

# 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 World Pharmacists Day. The Ashburton campus Pharmacy team from left, Senior Pharmacist Cindy Excell, Pharmacy Technician (PACT) Michelle Jessep, Allied Health Assistant Phillipa Ching, Pharmacist Edel O'Connor, and Pharmacy Technician Hayley Butler

# Kupu Arataki – Introduction

## Staff, patients, and consumers voting in the General Election

Next week (Monday 2 October) marks the beginning of the voting period for the 2023 General Election.

It is reasonable to expect that patients/consumers who know when they will be admitted to, or discharged from our care, will be able to plan their vote for a suitable time in the 12-day period and attend a local polling place. This also applies to staff who will be able to access community polling places between 2 and 14 October.

For patients and consumers who find themselves unexpectedly admitted to our care or are with us for a longer stay and don't have the opportunity to attend a polling place, there will be a few options available to them to ensure they are able to vote. Additionally, there will be opportunities for staff to vote on our Christchurch, Burwood and Hillmorton campuses.

For staff and patients on other campuses, your local electorate office will reach out to make the appropriate arrangements.

Christchurch, Burwood and Hillmorton staff will receive an FAQ before 2 October detailing the options to vote on their campus. All will offer a central voting place (see box) and electoral staff will schedule times to visit patients/consumers confined to wards or who require assistance to vote.

### Central voting locations:

#### Christchurch campus – Great Escape Café

- » Polling place will be open daily (2 – 14 October) between 9am and 6pm and until 7pm on Election Day, 14 October

#### Burwood campus – Lobby

- » Polling place will be open daily (9–13 October) between 8am and 4pm

#### Hillmorton campus – Avon Café

- » A mobile voting unit will be set up on designated days for a few hours each time. Details are to be advised this week.



**Make your voices heard**  
**Vote this election**

**vote.nz**  
0800 36 76 56

**ELECTORAL COMMISSION**  
TE KAITIAKI TAKE KOWHiri

## World Pharmacists Day

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Today, Monday 25 September, is World Pharmacists Day and the theme this year is: 'Pharmacists strengthening health systems'.

Pharmacists in Aotearoa New Zealand play a crucial role in strengthening our health system, particularly since the emergence of COVID-19. They provide a vital and essential service and were instrumental in the COVID-19 vaccine roll out. More recently, our Canterbury pharmacies have supported primary care through the Minor Health Conditions Service, providing free advice and where necessary, treatment for a range of common illnesses. This has provided relief for general practices, urgent care, and other health providers.

We greatly appreciate our pharmacists for their expert advice and knowledge. You can read more about pharmacists and World Pharmacists Day on [page 8](#).



## Important anniversary in an election year

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Last Tuesday, 19 September marked 130 years since the right for women to vote in parliamentary elections was enshrined into law in New Zealand. This made ours, the first self-governing country in the world to do so.

The suffragette movement in this country was led by some extraordinary women, including Canterbury's own Kate Sheppard.

1893 was also an election year and the law change saw 109,461 women register to vote. Now, 130 years later, there are around 2,000,000 women eligible to vote in the 2023 election.



## Happy birthday Harry

Harry, the Burwood Hospital cat, turned 12 last week.

A popular fixture at Burwood Hospital for around 10 years now, Harry makes his rounds each day to spend time with patients, staff, and visitors. Harry provides comfort, distraction and even motivation to patients and asks only for a full belly and lots of pats as payment.

You can follow Harry's exploits on [Facebook](#).



Harry the Burwood Hospital cat celebrating his 12th birthday

## Minor Health Conditions Service initiative coming to an end

On 12 June Waitaha Canterbury joined several other regions in New Zealand in a trial intended to reduce the pressure on general practices, urgent care clinics and the Emergency Department during winter.

The Minor Health Conditions Service was targeted at Māori, Pacific peoples, children under 14 years of age and Community Service Card holders. It entitled them to advice and if needed, free medicines, for a range of minor health conditions at participating pharmacies. The service covered common winter ailments including acute diarrhoea, dehydration, eye inflammation and infections, scabies, headlice, pain and fever, eczema/dermatitis, and minor skin infections.

Te Whatu Ora funded the initiative, and it is scheduled to end on Saturday 30 September after a successful campaign that saw thousands of people seeking advice and treatment.



## Red Cross needs volunteers in Christchurch to deliver Meals on Wheels

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Our partners, New Zealand Red Cross, deliver 3400 Meals on Wheels all over Canterbury every week, and is looking for more volunteers to provide this essential service – especially in the eastern suburbs of Christchurch.

Volunteers deliver meals during the late morning on weekdays, once every two to four weeks, with delivery routes usually taking between one and two hours. Our volunteers say they get a huge sense of satisfaction out of supporting their local community.

