 - b. He was only filmed from the waist up
 - c. He lip-synched his performance
 - d. He refused to perform
- 4. Elvis served in the US Army between 1958 and 1960. He spent some of this time overseas in what country?**
 - a. England
 - b. France
 - c. Germany
 - d. Italy
- 5. What did Elvis do on 1 May 1967 that thousands of people have done since, including Nicholas Cage, Britney Spears, and Bruce Willis?**
 - a. Got arrested with a gun at an airport
 - b. Got married in Las Vegas
 - c. Posed naked on a magazine cover
 - d. Punched a paparazzo
- 6. Which of the following Elvis songs were also titles of movies he starred in?**
 - a. Love Me Tender
 - b. G.I. Blues
 - c. Jailhouse Rock
 - d. All of the above
- 7. How many times did Elvis tour and perform in Europe?**
 - a. Never
 - b. Once
 - c. Five times
 - d. More than 20 times
- 8. Complete the lyrics from the Elvis song All Shook Up: “Oh, well, my hands are shaky, and my knees are weak I can’t”**
 - a. I can’t believe that you refuse to meet
 - b. I can’t see your face right in front of me
 - c. I can’t speak I can’t sing and I can’t eat
 - d. I can’t seem to stand on my own two feet
- 9. What was Lisa-Marie’s relationship to Elvis?**
 - a. She was his mother
 - b. She was his daughter
 - c. She was his last girlfriend
 - d. She was his sister
- 10. An obscure song Elvis recorded in 1968 was re-released, close to the 25th anniversary of his death, in 2002. It went to number one in more than 20 countries, including New Zealand. What was it called?**
 - a. A Little More Action
 - b. A Little More Love
 - c. A Little Less Conversation
 - d. A Little Less Aggravation

Check your answers on page 20.

Ā mātou tāngata – Our people

Hope for therapeutic resource to become established in New Zealand

Congratulations to Te Whatu Ora Waitaha Canterbury Psychiatrist Suzanne (Suzs) Sundheim, who has become only the second person in New Zealand to be certified as a Dyadic Developmental Psychotherapy (DDP) practitioner.

Suzs is a Child, Adolescent and Family (CAF) Consultant Psychiatrist in the Children Under Fives (CUF) team and in the CAF Access team in Specialist Mental Health Services.

Helping parents and children have strong and healthy connections, building resilience and addressing developmental trauma are foundations of the care she provides. Suzs recently completed a specialised course in DDP, a therapy originally developed to provide treatment for foster and adoptive families with children who manifest signs of developmental trauma and attachment disturbances.

DDP has evolved into a form of family therapy called Attachment-focused Family Therapy which facilitates deepening the emotional communication between parent and child, feeling seen and heard as a way towards healing and connecting.

The therapy helps parents, who have struggled to feel safe and engage with services, to feel seen and heard, says Suzs.

"This experience allows them the opportunity to explore their emotional life and then their children's. DDP can help to build lasting change, sometimes even after brief interactions."

Suzs would like to see DDP well established in New Zealand as a therapeutic resource to help parents and children heal from developmental trauma.

"DDP is a relatively new therapy in New Zealand. Because supervisors are overseas and brought in for training it can be a costly process. My hope is that in due course training can become more accessible, when we have New Zealand-based trainers. The goal is ultimately to end intergenerational transmission of trauma," she says.

The CAF service would like to acknowledge Suzs's achievement in her recently completed training to become a DDP Practitioner, says Clinical Director of CAF Services, Valerie Black.



Psychiatrist Suzanne (Suzs) Sundheim

"We're very proud of Suzs and want to offer our heartfelt congratulations."

About DDP:

DDP is an attachment-based therapy that can be used in a range of presentations, including trauma, anxiety, post-traumatic stress disorder, emotional regulation issues, and parent-child relationship difficulties.

DDP is about fostering understanding and empathy between caregiver and child using the PACE (playfulness, acceptance, curiosity, and empathy) framework and helping caregivers develop therapeutic parenting skills and changing patterns of communication.

In sessions, the clinician facilitates the process to help caregiver and child work through past trauma and build a stronger connection.

