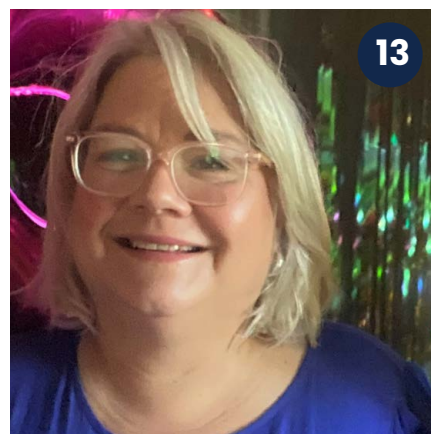


# Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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**Te Whatu Ora**  
**Health New Zealand**  
Waitaha Canterbury



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Cover photo: Nine-year-old Flynn Morrison with, from left, All Black Codie Taylor, and Brendon Keenan and Craig Harris from contractors Naylor Love – and 90-metre crane Mr Krabs in the background



# Kupu Arataki – Introduction



## Construction crane gets a new name

The 90-metre crane towering over construction on the third tower of Christchurch Hospital’s Waipapa Building has a new name.

With a perfect view of the crane from many rooms on their wards, dozens of children in hospital have competed in a “Name the Crane” competition.

Nine-year-old Flynn Morrison picked the winning name – Mr Krabs – which was announced last week by All Black Codie Taylor at the children’s Matatiki Hub.

Ward B7 Charge Nurse Manager Natasha Greer says the competition has been a wonderful distraction for all of the kids, with those in our Children’s Haematology Oncology Centre and High Dependency Unit also able to join in the fun.

“It’s been really nice for the parents to have something to entertain the kids with when they are very unwell. Everyone is very intrigued by the crane and all the construction workers they can see hard at work, so being able to share fun facts about it has been a real hit.

“The support from Naylor Love and their contractors has been greatly appreciated, especially all the art supplies that have been donated to the ward,” says Natasha.



Front, from left, Charge Nurse Manager Natasha Greer, competition winner Flynn Morrison and All Black Codie Taylor, with contractors working on the Tower C project

Construction of Tower C began earlier this year, and the new building will sit alongside Waipapa’s existing two towers, which opened in 2020.

Senior Project Manager at contractors Naylor Love, Brendon Keenan, says the team have been very aware of all the little eyes on them and have relished being able to give back to their community.

“All of the prizes for the competition were donated by the different teams - working on Tower C. Work is currently progressing really well and the crane is levering all the steel into place that we need to form the structure of the new tower.”

Regional Head of Infrastructure Te Waipounamu Rob Ojala says the new tower is a real sign of commitment to the region.

“The new tower will provide modern, fit-for-purpose inpatient wards with 160 beds in total – 64 of which will be available as soon as it opens. A fit out of the remaining floors of shelled space, with a capacity of 96 beds will be the next stage of the development,” he says.

At 62,000 square metres in total, the Waipapa Acute Services Building is currently the South Island’s largest hospital building. The additional tower will add a further 16,000 square metres. It is anticipated the third tower will be completed by quarter three, 2025.



From left, Craig Harris and Brendon Keenan from contractors Naylor Love, and All Black Codie Taylor, also dropped in on other children including four-year-old Connie in Ward A7

## Fun facts about Mr Krabs

- › Crane Operator’s Name – Joel (It takes him about four and a half minutes to climb up into the cab!)
- › How much can it lift? Eight tonnes at the end of the boom (five large cars) and 20 tonnes at the crane cab end (around four or five large elephants)
- › Crane height – 90m above sea level to the highest part of the crane
- › Crane boom length – boom is 73m long. With the counter jib section on back that holds the counter weights, it is nearly 100m long
- › Crane manufacturer – this is a German crane and the type of crane is Liebherr 630 EC-H 40
- › Crane after hours – acts as a wind vane and will move with the wind as the wind changes direction
- › Night operation – crane has three aviation lights so the helicopters can see it in the dark
- › Two blasts on the horn – always sounds when the crane is about to start lifting things, this alerts all workers onsite

## Share your summer snaps

We want to see your best summer photos.