What you can do to help:

- › Help spread the word that Red Cross needs more volunteer drivers – tell your family and friends
- › Share the social media posts – coming out this week
- › Apply now to be a Meals on Wheels driver at [Find a volunteer role | New Zealand Red Cross](#).

## Looking for pānui stories and photos

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We are always on the lookout for great pānui content, and the best stories are the ones that come from you.

So, what do we want?

- › Stories about staff achievements, recognition, and awards
- › Milestones, anniversaries, retirements
- › Let us know about new initiatives and research
- › People who might make an interesting ‘One minute with...’ (you can nominate yourself!)
- › Do you have any photos you would like to share – at work, around the hospital, of your team (of course having obtained permission from the people in the photo)
- › Events, training, webinars, conferences you would like people to know about or attend.

Send us an email to: [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz) and we will do the rest!



# QUIZ – New Zealand movies

Aotearoa New Zealand has produced some classic movies over the years that reflect our unique culture, society, history, and sense of humour.

Test your knowledge of Kiwi cinema.

- 1. The Frighteners (1996) directed by Peter Jackson and starring Michael J Fox was filmed in Wellington and what other New Zealand town?**
  - a. Ashburton
  - b. Oamaru
  - c. Lyttelton
  - d. Gore
- 2. What term did Officer Paula Hall use to describe Ricky Baker in Hunt for the Wilderpeople (2016)?**
  - a. A naughty little bugger
  - b. A real bad egg
  - c. A little devil
  - d. A perfect little angel
- 3. Alamein is known as Boy in the movie of the same name (2010) which is set in 1984. What artist is young Alamein obsessed with?**
  - a. Michael Jackson
  - b. Prince Tui Teka
  - c. George Michael
  - d. Prince
- 4. What colour is the mini in the 1981 movie Goodbye Pork Pie?**
  - a. Blue
  - b. Red
  - c. Black
  - d. Yellow
- 5. Hollywood actress Viola Davis was recently asked her favourite movies of all time. She named four, and one of these was a classic Kiwi film from 1994. Based on a book with the same name and directed by Lee Tamahori, what movie did she name?**
  - a. Utu
  - b. The Piano
  - c. Once Were Warriors
  - d. Footrot Flats
- 6. True or false. Kate Winslet's movie debut was in a New Zealand film.**
  - a. True
  - b. False
- 7. Who did Paikea desperately want to make proud in The Whale Rider (2002)?**
  - a. Nanny Flowers
  - b. Koro
  - c. Uncle Rawiri
  - d. Hemi
- 8. In the movie The Piano (1993) set in the mid-1800s, Ada and her daughter Flora arrive in New Zealand from what country?**
  - a. America
  - b. England
  - c. Ireland
  - d. Scotland
- 9. 'You Oughta be in Love' by Dave Dobbyn is from what popular New Zealand movie?**
  - a. Footrot Flats: A Dog's Tale
  - b. Smash Palace
  - c. The Hobbit
  - d. The Quiet Earth
- 10. How many Academy Awards did Lord of the Rings: Return of the King (2003) win?**
  - a. None
  - b. Five
  - c. 11
  - d. 15

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

# Ā mātou tāngata – Our people

## Today is World Pharmacists Day

Today, Monday 25 September, is World Pharmacists Day where we get to celebrate all the wonderful pharmacists across Aotearoa and beyond.

Pharmacists are key to ensuring patients get the most out of their medications. They call themselves the “medicine experts” and help provide information about the most appropriate medication treatment for patients. In the community, pharmacists are often the only link between the individual and the healthcare system.

Our community pharmacists are trained to dispense medication, educate, and inform about medicines, and provide services such as the emergency contraceptive pill, and urinary tract infection treatments.

Pharmacists provide a wide range of services within the hospital setting as well, most of which are done behind the scenes. These include medicine history taking, medicines reconciliation, therapeutic drug monitoring, catching drug-drug interactions and improving patient adherence.

Pharmacists can help bridge the gap between a pill and an effective treatment by providing in-depth and personalised education sessions.

The theme for World Pharmacists Day this year is ‘Pharmacy strengthening health systems’. The purpose is to increase awareness of pharmacists as a vital resource to improve health services. Our pharmacists are always working to ensure patients and whānau get the most out of their medications and in the safest way possible.

Thank you to all our pharmacists for being helpful dedicated members of the team. Don’t forget to say ‘Happy World Pharmacists Day’ to your pharmacist today!



