

Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



In this issue

Kupu Arataki – Introduction... pg 3-6

QUIZ – Meryl Streep movies... pg 7

Ā mātou tāngata – Our people

- › Quarter of a century of serving others... pg 8-9
- › One minute with... Natalie Cookson, Clinical Manager, Tiaki Whānau Child and Family Safety Service... pg 10
- › Akoranga reo Māori 41 – Lesson #41
– Ngā hui ā-ipurangi – Online meetings ... pg 11

Whakamihi – Bouquets... pg 12-13

Ā mātou korero – Our stories

- › World AMR Awareness Week... pg 14
- › Time to stand up against violence towards women... pg 15

Pānui – Notices... pg 16-18

Cover photo: Māori Chaplain Rev. Helen Gray recently retired after 25 years at Christchurch Hospital

Kupu Arataki – Introduction

Poroporoaki held for Lincoln Maternity Hospital

A poroporoaki, or farewell, for Lincoln Maternity Hospital was held on Saturday 11 November.

The hospital means a great deal to the local community with thousands of people, including multiple generations of the same families, born there during its 95 years of operation.

Maternity services moved from Lincoln to Oromairaki in the Selwyn Health Hub in May 2022, offering the community greater capacity and state-of-the-art facilities.

The poroporoaki was attended by past and present staff, local residents including parents and people born in the hospital, and mana whenua, Te Taumutu Runanga. It was emotional for many but a wonderful opportunity to share some special memories and walk through the hospital one more time.



Attendees at the Lincoln Maternity Hospital poroporoaki gather outside the building



Several former staff of Lincoln Maternity Hospital attended the poroporoaki

Volunteers needed for Christmas service

The annual Christmas service is taking place on Thursday 14 December at 12.15pm in the Christchurch Hospital chapel. There will be a rehearsal, also in the chapel, on Monday 11 December at 12.15pm.

Volunteers are needed for reading, singing, and playing instruments. If you're interested, please email donna.reid@cdhb.health.nz.

Holidays Act – portal for former employees

Our new national portal for former employees to register for Holidays Act remediation payments opened last week.

Emails and texts have been sent to eligible people using their last known contact details. Some of these people are also current employees, but may be working in a different location, or have returned after a period away. They may be owed payment(s) as a 'former' employee, separate from their current role.

Each of the project teams will remediate current employees first, then former employees.

Payments to former employees will begin in 2024.

People can register directly on the portal here: <https://remediate.tewhatauora.govt.nz> and you can also access it from the Holidays Act page on our website, www.tewhatauora.govt.nz/holidaysact.

The portal has been independently assessed by security experts, to ensure all information will remain private and secure.

Registering on the portal means we can keep you informed about upcoming payments that may relate to you.

White Ribbon Day

Saturday 25 November is White Ribbon Day, recognised by the United Nations as the international day for the elimination of violence against women. Founded by men, the day celebrates the many men willing to show leadership and commitment to promoting safe, healthy relationships within families and encourages men to challenge each other on attitudes and behaviour that are abusive.

You can read more about White Ribbon Day on [page 15](#).



Reminder about Zero Data

The purpose of Zero Data is to allow New Zealanders to access essential information and digital services on their smartphones, even when they don't have any available data.

Zero Data is available to anyone using a mobile device connected to the Spark, Skinny, One NZ, 2degrees, Warehouse Mobile, Slingshot or Orcon mobile networks. If your mobile device is connected to a participating network, none of the mobile data you use when you visit websites through Zero Data will count against your data cap or incur any charges. All data usage will be charged back to the government agencies that sponsor the websites you visit.

All you need to do is make sure your mobile data is turned on before you visit Zero Data. You'll know you're on Zero Data when you see a green ribbon across the top of the website.

Some of the agencies available on Zero Data include:

- › Te Whatu Ora
- › Te Aka Whai Ora
- › Healthpoint
- › Healthify
- › Plunket
- › Kāinga Ora
- › myMSD and many more

To see all the agencies and websites available on Zero Data, go to: <https://portal.zero.govt.nz/0ecf2ab113c023c8de862f3822ad4687/>

No data? No problem.