Send in an image of your holiday travels, celebrations, time with whānau... anything that has made your summer relaxing and meaningful.

Email your pictures to [h.nzcommunications@health.govt.nz](mailto:h.nzcommunications@health.govt.nz) with a short caption, and we will publish them in the upcoming Tū Mata Kōkiri pānui in 2024.

We’ll be looking to see if any of the photos sent in are suitable for use on the web, in publications and on social media. We’ll let you know if yours is chosen!





# National oral health campaign hits exciting milestone

More than 1.5 million free toothbrushes and toothpastes have now been distributed to preschoolers and their whānau across the country through a national initiative aiming to improve the oral health of young children.

Research shows that poor oral health in early childhood leads to poor oral health in adulthood. The initiative aims to promote and improve toothbrushing among children under five, specifically those from low-income households and Māori and Pacific whānau.

Products are distributed through Well Child Tamariki Ora providers (including Whānau Āwhina Plunket), Kaupapa Māori and Pacific-led healthcare providers and immunisation outreach providers.

“A free toothbrush and toothpaste are some of the most important things we can give our little ones as poor oral health is largely preventable, but prevention must start early. The evidence shows us that brushing teeth with fluoride toothpaste makes a significant difference to giving children a good

start in life,” says National Clinical Director Oral Health Manatū Hauora and Te Whatu Ora’s Acting Clinical Advisor Oral Health Riana Clarke.

“Providing products for the whole whānau also encourages everyone to brush their teeth – adults model good toothbrushing behaviour to children and toothbrushing becomes a whānau activity.”

Riana also has some top toothbrushing tips for parents and caregivers.

“Looking after the health of baby teeth is so important because healthy baby teeth are important for the health of permanent teeth as well. Children should brush their teeth twice a day with a fluoride toothpaste.

“At least one of those times, their teeth need to be brushed by an adult up until the age of eight and everyone in the family should be using fluoride toothpaste with half a pea sized amount of paste used for under-fives and a pea sized amount used for older children.” Children should spit out after brushing but not rinse their mouth.

## Festive style around Te Whatu Ora Waitaha Canterbury

Christmas colour has been breaking out across the organisation with decorations, designs, and festive celebrations. Thanks to everyone who shared photos of their handiwork! See the selection on [pages 17-20](#).



Some of the Christmas decorations in the peritoneal dialysis area at Christchurch Hospital

## Pānui dates

This is the last Waitaha Canterbury Pānui for 2023. The first Pānui for 2024 will be published on 29 January. Send any content or suggestions for stories to [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz)

# Keeping yourself and others well these holidays

We all want to make the most of summer to get together with friends and family – and some simple precautions can help make sure we keep ourselves and other well. Here are our top tips for health holidays:

## If you're unwell, stay at home or where you are on holiday

- › If you are feeling sick stay at home, or wherever you are, whether with whānau or at your holiday accommodation. Don't travel, attend, take part in, or host gatherings or activities.
- › If you are unwell, stay away from people at higher risk of getting very sick, such as babies, older people, immunocompromised and disabled people.
- › If you have cold, flu or COVID-19 symptoms, take a Rapid Antigen Test (RAT) and if positive, report the result in [My COVID Record](#) so you can get the support and advice you might need.

## When you're out and about

- › If you're anxious about getting sick, consider limiting the time you spend in closed, crowded or confined places, and think about wearing a well-fitting mask when you are around a lot of other people.
- › We highly recommend you wear a mask when visiting healthcare services to protect those at higher risk of getting very sick.
- › Keep up with healthy habits.
- › Wash your hands often with warm soapy water for 20 seconds or use alcohol-based sanitiser. This is one of the easiest ways of keeping you and others safe.
- › Cough or sneeze into a tissue or your elbow and dispose of the tissue in a bin. Then wash or sanitise your hands.
- › Clean surfaces and objects regularly, especially those that are touched a lot.
- › Keep the air fresh and clean when you're inside by opening windows and doors.