Social work celebrated at conference

Rangatira: Empowering Whānau and Social Work Leadership was the theme of the recent Aotearoa New Zealand Social Work Conference.

An interpretation of the kupu (word) rangatiratanga comes from the words raranga meaning to weave and tira meaning a group or many.

To celebrate and encourage social work practice, the Aotearoa New Zealand Association of Social Workers (ANZASW) members held their annual conference around Aotearoa Social Workers' Day which was on September 20.

In this interpretation, rangatiratanga is the act of weaving many people together. Rangatiratanga is also often associated with sovereignty, leadership, self-determination, and autonomy to make decisions.

Weaving people together to empower leadership over their own lives is a core part of social work. This was the focus of the 2023 conference, held in Christchurch.

The event was enjoyed by social workers from Te Whatu Ora Waitaha Canterbury, providing an opportunity for ako/learning as well as whanaungatanga/networking across a range of health and social services.



Back row, from left, Family Therapist Specialist Mental Health Service (SMHS) Heidi Brace, Clinical Social Work Specialist SMHS Kristine Jensen, Director Allied Health Rose Henderson, Co-Clinical Lead Social Work SMHS Rachael Scott, and Allied Health Educator SMHS Brenda Cromie

Middle row, from left, Clinical Social Worker SMHS Tom Lamb, Co-Clinical Lead Social Work SMHS Emily Cassels, Clinical Social Work Specialist Donna Ball, Clinical Social Worker SMHS Margaret Smith, Patient Safety Officer SMHS Diane Miller, and Clinical Social Worker SMHS Andrea Mathias

Bottom row, from left, Social Worker SMHS Nicci Weild, Clinical Social Worker SMHS Danielle Salvestro, Clinical Social Worker Specialist SMHS Jenny Montagu, Clinical Social Worker SMHS Alley West, Allied Health Consultant SMHS Erin Grierson, and Refugee Facilitator SMHS Bishnu Pokhrel

THE 2023 GENERAL ELECTION

Vote from 2 to 14 October.

Find your nearest voting place at

vote.nz



ELECTORAL COMMISSION
TE Kaitiaki Take Kōwhiri

One minute with...

Bridie Marsden-Boyd, Chaplain

What does your job involve?

A lot of excellent conversations. It's mainly about hearing people's stories and offering them hope. We work with all faiths and none, and our job is to support people spiritually and to make sure they have access to the things they need to keep their wairua (spirit/soul) healthy. To do that well, we need to build up good relationships first and foremost. We are employed to look after both consumers and staff.

What pathway got you to this job?

I trained at the University of Otago, completing a Bachelor of Theology first before doing a postgraduate Diploma in Chaplaincy. While studying I also had to get experience in pastoral care, so I did child, youth and young adults work in my local church. Having lived experience with mental health challenges has also really helped with this job.

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

Learn to listen. You cannot do the job without it. And accept that no one will ever have the same beliefs as you, so learn how to support and resource beliefs and faiths you don't personally share.

Who inspires you and why?

My dog. He has such profound faith. No matter how many times he is told no, he still believes the food from the table will one day be his.

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?

It's all integral to the work of a chaplain. We must respect others, in order to uphold their values and beliefs and to provide them with proper spiritual care. We must have integrity and be honest with patients about what healing might look like while encouraging them to have hope. Also, you cannot be a chaplain without care and compassion for others. We listen to all sorts of stories, and a lot of trauma and pain. Even if we don't agree with the person's choice, we must be able to empathise.

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

On holiday somewhere warm with a cocktail and a pool.



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

Scarlett Johansson – she looks good as a redhead.

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

We commit to eating local as much as we can. We buy all our fruits and vegetables each week from an organic farm in Leeston. Our meat comes from a butcher's collective, and is all New Zealand raised, grass-fed and free range. We also use exclusively eco-friendly cleaning products at home.

What are your hobbies/interests outside of work?

I love weightlifting and am just getting back into it after maternity leave. I also do a lot of PC Gaming. Valheim is my favourite.