Access the websites of health, social services, education, housing and more for free from your smart phone. Just make sure data is turned on and visit zero.govt.nz



Te Whatu Ora
Health New Zealand

Kindness advent calendar

The award-winning wellbeing team at My Everyday Wellbeing has generously provided us with a kindness advent calendar for Christmas.

Christmas can be joyous, but it is also often stressful and for some, a difficult time of year. These simple, random acts of kindness serve to remind us to stop and think about others and perhaps foster a more positive and supportive workplace.

You can see the calendar in full on [page 18](#), or link to it [here](#).

Check before you swim, fish and play

As the weather warms up, many of us are drawn to the beaches, lakes, and rivers across Canterbury. Unfortunately, not all waterways are safe for you, your whānau and pets to swim, fish, or play in, so it's very important that you check before you visit.

It should be noted that not all unsafe waterways will be sign-posted so the Land Air Water Aotearoa (LAWA) website (<https://www.lawa.org.nz/>) is your best source of up-to-date information.

Information is available for the whole country and can prevent you and your loved ones becoming unwell or finding yourselves in dangerous waters.



It's beginning to look a lot like Christmas

Like it or not, the silly season is fast approaching, with carols playing and decorations going up. In anticipation of our Christmas edition of the pānui please share your workplace and home decorations with us so we can publish them on 18 December.

A little cheer goes a long way, and we would love to see your creativity on display.

To share your photos, please click here: <https://forms.office.com/r/JUxdrxVPqg> and complete a short form. You can upload up to three images.

We can't wait to see your Christmas spirit and you never know, it might be worthy of the cover.



The reception desk of Hauora Coordination Hub decorated for Christmas in 2022. Can your team do better in 2023?

Pānui dates

The last Waitaha Pānui, of the year will be published on 18 December 2023. The first pānui for 2024 will be published on 29 January.

Send any content or suggestions for stories to communications@cdhb.health.nz

QUIZ – Meryl Streep movies

The most Oscar nominated actor of all time, Meryl Streep is considered one of the greatest ever. There isn't a role or accent she can't tackle. Test your knowledge of her movie career.

- 1. Which of the following movies did not earn Meryl Streep an Oscar nomination?**
 - a. Silkwood
 - b. Mama Mia
 - c. The Devil Wears Prada
 - d. One True Thing
- 2. Meryl Streep has often portrayed real people in her films. In which film was her character fictional?**
 - a. The Iron Lady
 - b. Suffragette
 - c. Evil Angels
(also known as A Cry in the Dark)
 - d. Kramer vs Kramer
- 3. Cher played Meryl Streep's mother in Mama Mia! Here We Go Again. What is their true age difference?**
 - a. Cher is one year older than Meryl
 - b. Cher is three years older than Meryl
 - c. Cher is five years older than Meryl
 - d. They are the same age
- 4. Meryl won her first Oscar for Kramer vs Kramer in 1980. What was the theme of this film?**
 - a. Adoption
 - b. Business dispute
 - c. Divorce
 - d. Organised crime
- 5. In the film Julie & Julia who did Meryl Streep portray?**
 - a. Julia Child (cook)
 - b. Julia Gillard (politician)
 - c. Julie Nixon Eisenhower
(President Nixon's daughter)
 - d. Julie Newmar (actress)
- 6. Set during and after the Holocaust in World War II, Meryl Streep won her second Oscar for what movie?**
 - a. The French Lieutenant's Woman
 - b. Sophie's Choice
 - c. The Deer Hunter
 - d. Out of Africa
- 7. Who played Meryl's love interest in The Bridges of Madison County?**
 - a. Robert de Niro
 - b. Jack Nicholson
 - c. Robert Redford
 - d. Clint Eastwood
- 8. Who did Meryl Streep portray to earn her third Oscar?**
 - a. Margaret Thatcher
 - b. Lindy Chamberlain
 - c. Florence Foster Jenkins
 - d. Clarissa Vaughan
- 9. Meryl Streep famously sang in the Mama Mia movies, but in which of the following did she also sing?**
 - a. Into the Woods
 - b. Ironweed
 - c. Postcards from the Edge
 - d. All of the above
- 10. True or false. Meryl is not her real name.**
 - a. True
 - b. False