The Hillmorton campus Pharmacy team from left, Pharmacy Technician Anna Parker, Pharmacy Assistant Reuben Gould, Pharmacist Joe Leggat, Intern Pharmacist Fraser Ogle, Pharmacists Kyra Sycamore and Stephen Heslop, Pharmacy Technician Rose Chapman, and Pharmacist Tom Elliott



The Burwood campus Pharmacy team from left, Pharmacists Kayla Waters, Nicky Jonker Vicki Campbell and Liz Matthews, Senior Pharmacist Liz Malcolm, Pharmacist Bevan Harden, and (front) Pharmacy Assistant Behrouz Yazdani

Watch a short video about what our pharmacy teams do here: <https://bit.ly/3PTvV5C>



The Christchurch campus Pharmacy team

# Women's and Children's leadership team visit to Kaikōura

The Women's and Children's leadership team went up to Kaikōura recently to meet with community members. They were there to discuss what Te Whatu Ora Waitaha Canterbury can improve on, and what is working well in services we offer locally, and for those who need to come to Outatahi Christchurch for care.

Lisa Kahu is a kaiāwhina working with Te Tai o Marokura, a health and social service for the local district. She is also the Chair of our Maternity Consumer Council and sits on the Women's and Children's Clinical Governance Group.

Around 30 whānau come to speak to the group about maternity, neonatal, paediatric and women's health services. The effect on all present was profound and humbling, as whānau provided feedback, both positive and constructive. Everyone came away with system improvements to implement—some can be swiftly applied but others will take a little longer.

Te Pae Tata, the Interim New Zealand Health Plan, has Kahu Taurima as a priority. Kahu Taurima is the joint Te Aka Whai Ora and Te Whatu Ora approach to maternity and early years (pre-conception to five years old, or the 'first 2000 days of life') for all whānau in Aotearoa New Zealand.

Trips like this open discussions to develop services that make more sense for our communities. It also gave an opportunity for whānau who wanted to speak about what did not go well for them, to talk directly with a clinical leader from the service in question. Powerful kōrero on so many levels.



From left (standing), Kaiāwhina Jamie Posa, Maternity Quality and Safety Programme Coordinator Sam Burke, Nurse Manager Neonatal Intensive Care Unit Debbie O'Donoghue, Associate Director of Midwifery Kathleen Maki, Kaiāwhina Lani Prentice, Executive Director of Midwifery and Maternity Waitaha Canterbury and Te Tai o Poutini West Coast Norma Campbell, and Te Tai O Marokura Health and Social Services Kaikōura, Chairperson Woman's Health Advisory Council and Kaiāwhina, Lisa Kahu. From left (seated), Charge Nurse Manager Gynaecology Outpatient Services Sarah Marshall, Nursing Director Women's and Children's Tracy Jackson, Service Development Manager Primary Care Team, Planning Funding and Business Intelligence Catherine Crichton and Obstetrics and Gynaecology Consultant Jane Fielder

The group wishes to thank their wonderful hosts. The manaakitanga and kai were tremendous!

They have lots now to do, along with the community, but are also looking forward to the next trip to Te Tai o Poutini | West Coast, feeling confident that there will be similar themes but perhaps different solutions.

# Ward B7 sweats for cystic fibrosis

Kaimahi of Ward B7, along with their friends, whānau and supporters, danced, ran, cycled, skated, and walked laps of South Hagley Park last Saturday to raise money for children with cystic fibrosis (CF).

Ward B7 is the paediatric CF ward for children living with the disease in Waitaha, Canterbury. The kaimahi challenged themselves with a goal of completing 3000km for this good cause and through Sweat Fest were able to achieve this target a week early! They have currently raised over \$2,000 for Cystic Fibrosis NZ and are aiming to reach \$3,000.

“Our super cool community of physiotherapists, nurses, doctors, hospital play specialists, pharmacists, occupational therapists, dietitians, hospital aides, ward clerks and many, many more took part in Sweatember 2023,” says Paediatric Physiotherapist Annabelle Button.

Annabelle is a member of the Paediatric Respiratory team for children living with CF in the wider Canterbury and West Coast area. Physiotherapy is a major component in CF care with the required daily airway clearance and exercises for lung health.

The team spent weeks leading up to Saturday’s event tracking their progress. Spot prizes, baking, hot chocolate and a sausage sizzle on site at the B7SWEAT4CF event opposite Waipapa kept everyone’s energy up.

It was a wet, and cold morning but nothing could stop the fun had by all involved. Rotational Physiotherapist Lily Montgomery took home the prize for the most kilometres carried out for the event. She completed a half marathon (21km).

“It’s a passion of mine to improve the wider community’s knowledge and awareness about the young people living with cystic fibrosis,” Annabelle says.

“We’ve had some amazing wins this year in NZ’s with modulator therapy (Trikafta) being funded by Pharmac for ages six-plus, but this medication can’t be used for everyone, and we still need to keep the lungs healthy for those under six years old.



Running for a good cause at the SweatFest event



From left, Physiotherapist Christy Barker and Paediatric Physiotherapist Annabelle Button

“I encourage everyone to take a look at the [Cystic Fibrosis NZ website](#), learn something and appreciate the gruelling routine that people with CF are doing everyday.”