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 34 – Lesson #34

Te karu – The eye

E ngā iwi o te tai whakarunga, o te tai whakararo, otirā o ngā tai katoa, ko te tai o mihi tēnei e rere atu nei ki a koutou. Tēnā koutou.

To the tribes of the southern coast, to those of the northern coast, to those of all the coasts, this is the tide of acknowledgement that flows out to you. Greetings.

This week we are going to examine the karu or the eye. We will learn about some parts of the eye that can be seen from the outside and some that can only be seen from the inside. We will also learn about some of the common issues that can affect our karu.

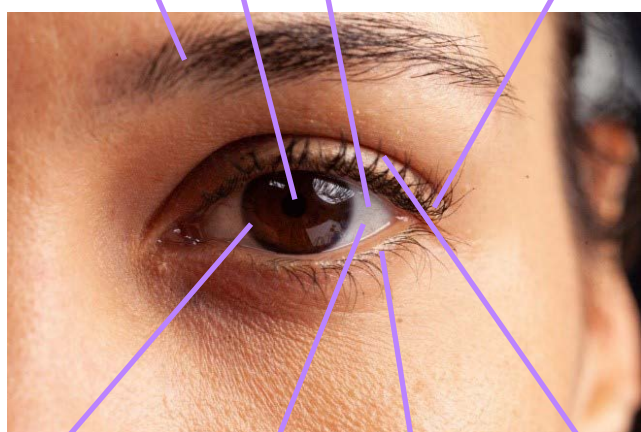
As with many things in te reo Māori, there are many words, other than karu, that are used for the eye or eyes. Some of these include *kamo*, *mata*, *whatu*, and *kanohi*. Remember, the story of Tāwhirimātea and what he did with his eyes in fury? From this, we get the full name for Matariki – Ngā Mata o te Ariki Tāwhirimātea – The Eyes of the God Tāwhirimātea. Below are a whole lot more kupu (words) that we can use in relation to the eye...kia titiro (have a look).

Tukemata – Eyebrow

Karupango, whatu – Pupil

Kamo – Eyeball

Hurikaikamo, kamo, kamonga – Eyelash



Karu, mata-ā-ruru, tiwha – Iris

Teatea – Sclera

Paerunga – Upper eyelid

Paeraro – Lower eyelid

Repe roimata	Lacrimal gland
Roimata or waikamo	Tears
Io whatu	Optic nerve
Kahurua	Short sighted
Awa waikamo	Tear duct
Te koi o te kite	Visual acuity
Riwha	Abrasion
Atarua	Blurred vision
Harare, kirikamo	Conjunctiva
Mate whēkaro	Presbyopia
Mata tuaroa	Retina
Piakamo	Vitreous humour
Kiritoi	Sty
Kite	Vision
Māhoe	Evert the eyelid
Arotahi takarepa	Astigmatism
Mate arotahi	Cataract
Pīkaru	Discharge (eyes)

He whakapātaritari – A challenge

If you work with karu or whatu then this one is for you and those who work in your team/s! Challenge yourselves to a competition with a prize for the winner. See how many of these words you can learn...and remember.

He kupu whakamihi ēnei ki ō koutou titikaha ki tō tātou reo Māori. These are words of tribute to your dedication to our Māori language.

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

Whakamihi – Bouquets



Minor Surgery, Burwood Hospital

The doctors and nurses were so caring. The procedure was gentle and pain free. Very impressive!

Plastics, Burwood Hospital

The surgeon was amazing.

Ashley, Radiology, Christchurch Hospital

I would like to thank Ashley so much for taking care of me. She asked what I needed, helped resolve an earlier miscommunication and made me a much-enjoyed cup of tea. Thank you.

Christchurch Hospital

Thank you for everything you all do. Amazing humans!

Acute Dialysis Unit, Christchurch Hospital

I would like to say thank you to everyone who works in this unit. They are all hardworking nurses and doctors, but they manage to keep smiling. I appreciate them so much.

Emergency Department (ED) and Ward 25, Christchurch Hospital

My 81-year-old husband is currently in Ward 25 – his third admission in three months. Each time he has come in the staff – both in ED and on the ward – have been exemplary. They are attentive, respectful, and very efficient. Thank you to all the dedicated staff.