[Check your answers on page 16.](#)

Ā mātou tāngata – Our people

Quarter of a century of serving others

A deep sense of aroha and service to God, patients and their whānau, kaimahi and hospital visitors. That is what Māori Chaplain Rev. Helen Gray, has brought to her role as a valued and committed member of the Interchurch Council for Hospital Chaplaincy (ICHC) team.

“It’s about healing and love,” she says.

Helen has worked tirelessly for ICHC by supporting patients, whānau and staff of Te Whatu Ora Waitaha Canterbury and its predecessors and has been there for significant moments in many peoples’ lives.

As she retired last week after 25 dedicated years in the role, the Chaplaincy team celebrated her, recognising that Helen’s motivation has been to serve others as she supported them on their spiritual journeys.

It was Helen’s husband, Bishop John Gray, who encouraged her to enter chaplaincy work.

After experiencing the deaths of her mother and other whānau in hospital, Helen says she was a little hesitant as she “didn’t like hospitals”. It took time to get used to speaking with strangers and there had been challenges over the years.

The best thing about being a chaplain was being there for people in their time of need, for anyone, not just Māori. Before Māori health worker roles began it was “quite lonely”, now they all worked together when needed in various situations.

“However, there are still only a handful of us,” she says.

Helen has blessed spaces in hospitals, after someone had died in a room, in new areas, and in departments such as Theatre, Intensive Care and Oncology. She has prayed for people going into Theatre and for God to guide the hands of the surgeons carrying out the operations.



Centre, Rev. Helen Gray, being prayed for at the thanksgiving service to mark her retirement



Eru Waiti, who has just retired from his role as Kaiwhakahaere (Team Leader) of Hauora Māori speaks at the service for Rev. Helen Gray



Christchurch Hospital Chaplain Moega Lasei shares some words at the service



Right, Christchurch Women's Hospital Chaplain Donna Reid presents Rev. Helen Gray with a bouquet of flowers



From left, Rev. Helen Gray and Te Whatu Ora Waitaha Canterbury Lead Chaplain Stephen Necklen share a light hearted moment at the service

Kaitiaki Oncology/Surgical Services Theona Ireton says she has been honoured and blessed to have "Aunty Helen" as her mentor and mother.

"Through her guidance I have been able to achieve a whole lot more than I would have been able to without her."

Over time Helen's mahi developed to encompass kaimahi even more, and many have sought her love and guidance, she said.

A farewell service for Helen was held in the in the Christchurch Hospital chapel last Thursday.

In her retirement Helen feels God has called her home to the Bay of Plenty and put her on a mission for her whānau, to leave a legacy for her mokopuna (grandchildren).



One minute with... Natalie Cookson, Clinical Manager, Tiaki Whānau Child and Family Safety Service

What does your job involve?

Simplified, I try to keep all parts of the service functioning and fully staffed. I attend lots of different types of meetings and ensure that our obligations for data collection and sharing are adhered to for the multiple contracts within Tiaki Whānau. I also dip into clinical work when staff are sick or on leave, on training or delivering Violence Intervention Programme training. I can also deliver the training myself if I need to, that was part of my previous role.

What pathway got you to this job?

I've mainly worked in Child Protection Social Work. I was a Child Protection Social Worker in the UK and at Child, Youth and Family here in New Zealand. I was a cognitive behavioural therapist for a while with sex offenders, then I worked in Maternity, Gynaecology, the Termination of Pregnancy clinic, and the Neonatal Intensive Care Unit. I managed specialist foster carers for a few years, then I was the Child Protection Specialist at Tiaki Whānau, and am now the Clinical Manager at Tiaki Whānau – so I have a varied career history.