CF is an inherited disorder that causes severe damage to the lungs, digestive system and other organs in the body. It affects the cells that produce mucus, sweat and digestive juices. These secreted fluids are normally thin and slippery, but in people with CF, a defective gene causes the secretions to become sticky and thick.



The event's organising committee, from left, Physiotherapist Christy Barker, Hospital Play Specialist Nicole Huddy, Paediatric Physiotherapist Annabelle Button, and Ward B7 Registered Nurses Laura Mulligan and Leigh McConchie

Instead of acting as lubricants, the secretions plug up tubes, ducts and passageways, especially in the lungs and pancreas. Children come to Ward B7 for management if they are having an exacerbation of their cystic fibrosis. Treatment usually consists of a two-week stay for IV antibiotics, intensive twice-daily physiotherapy, individualised plans from the hospital play team, nutrition optimisation and sometimes a visit to the kitchen for some baking with the Occupational Therapy team.

Sweatember is Cystic Fibrosis NZ's (CFNZ) main fundraiser period each year, the money raised goes towards programmes provided by CFNZ, such as Breath 4 CF which improves wellbeing and quality of life for people living with CF.

Throughout the month the team has completed a "Blue Day" and the "Sweat Test".



Ward B7 Registered Nurse Laura Mulligan

The Sweat Test consisted of the Physiotherapy team taking part in the exercise test that children with CF complete regularly to monitor their fitness. Ward B7 is finishing September with another "Blue Day" on the last Friday of the month.

To donate or find out more please follow this link to the [Sweatember website](#).

**THE 2023 GENERAL ELECTION**

**Vote from 2 to 14 October.**

Find your nearest voting place at

**vote.nz**

**ELECTORAL COMMISSION**  
TE KAITIAKI TAKE KŌWHIRI

# Passionate about caring for others

Enrolled Nurse (EN) Wendy Winter can't see what all the fuss is about in marking her milestone 45 years in nursing.

Wendy is very humble about what she has achieved and continues to achieve, says Charge Nurse Manager of Burwood Hospital's Ward B1, Andrew Henderson.

"She is a wonderful nurse, and still has the same passion for caring for others that was present when she started nursing."

Wendy began her career as a Nurse Aide at the former Calvary Hospital in Bealey Ave.

"I was 17 years and nine months old – that is the age you had to be to start," she says.

Wendy did her enrolled nursing training at Burwood Hospital and worked there for three years in Maternity and Plastics before moving to the former Jubilee Hospital in Cashmere, where she worked part-time while she had children. After that, she took up an EN role at The Princess Margaret Hospital before finally moving back to Burwood Hospital where she remains to this day.

"Nursing is all I have ever wanted to do, and I love it. I have a passion for caring for other people and trying to make a difference in their lives. It's very rewarding."

Nursing has changed a lot over the decades, with training no longer taking place exclusively on the ward and the move from pen and paper to computers. Another change is that because people are living longer, patients are now sicker and more complex, she says.



Enrolled Nurse Wendy Winter

Wendy is currently precepting Ward B1's new EN in her Enrolled Nurse Support into Practice, sharing her decades of valuable knowledge and experience to someone who is just starting out. She has no plans to retire.

"I couldn't just stay home, I enjoy the interaction with my colleagues and patients," Wendy says.



**If you're having a tough time**  
Free call or text 1737, day or night

# One minute with...

## Misty Castillo-Tocoyo, Registered Nurse

### What does your job involve?

My job involves caring, supporting and advocating for women. Our patients include women with diseases/problems relating to their reproductive area, such as those with gynaecological cancer, those in early pregnancy and post-partum women. My job as a gynaecology nurse can be quite 'heavy' emotionally, especially when I am caring for a woman who, for example, is having recurrent miscarriages. I also have the responsibility to screen all women who come into our care for family violence and refer them to necessary services when needed.

### What pathway got you to this job?

My great interest in science and my mum! I have always been fascinated with how the body works and my mum very much influenced me to study nursing as she wanted someone in our family to be a medical professional. I applied to several universities and luckily got a full scholarship to Far Eastern University in Manila, in the Philippines (regarded as one of the leading universities in the Philippines since its establishment in 1928). This is where I graduated from with my bachelor's degree in nursing.

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

I think it is important to feel fully committed to this career, it should be something you really want to do and have a passion for.

### Who inspires you and why?

My family – especially my husband and my daughter. They both give me direction in life. I am a family-centred person, my family comes first. I consider both of them before making any decisions in life.

### What do Waitaha Canterbury's values (Care and respect for others, Integrity in all we do and Responsibility for outcomes) mean to you in your role?

I believe this means practicing and living out these values at work – not just with the patients but with everyone who I encounter in my workplace, including colleagues and patient's relatives.

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

On a tropical island with my family! My husband and I love the serenity of sunsets and sunrises by the beach. I love spending time at a beach, relaxing with a book.