Ward 11, Christchurch Hospital

I am very grateful for the excellent friendly and efficient care that I have received on Ward 11 and from the surgical team. Thank you for making an unpleasant procedure an enjoyable memory. Thank you to all the staff. I appreciate it so much.

Eye Outpatients

To Nurse Annabel, the receptionist, and Dr David, thank you so much for your kindness during my husband's eye injection. Thank you for explaining everything so well and being so gentle and professional.

Manelli, Eye Outpatients

Registered Nurse Manelli who did the injection was brilliant! Lovely personality. The staff were fantastic.

Dermatology Outpatients

I would like to thank the consultant, registrar, clinical nurse specialist and the dedicated nursing staff who supported me throughout my journey of prescribed treatment via Dermatology Outpatients. They were supportive, respectful and their professionalism was of a very high standard. My whānau and I thank you for making this world a better place – and for giving us hope!

Cardiology, and Wards 10 and 12, Christchurch Hospital

I recently spent some time at your fine establishment having my heart reconditioned. I would like to pass on my gratitude to all your cardiac teams and support staff from wards 10 and 12. The care was outstanding! There was not one moment in the 31 days that I was there, that I was not treated with care, respect, empathy, and support. The support shown to my wife blew me away. There were a few times where the stress levels were pretty high, so a quick hug for her from a nurse or registrar made such a difference. Would you please pass this on to the team from the bottom of my well-functioning heart. Kind regards and thanks again.

Maternity and Birthing Suite, Christchurch Women's Hospital

My husband and I have been in here for two weeks and have been absolutely blown away by the kindness of the midwives and nurses who have taken care of us and our pēpē. We have felt like we are on a staycation with the amazing treatment, concern, kōrero, encouragement and support that cover all aspects of Te Whare Tapa Whā. You are all angels walking the earth. Also, the kaiāwhina is absolutely beautiful, what an awesome support service for women. God bless you and thank you all.

Big Shout Out

To: Canterbury Hauora Coordination Hub

We would like to do a shout out to the fantastic team at the Canterbury Hauora Coordination Hub. As part of our recovery plans to address our long-wait patients who have waited longer than 365 days for Ear Nose and Throat surgery, we needed to make a large volume of phone calls to confirm that their surgery was still required, and to ensure that our patient records were up to date. Amber Rex and Ngahua Murray found out about this project we were embarking on and used all their learnings from the COVID-19 response to quickly develop a process to support us with the collation of data and update details so that we could contact patients when we wanted to offer them a surgery booking. In just two weeks, their team (with the help other wonderful surgical nurses) managed to contact 927 patients and/or whānau and have provided us with some really useful information that will enable us confirm surgery dates.

We are so grateful for the assistance of this team – who were so passionate about supporting care to the tamariki and their whānau. Thank you all so much for the hard work – it was wonderful working in partnership with your skills and expertise!

**From: Interim Surgical Nursing Director
Christine Baxter and Service Manager for
ORL, Cardiology, Nephrology and Lipids
Natalie King**

#carestartshere

Ā mātou kōrero – Our stories

Volunteers mark decade of helping Cantabrians breathe better

The Better Breathing volunteers have celebrated 10 years of service to the Integrated Respiratory Team, paying tribute to two long-standing volunteers in a special quarterly meeting.

Mac Renata and Pauline Mohi, two of the long-standing volunteers, were presented with a kete (basket) woven by a member of the team to recognise the significant contribution they've made over the last decade.

Presenting the kete, Integrated Services Programme Manager Deborah Callahan honoured the two "exceptionally special people in our lives and in the community".

"We want to thank you, from the bottom of our hearts, for the work and the passion, the never-ending energy and support that you've given to the Better Breathing programme and people with respiratory illness across the entire region," she said.

"I can't express how much we appreciate what you've both done for the service and for the people."

Respiratory Clinical Nurse Specialist Louise Weatherall says working with volunteers as part of the Integrated Respiratory Service was the highlight of her career.