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

Really think long and hard about it, it's more of a lifestyle choice than a career. It won't make you rich and it can keep you awake at night. No matter how hard you try you will wait for those success stories because not everything is within your control, but once you achieve them, they are very affirming and rewarding. In my varied experience the key ingredients of an effective social worker are resilience, good problem-solving skills, compassion and a decent helping of both positive and negative life experiences. If social work still has your attention – go for it!

Who inspires you and why?

I'm not too worried about popularity for this, but I still really admire Jacinda Ardern. No matter how challenging things became for me at work, I often reminded myself that it was nothing compared to the relentless challenges in her world, yet she remained compassionate and professional and only ended her position once she had lost the

immense passion and drive it would have taken to run our country.

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?

This means I work hard to be clear and open in my communication to be kind. I also lead by example, the team see me working hard, although I do need to work on them seeing me take breaks too, and the team know that I can and will keep matters confidential too.

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

Christchurch, New Zealand. I've deliberately chosen this amazing place as my home taking up citizenship as soon as we were able, and we'll soon be in summer, so this is exactly where I want to be right now.

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

Anna Kendrick or strangely enough Adam Sandler, I think either of them could do a good job with the serious and not so serious parts and would appeal to the right age group with their humour.

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

There's probably room for improvement to be fair. We try hard at home to get the recycling right, and we regularly have whole family clear-outs and donate it all to charity.

What are your hobbies/interests outside of work?

I take two spin classes per week, I recently took up some very questionable candle making using silicone moulds, Netflix movies/child protection documentaries and socialising with friends.



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 41 – Lesson #41

Ngā hui ā-ipurangi – Online meetings

Papaki kau ana te tai o mihi.

Crashing tides of greetings.

If Kōwhēori-19 (COVID-19) lockdowns have taught us anything, it is that we can use ngā hui ā-ipurangi (online meetings) to our advantage. Whether you are adept at managing them, or not so much, it appears online meetings are here to stay. The following akoranga covers some terms and phrases that you can use in relation to these hui ā-ipurangi. Kia tīmata tātou – Let's start/proceed.



Huitīma	Teams meeting
Huitopa	Zoom meeting
Whakaatuhia mai tō mata	Share your screen
Māku taku mata e whakaatu	I will share my screen
Tukuna mai te tono hui	Send me the meeting invite
Tukuna te tono hui ki a [...]	Send the meeting invite to [insert name]
Mā te Huitopa, te Huitīma rānei?	By Zoom or Teams?
Kei kōnei tātou katoa?	Are we all here?
Kei te haere mai a [...]	Is [insert name] coming?
Whakakā/Whakaweto i tō ataata	Turn on/off your video
Tēnā kia ngū tō reo	Please put yourself on mute
Kua ngū tō reo	You are on mute
Kua raru taku hononga	My connection is poor/bad
Kura raru tō hononga	Your connection is poor/bad (You're cutting out)

He whakapātaritari – A challenge

If you are a regular in these types of hui, challenge yourself to use some of these phrases. You may have to translate them but that is how you can share what you have learnt with others which contributes to the language capacity of our organisation. You can also use these phrases when organising hui either in person, or via īmēra (email). Kia māia e hoa mā! Be brave friends!

Tēnā anō koutou kua ū ki te kaupapa, ahakoa te aha. Tēnā hoki koutou kua ako āhua hangere – e ako tonu ana koutou!

Thanks again to you who have remained resolute to the subject, no matter what. Thanks also to you who have been more 'part-time' in the learning. You are still learning!

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

Hauora.Maori@cdhb.health.nz

Whakamihi – Bouquets



Rata, Emergency Mental Health, Christchurch Hospital

Rata is kind and really gave me that boost of hope I needed. She is so kind and caring and deserves the world, I'm so thankful for her. She has helped me in the past, she made me feel loved, and reminded me I'm doing so well. I'm now so proud of myself and have genuine hope for the future.