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

British Actress Emilia Clarke because she's versatile and I like how she portrays her character in Game of Thrones.

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

We are very careful with separating waste at home, and we have been educating our daughter about this from an early age.

### What are your hobbies/interests outside of work?

Spending time in the park with my family, watching movies and reading books. I love Christchurch's parks – they are so family friendly. When the weather permits (mostly summer days), we love doing picnics!

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 33 – Lesson #33

## Te anga kōiwi – The skeleton

Nau mai anō ki tō tātou akoranga o te wiki! Whaowhia tō kete mātaraunga!

Welcome again to our lesson of the week. Fill your basket of knowledge!

This week we are looking inward, right all the way in – anō nei he pūrere whakaahua roto, as though we were an X-ray machine. This akoranga we are going to examine some of the kōiwi (bones) of the anga (skeleton).

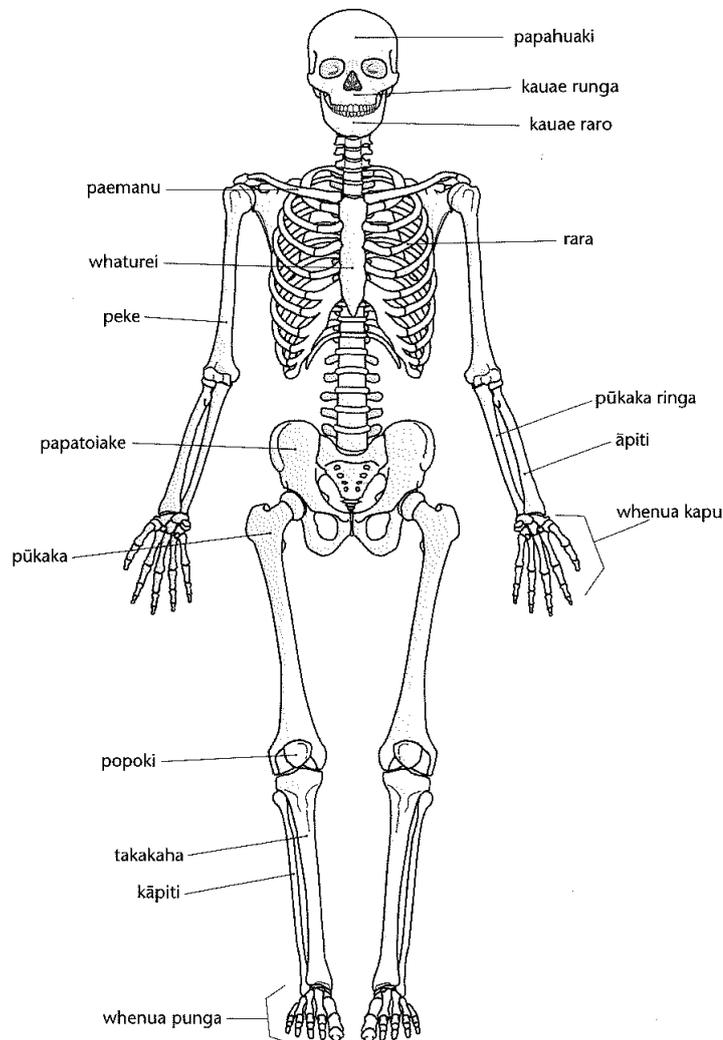
### He whakapātaritari – A challenge

Do you have occasion to use any of the names of these bones in your mahi (work)? If so, have a go at learning some of these names that are relevant to you and use them wherever you can. If for example you are a physio and your patient has a fractured right takakaha, you could hand this over to your colleague, followed by the English translation of tibia. If you are a nurse, you might encourage your patient to maintain good levels of pain relief to ensure they can take good, big breaths when they have broken rara or ribs, to prevent them from getting pneumonia.

### He meka ngahau – An interesting fact

Kauae runga (maxilla) – is also a term used to refer to celestial knowledge, while kauae raro (mandible) refers to the terrestrial knowledge.

Anga Kōiwi



### I mōhio rānei koe? Did you know?

On 26 Hepetema (September) 1865, the Native Rights Act declared that all Māori to be natural-born British subjects, confirming in law the promise that was documented in Te Tiriti o Waitangi (article three). Here, Māori were ensured the same status, rights, and privileges as all other British subjects. [Native Rights Act declares Māori British subjects | NZHistory. New Zealand history online.](#)

E rere tonu nei ngā tai o mihi atu ki a koutou katoa. Hoki mai ā tērā wiki. The tides of thanks continue to flow to you all. Be sure to return next week.

If you have any questions or feedback, please make contact via the email below. [Hauora.Maori@cdhb.health.nz](mailto:Hauora.Maori@cdhb.health.nz)

# What is spring?



Spring means new life and new friends.