"It makes me feel so proud and I love coming to work. Thanks for all your time, your effort. It means a huge amount to me personally, but also to the service and to everybody else. So, thank you."

Alongside the kete, Pauline and Mac were gifted a koru engraved with 'Your wisdom and strength has inspired so many.'

Established in 2008, the Integrated Respiratory Service has been fundamental in helping people get support for their breathing conditions.

This includes the eight-week Better Breathing Pulmonary Rehabilitation programme, the only evidence-based intervention available for people with Chronic Obstructive Pulmonary Disease (COPD).



From left, Respiratory Clinical Nurse Specialist; Louise Weatherall, Integrated Respiratory Kaumātua and Better Breathing Volunteer; Mac Renata, Integrated Services Programme Manager Deborah Callahan, and the 'original' Better Breathing Volunteer Pauline Mohi

Once completed, participants can join one of the volunteer-run, community-based coffee and exercise groups to connect with people who have similar conditions and maintain their exercise goals.

Mac says:

"If it wasn't for the group that we have now, we wouldn't be here, so thank you from the bottom of my heart."

Pauline says:

"It's been such an unbelievable 10 years. I wouldn't be standing here for a start, but I don't know whether I'd be standing at all. It's absolutely been a privilege to be part of this, so thank you everybody."

People who are struggling with their breathing can talk to their general practice team to see if a referral to the free pulmonary rehabilitation programme is appropriate.

Listen to Deborah and Louise explain why the volunteers are essential to the success of the Better Breathing Pulmonary Rehabilitation programme in [this video](#).

Find out more about the Integrated Respiratory Service on the [CCN website](#).

Kauawhi – To Embrace: Fayne Robinson's sculpture at the centre of Better Space Appeal

Acclaimed Māori artist Fayne Robinson, with support from Westpac NZ, has carved a sculpture as a centre point for the Better Space Appeal.

The sculpture is called Kauawhi, meaning “to embrace”. It's made of tōtara, is 2.1 metres high and 2.3 metres wide, and will be at The Bridge of Remembrance for the duration of Māia's Health Foundation's Better Space Appeal.

Westpac NZ is then gifting the sculpture to Kahurangi, the new Child, Adolescent and Family mental health outpatient facility, where it will be permanently installed on the grounds of the facility

The design of the sculpture is based on the shape of two koru, representing new beginnings, growth, strength, and peace. The interlocking koru symbolises the connecting of relationships between whānau and was inspired by the idea of coming together to create a space of belonging, provision, and aroha for our tamariki, rangatahi and whānau.

Fayne Robinson was born in 1964 in Hokitika and is of Kāti Māmoe, Kāi Tahu, Ngāti Apa Ki Te Rā Tō and Ngāti Porou descent. He trained in Māori carving at the New Zealand Māori Arts and Crafts Institute, Rotorua, and has gone on to become an acclaimed artist. He has exhibited internationally as part of a collective of indigenous artists and his work is on display at many marae and public buildings around New Zealand.

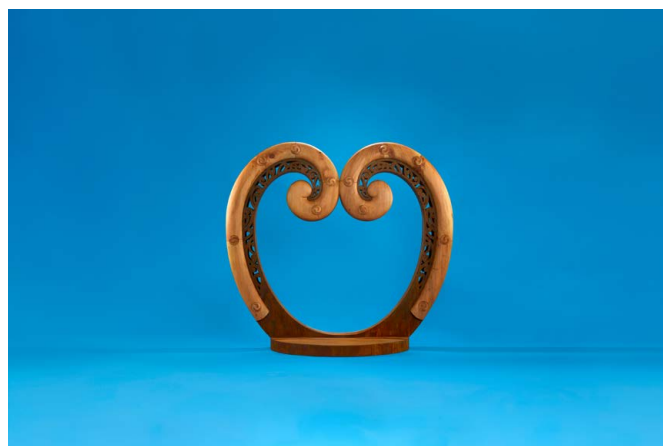
Fayne says it was a privilege to be asked to work on a piece of such significance for Canterbury's young people.