Birthing suite and Maternity, Christchurch Women's Hospital

Thank you for the excellent care and support I received during my labour and birth. All the nurses and midwives looked after me superbly and I am very grateful. I also wanted to pass on my thanks to the anaesthetist and the various doctors (I believe Sarah and Jen were their names) for their care.

Ward B4, Christchurch Hospital

I spent three weeks in Christchurch Hospital for surgery on my neck. The stay was unusually long owing to complications from another problem. I realise that people may tend to complain more and pay compliments less readily. This is why I especially wanted to send my comments. I have no complaints. On the contrary, I want to thank everybody I interacted with while in hospital. The primary thing is that I received expert, professional care. In addition, I was treated with respect and patience during a time that was difficult for me.

Intervention Radiology, Christchurch Hospital

I would like to pass on, that at this stage, the injections have worked. Thanking you for your expertise in this field.

Emergency Department (ED) and Ward 12, Christchurch Hospital

I felt that every single person I had contact with cared about me and for me. I was given a warmed gown in ED. I was given a blanket. I was regularly updated. Every time someone came to see me it was obvious that they had read the notes about what was going on with me before they came to see me. They made me feel safe and they took the time to create me a plan forward which made me feel less anxious. I just want to thank every person who cared for me. I so appreciate the type of people they are to be working at all hours doing what they do. I understand my condition is common - but for me the experience was so reassuring that I felt safe and far less anxious after they had taken the time to care for me. Thank you so very much. I feel so much better.

Jay, Catering Assistant, Christchurch Hospital

I had a couple of days stay in Ward B4. Catering Assistant Jay looked after me exceptionally well and he was very polite.

ED, Christchurch Hospital

A big thank you to Dr Amy and Nurse Caitlin who cared for me. They were professional, skilled, and caring. Many thanks.

Ear Nose and Throat (ENT) day surgery, Christchurch Hospital

Thank you so, so, much to the ENT day surgery department. From start to finish your team was beyond fantastic – kind, caring, informative and professional.

Eye Clinic, Christchurch Hospital

I would like to say a big thank you to the wonderful team, including doctors, nurses and others who took good and great care of me fixing my right eye. You guys are doing a really fantastic job, making a big difference in peoples' lives. I can only wish that you continue in that wonderful journey. Thanks heaps.

Ward 11 and volunteers, Christchurch Hospital

Great staff, excellent. The volunteers are all smiles and there to help. Thank you for your kindness.

Gardener, Christchurch Hospital

The hospital gardens are looking very good. Well done to the gardener.

ED and Surgery, Christchurch Hospital

Outstanding service, beyond amazed. Thank you.

Abbey, Respiratory Clinic, Christchurch Hospital

Clinical Physiologist Abbey Mahon was excellent. Clear instructions, good explanations. A really positive experience during more than an hour's testing. Thank you so much.

Cardiology Outpatients, Christchurch Hospital

Danny was very professional throughout the procedure. A very nice building also!

Eye Outpatients, Christchurch Hospital

Thank you so much for your kind, loving professional care for my husband.

Big Shout Out

To: Mariana Savelio, Hospital Aide

A wee while ago, Mariana kindly came and helped us on the Birthing Suite at very short notice. She left her usual Orthopaedic ward and came to interpret for one of our patients in what would have been a very frightening time for them. She was so lovely and kind to the patient, their partner, and the staff. She had such a beautiful smile that I'm sure helped put everyone at ease. Thank you for your help Mariana!

From: Registrar Helen Abbott

#carestartshere

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

Te Whatu Ora
Health New Zealand

Te Aka Whai Ora
Māori Health Authority



Ā mātou kōrero – Our stories

World AMR Awareness Week

World AMR Awareness Week (WAAW) 18 – 24 November 2023 aims to raise awareness of antimicrobial resistance (AMR).