**Records Clerk Zara Cumings**



Spring means blue skies, blossom, and bad allergies! Christchurch really comes alive, and you can see people have a new 'spring' in their step knowing that the weather is warming, and daylight saving is on its way. Pity about the hay fever!

**Anonymous**

What is spring to you? Share your favourite thing about the season, what you're looking forward to or what defines spring in Canterbury for you. Just a few words and a photo (if you have one) will help us all get excited about the upcoming change in season. you can contribute by [clicking here](https://forms.office.com/r/7aGbwjdy36) or on this URL: <https://forms.office.com/r/7aGbwjdy36>

# Whakamihi – Bouquets



## **Ward 11, Christchurch Hospital**

The staff were very professional and very caring. [Patient name] has low-level dementia. A few hours after I left for the night, I received a call from a nurse asking if I could speak with [patient name] as she didn't know where she was or why. I was able to reassure her and thank the staff for their action. Early next morning I arrived to find [patient name] fully engaged with the nurses and hospital aides and extremely happy. Great work.

## **Stroke Team, Burwood Hospital**

I was a patient in Burwood Hospital after a haemorrhagic stroke. When Physiotherapist Steph Walker and Therapy Assistant Paula Chard arrived, I was apprehensive and still grieving. However, their no-nonsense approach and encouragement was magic. On the days I was sad the team gently reminded me we had a job to do and to get on with it. The team's positive and professional support was so much appreciated. I would also like to mention more recently that Occupational Therapist Steph Martin has been most encouraging in my journey towards my driving assessment. I sincerely commend this wonderful team.

## **Orthopaedic and Emergency Paediatrics, Christchurch Hospital**

You all do an amazing job. My family and I are so grateful for your services. Thank you for all that you do. Great casting work too!

## **Ward B3, Christchurch Hospital**

The catering assistant brought a smile to my sick wife's face. She commented she looked forward to him coming around because of his humour and manner. The nurses have been amazing too.

## **Bone Marrow Unit, Haematology team and Ward B6, Christchurch Hospital**

I have received a professional and high level of care from all the members of staff. Much appreciated. Thank you, from a receiver of two stem cell transplants.

## **Ophthalmology Outpatients**

All the staff, from reception, to the nurses and doctors, are really awesome. They are kind, friendly and thoughtful and their efficiency is second to none. They are a brilliant team. Thank you.

## **Sarah and Brittany, Radiation Therapy, Christchurch Hospital**

I accompanied my grandmother during her radiation therapy and wanted to pass on praise about staff members Sarah and Brittany who carried out the treatment. They were very professional, polite, and friendly. They explained things clearly and made both Nana and I feel very at ease. Awesome staff – thanks team.

## **X-ray, Burwood Hospital**

Very efficient. Excellent service as always.

### **Gynaecology Ward, Christchurch Women's Hospital**

All nurses and doctors working at the Gynae Unit on Level 4 were all incredible and made the whole process super easy! Thank you!

### **Radiology, Burwood Hospital**

Thank you – from the time I came in the front door and then on to Radiology everyone was very pleasant. Belinda who did my bone scan was lovely. We had a nice chat. Thank you all.

### **Gynaecology Ward, Christchurch Women's Hospital**

Though very apprehensive about having this procedure, I was immediately put at ease. Everything was well explained with patience and kindness. I felt safe and supported and so did my husband as my support. Thank you, Krishna, and Maria.

### **Ruben, Radiology, Burwood Hospital**

Ruben (the medical imaging technologist) was quick, caring, and gentle because he could see how much pain I was in.

### **Ward A7, Christchurch Hospital**

We would just like to acknowledge the amazing work and effort given from the nurses here, especially Courtney who went above and beyond! Thank you.

### **X-Ray, Burwood Hospital**

Lovely staff, thank you.

### **Ward A7 and Children's Emergency Care, Christchurch Hospital**

Really want to commend how lovely the staff were while we were here. Our main nurses, Marlee (Paediatrics) and Isabelle/Izzy (Ward A7) were wonderful and supportive, plus our overnight nurse! The support staff were friendly too, including Cleaner Niera. It really makes a difference when you're worried, tired, and alone with a sick child. Thank you.

### **Children's Acute Assessment Unit (CAAU) and Ward A7, Christchurch Hospital**

I cannot speak highly enough about the team in Ward A7 and in CAAU. Gosh, we are so lucky to have a resource like this. I have visited with my 11-year-old son and spent two nights with you here. A month or two ago I was here with my six-year-old daughter who was having breathing difficulties. Thank you, team. I wish I could do more to express my gratitude. The mother's bag was also such a welcome treat! Thank you!

### **Radiology, Burwood Hospital**

I wish to say how grateful I am for the kindness and efficiency with which I was treated today. Thank you and congratulations.