“This sculpture is a way I can use my craft to support Canterbury's children and young people, giving them an aesthetic that they can engage with and to show them we are investing in them and their future.”

Due to the scale of the sculpture, the first challenge was ensuring it would work structurally and be able to withstand the power of nature. To achieve this a steel skeleton was created to give the sculpture internal strength.



Fayne Robinson at work on Kauawhi



The Kauawhi sculpture

Fayne then carved the wooden koru shape and inset 24 smaller, detailed designs, with 12 on each side.

The intricate designs, which were inspired by the themes of healing and care, encourage people to engage with the sculpture. The sculpture is also double-sided so can be enjoyed from every angle, giving it balance and reflecting what Kahurangi aims to restore in people's lives.

"It is important to me that the sculpture is double-sided, as no matter what side of your health journey you are on – whether you are coming into the service or leaving it – you need support, or an embrace," Fayne says.

Lighting is inset into the inside of the sculpture so it will illuminate at night, with light shining through the negative detailing.

"When you look at this sculpture light will shine through the darkness, which reflects the light we're trying to create for our young people."

Westpac NZ General Manager of Institutional and Business Banking Reuben Tucker, who along with Fayne, unveiled the sculpture at the Bridge of Remembrance, says it perfectly reflects the environment of aroha and support that Kahurangi will provide.

"We love working with Māia because they share our vision of working together to build stronger and healthier communities. Their new facility will make a huge difference in the lives of rangatahi in need, and the sculpture itself is a beautiful addition."

After a month on public display at the Bridge of Remembrance, the sculpture will be on display at Westpac's Terrace branch until it's ready to move into its forever home at Kahurangi.



The next generation of transport trolleys

Some fantastic work has been undertaken by the Physiology group in the Intensive Care Unit (ICU) of Christchurch Hospital, along with Clinical Engineering and Medical Physics, to transform the way critically unwell and injured patients are moved around the hospital.

Patients who are seriously unwell are often transported with a lot of accompanying equipment and oxygen. Charge Clinical Physiologist (Team Leader) Emma Heaphy says the old trolleys, designed and manufactured in-house were no longer practical.

“The old trolleys had proven to be self-limiting and lacking in flexibility of design and capability. The existing ‘A size’ oxygen bottles often gave rise to concerns of running out of oxygen during prolonged patient transportation. The new trolleys’ ‘D size’ cylinders hold triple the amount of oxygen per bottle.”

Clinical Physiologist Ian Dampier stepped in and has spent the past year pouring his knowledge and creativity into building a cutting-edge modular transport trolley tailored to the Physiology unit’s unique needs.

The new trolleys can be readily adapted to most clinical requirements. Features include:

- › Capacity to hold large oxygen cylinders
- › Better protection of the medical equipment (they carry \$120,000 worth onboard)
- › Improved layout of cables and power boards to avoid clutter
- › Ergonomic design
- › Standardisation across multiple units and
- › Almost universal compatibility with most types of patient bed.

The trolleys with capacity for larger oxygen tanks now also allow staff to take patients for longer ‘duck therapy’ which involves heading out into Hagley Park to enjoy some time outdoors.



Clinical Physiologist Ian Dampier standing beside one of the new trolleys

All the design features came about because staff from both the ICU and Emergency Department (ED) had input. Aligning the fleet makes it easier to work together with patients who require the trolley and helps with contingency planning for potential mass casualty events.

“Being able to field a fleet of trolleys with standard configuration assists in achieving a consistent process for patient transport and care across the campus,” says Emma.

Emma credits Ian’s outstanding efforts and innovative spirit for not just elevating the ICU’s capabilities, but now the ED’s.

“Thanks to Ian’s hard work and ingenuity, ED now has a state-of-the-art transport trolley and will soon have two more. We also must thank Clinical Engineering and Medical Physics whose help has been crucial to the success of this project. Their expertise reflects in the well thought-out design.

“We look forward to seeing the continued impact of your hard work. Keep up the amazing work, Ian!”