This year the World Health Organization has changed the name of the week to World AMR Awareness Week ('AMR', not abbreviated, replaces 'Antimicrobial'). This seeks to better reflect the aim of the week and to try and make 'AMR' a familiar term, as has been done for 'HIV' and 'TB'.

Antimicrobial resistance is when microorganisms such as bacteria, viruses or fungi change with time, and no longer respond to antimicrobials, such as antibiotics. AMR makes infections harder to treat and more likely to spread.

Antimicrobial medicines have been a cornerstone of healthcare since penicillin was first used to treat infections in the 1940s. They are vital for the success of many medical advances including surgery and cancer treatment. Unfortunately, they are losing effectiveness.

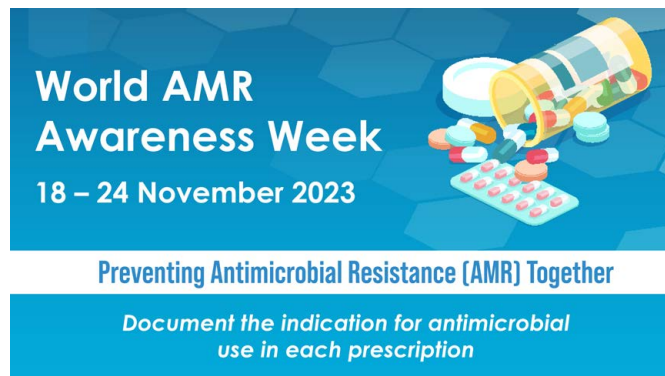
In 2019, 1.3 million people around the world died from infections that were resistant to antibiotics. This figure may increase to 10 million deaths annually by 2050 if we do not act now.

The global theme for WAAW 2023 is Preventing AMR Together. This highlights the need to work collaboratively within and across human, animal, plant and environmental sectors to mitigate the threat of AMR. In line with this, 18 organisations involved with human health in Aotearoa have joined together to encourage prescribers to document the indication in antimicrobial prescriptions.

This single step takes a few seconds to do but may ultimately improve patient care, now and in the future. Alongside this human health initiative, vets are also being encouraged to document the indication for antimicrobial use (animals including pets can also be affected by AMR).

Find information on the [human health initiative here](#), and the [animal health initiative here](#).

A really positive happening over the next 12 months is that a team from across the motu, including several clinicians from Christchurch, are working to develop national antimicrobial prescribing guidelines says Antimicrobial Stewardship Pharmacist Sharon Gardiner.

A graphic for World AMR Awareness Week. It features a blue background with a hexagonal pattern. On the right, there is an illustration of a tipped-over pill bottle with various colored pills spilling out onto a blister pack. The text on the left reads: "World AMR Awareness Week 18 – 24 November 2023". Below this, in a white box, is the text: "Preventing Antimicrobial Resistance (AMR) Together". At the bottom, in a blue box, is the text: "Document the indication for antimicrobial use in each prescription".

World AMR Awareness Week
18 – 24 November 2023

Preventing Antimicrobial Resistance (AMR) Together

Document the indication for antimicrobial use in each prescription

"This will help support effective, equitable, safe and sustainable antimicrobial use for everyone in Aotearoa."

[Find more information about this here](#)

- › **Learn more about AMR** from [Mānatu Hauora](#), [World Health Organization](#), [Australian Government](#) or [European Centre for Disease Prevention and Control](#).
- › **Test your AMR knowledge** by [entering this quiz](#). Go in the draw to win one of 15 \$100 Prezzy® cards.

What can you do to help keep antimicrobials working for future generations?

AMR is one of the top 10 public health threats facing humanity. Our collective effort is needed to help conserve antimicrobial effectiveness.

Prevent infections – the more infections we prevent the fewer antimicrobials we will use. This includes good hand hygiene, keeping up-to-date with vaccinations, safer sex practices, and using the '3Cs' when cooking to prevent food poisoning – clean, cook and chill.