### **Maternity Ward, Christchurch Women's Hospital**

I want to compliment the Maternity Ward (Level 5) for the care I received from them during my stay. During my C-section I was met with such compassion, kindness, and care from the medical team. The anaesthetist was very informative and made sure I was comfortable the whole way through. I was so nervous and scared, but the team were so wonderful. Later that evening I was transferred to the Maternity Ward for recovery and the care I received was outstanding. All the nurses and midwives were so kind, caring and understanding. Never once did I feel judged or not cared for. When I called for help, I always received it promptly and the midwives were always willing to help wherever they could, and they were always happy to share a laugh with me. The lactation consultant was very down to earth and informative too. I stayed here for almost one week and was sad to go home because I truly enjoyed my stay here and felt I was in good hands. The food was wonderful, and the options were great. I just want to say thank you to the whole Maternity Ward team. Please pass on my biggest thanks to them for everything they did.

### **Radiology, Burwood Hospital**

X-Ray and CT scan. Great service.

### **X-Ray, Burwood Hospital**

Really great nurses. Amazing service. Thanks everyone.

## Funding set to boost rural doctor workforce

The number of medical students spending a full year working in a rural or regional community is set to swell, thanks to new funding from Te Whatu Ora.

More than 35 trainee doctors will be able to spend a year working in rural communities in 2024, thanks to a funding boost from Te Whatu Ora aimed at tackling the shortage of rural doctors.

The funding will pay for 10 extra students from Otago Medical School, on top of the 25 it currently puts through its rural medical immersion programme, and establishing a programme at Waipapa Taumata Rau, University of Auckland.

Otago Medical School will add two new sites in Wairoa and Alexandra to its current offering in Queenstown, Ashburton, and the West Coast.

See [Rural Medical Immersion Programme](#)

The rural medical immersion programme was established at Otago University in 2007 and is an internationally proven model, says Professor Garry Nixon, Associate Dean Rural Health at the University of Otago.

“The university’s figures suggest that rural medical immersion programme graduates are about five times more likely to become rural doctors than the rest of their medical class.”

Auckland’s medical faculty will establish programme sites in Wellsford and Kaitaia, Thames and Hawera. This comes on top of a range of initiatives to encourage medical students to work in country areas, such as the regional rural admissions scheme.

“We are delighted that Te Whatu Ora and Te Aka Whai Ora have prioritised rural healthcare education to meet the rural healthcare workforce shortage, which will ultimately provide better health outcomes for those who live rurally in Aotearoa,” says Dean of the University of Auckland’s Faculty of Medical and Health Sciences Professor John Fraser.

Te Whatu Ora says it is pleased to fund these additional places in Rural Medical Immersion Programmes.

“Scaling training initiatives to grow our future workforce – particularly in rural areas – is one of the many key actions we’re taking as part of our Health Workforce Plan. These extra placements are a welcome and important step to achieving better health access for our rural communities,” Te Whatu Director Workforce Development and Planning Ora John Snook.

Rural Medical Immersion Programme students will split their time between rural general practices and hospitals and be mentored by community health providers and visiting specialists. They live together in the rural town they are assigned to and will be encouraged to become part of the community.

Hauora Taiwhenua Rural Health Network has worked with the universities in advocating for expansion of rural training to support the well-being of people living rurally.

This is a keystone programme for building a sustainable health work force in our rural communities, says Chief Executive Hauora Taiwhenua Rural Health Network Grant Davidson.

“With a rural health workforce reporting burn-out, coupled with a large percentage of the workforce retiring in the next 10 years, it is with urgency that students have the opportunity to train for a rural placement.”

Both universities already offer a suite of programmes for students with an interest in rural medicine, including rural admission schemes and placements throughout their training.

The universities are working towards a nationally joined-up approach to rural training.

# 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.



**ADRENALIN FOREST** – 105 Heyders Road, Spencerville

Get 10 percent off admission fees for Te Whatu Ora Waitaha employees and their children – show your staff ID to redeem.



**WAIMAKARIRI AQUATIC FACILITIES** – Kaiapoi, Oxford, Rangiora

Receive 30 percent off all standard swim concession cards and memberships – show your staff ID to redeem.



**SUNGLASS HUT**

Get 15 percent off all full-priced sunglasses, please see more information and the [promotion code here](#). The offer ends 31/12/23. The promotional code must be presented at the time of appointment and order.



**THE FRONTRUNNER COLOMBO** – Shop 4a, The Colombo. 363 Colombo St. Sydenham, Christchurch

Receive 10 percent off full-priced and sale-priced items in-store and online – show your staff ID in-store to redeem or use the code found [here](#) to redeem in the [online store](#).

## QUIZ ANSWERS – New Zealand movies

1. c. Lyttelton
2. b. A real bad egg
3. a. Michael Jackson
4. d. Yellow
5. c. Once Were Warriors
6. a. True. Kate Winslet's first feature film was in Peter Jackson's Heavenly Creatures
7. Koro (her grandfather)
8. d. Scotland
9. a. Footrot Flats: A Dog's Tale
10. c. 11

# Bike Lessons

For former refugee and migrant women.  
Run by women, for women.