Minor Health Conditions Service

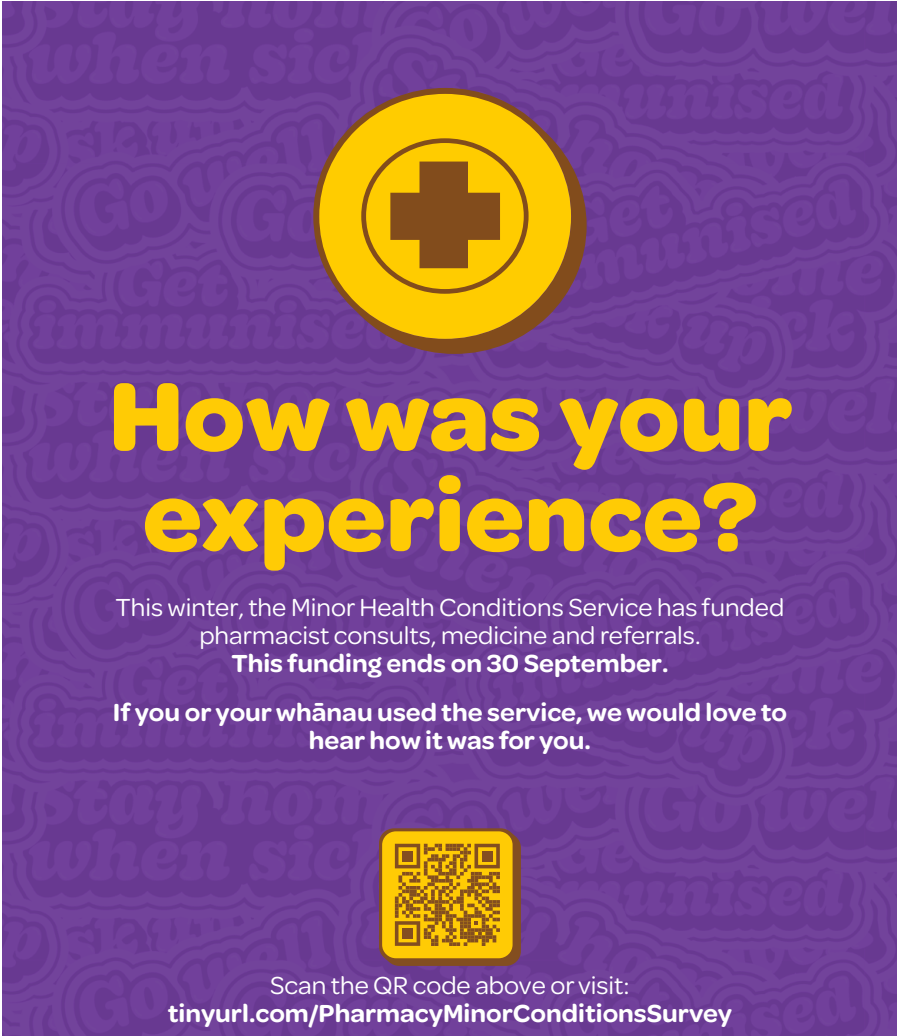
After three and a half months, the Minor Health Conditions Service trial, which ran in nine priority areas across the motu, ended on Saturday 30 September.

The initiative which funded advice, and where applicable, free medications for certain minor health issues through Waitaha Canterbury pharmacies, was offered to children under the age of 14, Māori and Pacific people, and Community Service Card holders.

The purpose of the trial was to reduce pressure on primary health services, urgent care clinics and the emergency departments during the busy winter months. It was also hoped that people who may have otherwise not sought treatment for their minor health conditions due to the cost or difficulty in getting an appointment with their general practice, would visit their local pharmacy for assistance.

Detailed analysis of the service and the number of people who had consultations with their pharmacists in Waitaha Canterbury will be completed soon. Based on the figures from mid-September, pharmacies in Waitaha Canterbury reported more than 750 consultations per week which would mean around 10,000 for the entirety of the trial.

During the entire period of the Minor Health Conditions Service initiative, it is estimated that there were more than 100,000 consultations across all the participating areas, with the vast majority (70 percent) for children under the age of 14. Pacific and Māori people made up 15 percent and 13 percent respectively; nine percent of the consultations were for Community Service Card holders and six percent for whānau of a person under the age of 14.