Use antimicrobials wisely – only use antimicrobials when they are necessary (never "just in case") and use them as prescribed. If advised against using antimicrobials, seek out other ways to obtain symptom relief such as using paracetamol to alleviate a discomfort or fever. Your doctor, pharmacist or nurse can help with this. Do not keep or share any leftover antimicrobial medicines – take them back to your pharmacy for safe disposal. Using antimicrobials for another person or another infection may cause harms such as adverse effects as well as encouraging resistant microorganisms to develop, which can spread to the people around you. It's the microorganisms that become resistant, not the person!.

Time to stand up against violence towards women

White Ribbon Day on 25 November is the internationally recognised day when people wear a white ribbon to show that they do not condone violence towards women.

The global campaign is led by men to end violence against women.

Family violence is a health issue, and the identification and management of family violence is part of the role of all health practitioners, says Te Whatu Ora Waitaha Canterbury Family Protection Specialist Social Worker, Diane Ries.

“It has huge health and social impacts so identifying and responding to family violence is very important.”

The 2023 campaign will focus on the role everyone has to ensure the next generation understand what respectful relationships are (which by definition does not involve violence), and the need for everyone to role model healthy masculinity, she says.

From 22 to 29 November the Child and Family Safety Service (Tiaki Whānau), with the support of Te Whatu Ora Waitaha’s Family Violence Champions, will have display boards up around Christchurch Hospital and off-site services with resources, messages, and white ribbons.

“You are welcome to stop by the boards to grab a white ribbon and show your support. Let’s stand together against violence,” Diane says.

Supporters of White Ribbon are partnered by Te Whatu Ora Waitaha, New Zealand Police, White Ribbon Riders, Canterbury Family Violence Collaborative and the Christchurch City Council.



TAKE THE PLEDGE
WHITERIBBON.ORG.NZ
#RespectfulRelationships



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.



Totally RAD Beauty – 81 Kedleston Drive, Avonhead
www.totallyradbeauty.com

View the [flyer here](#) where you will find detailed information about the exclusive deals and discounts for kaimahi of Te Whatu Ora Waitaha. Services include facials, advanced skin therapies, hair removal, laser rejuvenation, body sculpting and lash and brow enhancement.



PARKSIDE PHARMACY – 32 Oxford Terrace, Christchurch Central

Receive 10 percent off the recommended retail price of all products except prescriptions, pharmacist-only medicines, and items on special. Show your staff ID to redeem.



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

Get 25 percent off lens when selecting one pair from the \$169 range or above. [Click here](#) to create a voucher and redeem this offer.



MIDNIGHT SHANGHAI – 96 Oxford Terrace, Riverside Market, Christchurch Central

Get 10 percent off your food order for both family and groups. Show your staff ID to redeem. Discount applies to both dining in and takeaways, on food only (except salmon and duck), no discounts on drinks. Discount not to be used in conjunction with any other promotions/offers.

QUIZ ANSWERS – Meryl Streep movies

1. b. Mama Mia
2. d. Kramer vs Kramer
3. b. Cher is three years older than Meryl
4. c. Divorce
5. a. Julia Child (cook)
6. b. Sophie's Choice
7. d. Clint Eastwood
8. a. Margaret Thatcher
9. d. All of the above
10. a. True. Her real name is Mary Louise Streep.

Sex & Consequences

A New Zealand update about sexual health and blood-borne viruses

Thursday 23 November 2023 from 1pm – 5pm

- 1.00 – 1.10pm Haere Mai Welcome
Facilitator: Caro Davidson - Clinical Nurse Specialist, Christchurch Sexual Health Centre
- 1.10 – 1.40pm Dr Edward Coughlan - Clinical Director, CSHC
Update on PEP and PrEP
- 1.45 – 2.15pm Margarite and Aran from Positive Speakers Bureau
HIV experience for HetMAN
- 2.20 – 2.50pm Dr Heather Young - Sexual Health Physician, CSHC
Operationalising STI Guidelines – How does this look in your Practice?
- 2.50 – 3.15pm kai / light afternoon tea with tea and coffee
- 3.15 – 3.45pm Nikki Denholm – The Light Project
Porn & Young People – The New Landscape
- 3.50 – 4.20 Dr Jess Tucker, Clinical Director, Cambridge Clinic, Christchurch
Medical and Forensic Care after Sexual Harm
- 4.25 – 4.55pm Facilitated conversation about Te Waipounamu / South Island collaboration across sexual health services
- 4.55pm Closing Karakia, finish at 5pm