**Location: Addington School**

Wednesdays 4<sup>th</sup> Oct – 13<sup>th</sup> Dec 2023  
5-7pm - come when you can.

**Lessons are FREE.**

Bikes & helmets provided.

[www.radbikes.co.nz/bikebridge](http://www.radbikes.co.nz/bikebridge)  
[bikebridge@radbikes.co.nz](mailto:bikebridge@radbikes.co.nz)

Check Facebook page for updates.

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Aprender a andar en bicicleta

A'oa'o ti'eti'e i se uila

Ako heka pasikala

Matutong magbisikleta

دوچرخه سواری یاد بگير

سائیکل پر سوار ہونا سیکھیں

ብሽክለታ ምዝቀር ተማሃር

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Baro sida loo wado baaskiilka

बाइक चलाउन सिक्नुहोस्

자전거 타는 방법 배우기

CONNECT EMPOWER RIDE  
**Bike Bridge**



Christchurch  
Heritage  
Festival

6 – 23 October 2023

**Nursing Education 1923 – 2023**

# **A Century of Change**

**Daily 1pm - 4pm, Wed 11<sup>th</sup> – Sunday 15<sup>th</sup> October**

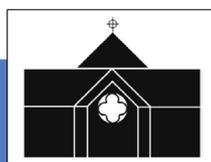
Visit the **Nurses' Memorial Chapel** to see displays about:

- Preliminary nursing school's first tutor, Mary Christmas
- School of Nursing ephemera and photos
- Timeline of amazing developments
- How nurses learn in the 21<sup>st</sup> century



2 Riccarton Ave by Christchurch Hospital

Christchurch Heritage Festival  
6–23 October 2023

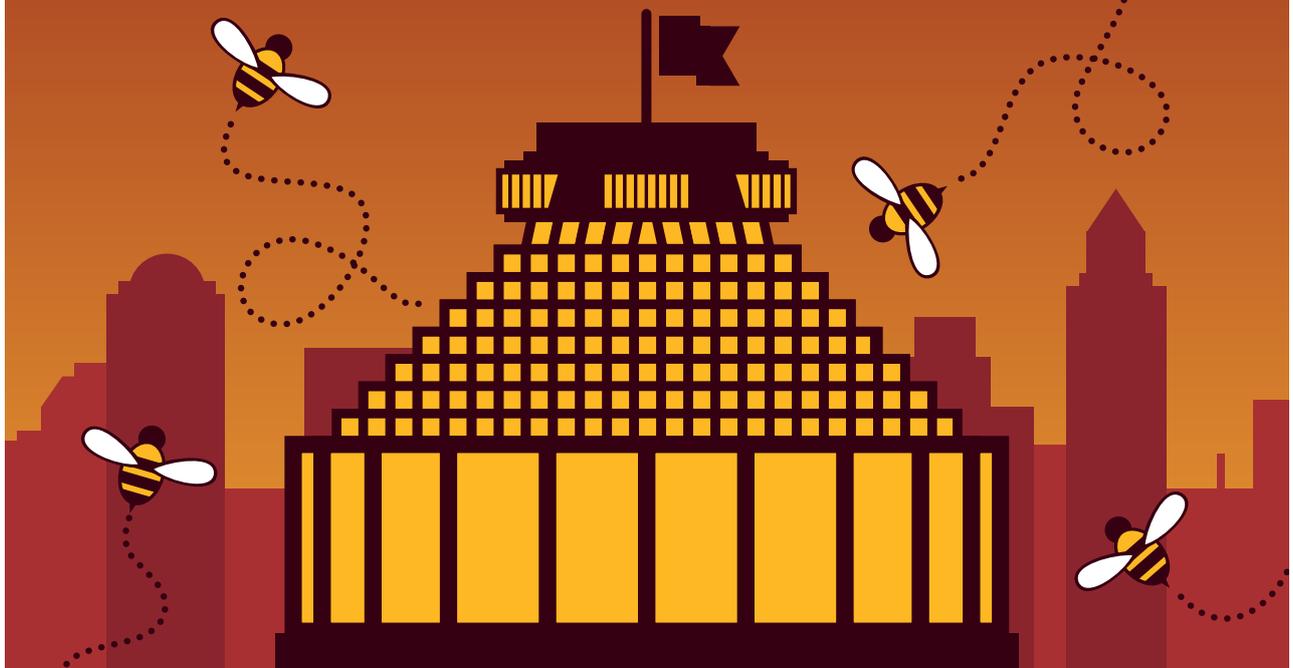


[ccc.govt.nz/heritagefestival](http://ccc.govt.nz/heritagefestival)

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