How was your experience?

This winter, the Minor Health Conditions Service has funded pharmacist consults, medicine and referrals.
This funding ends on 30 September.

If you or your whānau used the service, we would love to hear how it was for you.

Scan the QR code above or visit:
tinyurl.com/PharmacyMinorConditionsSurvey

Te Kāwanatanga o Aotearoa
New Zealand Government

Minor health conditions survey



Te Whatu Ora
Health New Zealand

The success of the Minor Health Conditions Service will be evaluated as part of the collective benefits of a total of 24 winter preparedness initiatives actioned to address pressures on the health system in 2023. The draft evaluation is expected towards the end of the year and will include external peer review.

Anyone who utilised the Minor Health Conditions Service between 12 June and 30 September is encouraged to provide feedback. You can scan the QR code in the accompanying image or visit: tinyurl.com/PharmacyMinorConditionsSurvey

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.



SPRINGFREE TRAMPOLINE – 347 Blenheim Road, Riccarton

Get a free FlexrStep (ladder) and a free FlexrHoop (total value \$298) when purchasing a trampoline (not valid for the small round model). Show your staff ID instore to redeem.



CHRISTCHURCH ADVENTURE PARK – 225 Worsleys Road, Cracroft

Receive 25 percent off day passes, five uplift passes and sightseeing. Show your staff ID to redeem.



EASTERN DRYCLEANERS – 129 Waltham Road, Sydenham

Corporate drycleaning rates and a pickup/drop off service for Te Whatu Ora Waitaha staff. Download the app from the Apple App Store or Google Play. See [more information here](#).



SAFE R BRAKES – 87 Fitzgerald Ave, Christchurch Central

Get 15 percent off all parts and labour. Show your staff ID to redeem, see [more information here](#).

QUIZ ANSWERS – Elvis Presley

1. a. Mississippi (in a town called Tupelo).
2. a. True. His twin brother Jessie was stillborn.
3. b. He was only filmed from the waist up.
4. c. Germany.
5. b. Got married in Las Vegas.
6. d. All of the above.
7. a. Never. Apart from three concerts in Canada, Elvis never toured outside the US.
8. d. I can't seem to stand on my own two feet.
9. b. She was his daughter.
10. c. A Little Less Conversation.

THE 2023 **GENERAL ELECTION**

Vote from 2 to 14 October.



Find your nearest
voting place at

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**ELECTORAL
COMMISSION**
TE KAITIAKI TAKE KŌWHIRI

Final week to apply: Nursing Postgraduate Study 2024: Health Workforce Funding Applications

Applications for 2024 Nursing Postgraduate Health Workforce funding will close this coming Monday, 9 October at 4pm.

The link to the application form and further information can be located on the Postgraduate Nursing Website: <https://edu.cdhb.health.nz/Hospitals-Services/Health-Professionals/Postgraduate-Nursing-Education/Pages/default.aspx>

For any queries please contact PostGraduateNursingOffice@cdhb.health.nz

Final week to apply: Nursing Ara Graduate Course Credit Application Process

Applications for 2024 Ara graduate course credits will close this Friday, 6 October at 4pm.. The application form and flow diagram outlining the application process can be located on the CDHB internal intranet: <https://cdhbintranet.cdhb.health.nz/corporate/NursingInformation/SitePages/ARA.aspx>

For any queries please contact PostGraduateNursingOffice@cdhb.health.nz

Sex & Consequences – a New Zealand Update

Thursday 23 November 2023, from 1pm to 5pm

Salvation Army, corner of Salisbury and 853 Colombo St, Ōtautahi Christchurch

The programme will include clinical updates plus social / community topics related to sexual health. A detailed programme will be sent out by late October.

In the meantime, please put this date in your diary and plan to join us – in person or on Zoom.

Ann Vanschevensteen

Health Promoter – Sexual Health

Te Mana Ora (previously Community and Public Health)

Email: ann.vanschevensteen@cdhb.health.nz