Attend in person at Salvation Army, corner of Salisbury / 853 Colombo St, Ōtautahi

or **by Zoom:** <https://cdhbhealth.zoom.us/j/86000755598>

Meeting ID: 860 0075 5598 with Passcode: 103857

The venue has limited car parking available - please consider alternative ways to get there.

Use this [Journey Planner](#) to catch a **Bus**. *Numbers 29 and 27* stop right outside the venue.

Bike: there are plenty of spaces to leave and lock your bike.

Drive / Walk: park a little further away (across Bealey Ave) and take a little stroll.

The venue is **accessible to wheelchair users**.

RSVP ann.vanschevensteen@cdhb.health.nz and please let me know if you will **attend in person or on Zoom**

Christmas brings loads of joy and excitement for most of us. For many, though, it can be a stressful time of year.

Performing random acts of kindness in the workplace can foster a more positive and supportive work environment. Here's an advent calendar with a kindness twist:

Dec 1	Dec 2
Say thank you: Express gratitude to a co-worker for their help or support	Put away your phone while in company of others: Give those you're with proper attention

Dec 3	Dec 4	Dec 5	Dec 6	Dec 7	Dec 8	Dec 9
Share a smile: Smiling is a simple but powerful gesture that can have a positive impact on someone and those around them (And smiling boosts your mood too!)	Hold the door open: Simple things like holding the door for someone can brighten their day.	Write a positive review: Leave a business you've had a positive experience with recently a Google review	Create a happy workspace: Decorate your workspace with positive and motivating quotes or pictures to uplift your colleagues' spirits	Share something you're grateful for: Telling others something you are grateful for can create a ripple effect of goodwill, kindness and empathy	Give a shout-out for a colleague: Publicly acknowledge a co-worker's efforts with a shout-out on your team's messaging channel, at the start of a meeting, or over a team lunch	Donate to a cause: Donate unused household items, food, clothes or money to a charity of your choice
Dec 10	Dec 11	Dec 12	Dec 13	Dec 14	Dec 15	Dec 16
Run an errand: Offer to run an errand for someone who might be too busy to do so themselves	Gratitude wall: Designate a gratitude wall for employee appreciation, digital or physical, to encourage positive workplace interactions.	Help with a task: Offer assistance to a colleague with a task or help them brainstorm for a project they're working on	Compliment a colleague: Offer a sincere compliment to a co-worker about their work or attitude	Share resources: Share an interesting article, resource or tool with your colleagues (perhaps a favourite from <i>My Everyday Wellbeing!</i>)	Celebrate achievements: Acknowledge and celebrate your team's achievements, no matter how small	Be kind to the environment: Pick up a piece of litter today, leave your car at home, use a reusable bag, or support a sustainable business
Dec 17	Dec 18	Dec 19	Dec 20	Dec 21	Dec 22	
Give a small gift: Pick someone a flower, buy them a coffee, or share something you have too much of	Share your knowledge: Share your expertise with a colleague, whether it's a skill (gift wrapping?), work-related knowledge, or a family recipe.	Leave positive notes: Leave encouraging sticky notes on your colleagues' desks or in common areas	Ask someone how they are today (and listen to their answer): Truly paying attention to someone is a genuine act of kindness	Send a thank-you note: Send an email or write a note to thank a co-worker for their hard work on a recent task or project	Take a break: Encourage your colleagues to take breaks and recharge when they need it	

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