**Check what you've got stocked up for your travel over summer**

- 1 Regular prescriptions/medications
- 2 Sunscreen SPF 30+
- 3 Insect repellent
- 4 Hand sanitiser
- 5 Water bottle
- 6 Hat
- 7 First aid kit
- 8 RATs

Te Kāwanatanga o Aotearoa  
New Zealand Government

**GO WELL**

Te Whatu Ora  
Health New Zealand

**Spread sunshine this summer, not bugs**

**Rest up at home if you're sick**

Te Kāwanatanga o Aotearoa  
New Zealand Government

**GO WELL**

Te Whatu Ora  
Health New Zealand

### Look out for yourself and others

- › Take your medication as prescribed – especially any preventers, such as for asthma or allergies, that help stop flare ups and keep you well.
- › Check in often on family, friends, and neighbours, especially those who live alone, or who are at higher risk of getting very sick, such as older or disabled people.
- › Be Sunsmart: Slip, Slop, Slap and Wrap. Protect your skin and eyes from the sun's damaging rays. Check the sun protection alert time where you are each day: <https://www.sunsmart.org.nz/resources/sun-protection-alert/>

Each summer, popular swimming sites across the motu are tested for unsafe levels of bacteria or cyanobacteria (toxic algae). Exposure to these can be harmful.

When you're heading for a swim at your favourite lake, river or beach this summer, don't forget to look out for water quality information signs or visit 'Can I Swim Here?' section of the Land Water Aotearoa (LAWA) website at [www.lawa.org.nz](http://www.lawa.org.nz) to view the latest information.

### Getting help

If you, or someone in your whānau, feels unwell, gets injured, or needs help or advice, you can talk to your local GP, urgent care clinic, pharmacy or hauora provider, or call Healthline on 0800 611 116.

You can also book a virtual on-line consultation with a GP with a New Zealand-based provider. You can find out more about virtual consultations at [Healthinfo](#) or [Healthify](#).

Remember, in an emergency always call 111 or go directly to your local hospital emergency department. Find local healthcare services by visiting [Healthpoint](#).

## Don't let COVID-19 crash your summer party

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As we head into summer it's important to remember COVID-19 is still in our communities and remains a significant risk.

Te Whatu Ora is encouraging people to protect themselves, whānau, and the community by getting immunised before the holidays.

Additional COVID-19 boosters are available for everyone aged 30 and over, and those aged 16-29 who are pregnant or at higher risk of severe illness. People who are most likely to benefit from another COVID-19 booster in late 2023 include:

- › Anyone aged 75 and older
- › Māori and Pacific people aged 65 and older
- › People aged 30 to 74 with significant complex health needs
- › People aged 16 and older who are severely immunocompromised

You need to wait six months between doses, and it's recommended that you wait six months after your last COVID-19 infection.

It's also a good idea to make sure you have a supply of RATs before heading away on your summer road trip. Take enough RATs to test everyone in your whānau over the holidays, if you need to.

Free RATs remain available from collection centres until 29 February 2024. To find a collection centre near you, visit [www.healthpoint.co.nz](http://www.healthpoint.co.nz) or call free on 0800 222 478. Check location opening hours, which may differ over summer.

If you live rurally, have a disability, are immunocompromised or experience challenges collecting RATs yourself, you can call 0800 222 478 to check if you are eligible for a RAT delivery service.

And if you or someone you're travelling with does come down with COVID-19 while on holiday, here's what to do:

- › Monitor and manage your symptoms: people with COVID-19, especially if they are fully immunised and boosted, are likely to have a mild to moderate illness and can recover at home.
- › It is recommended you isolate for at least five days, even if you only have mild symptoms, starting at Day 0, the day your symptoms started or when you tested positive, whichever came first. This includes if you have had COVID-19 before.
- › If you have taken a rapid antigen test (RAT), report your positive result online at [My Covid Record](#) or by calling the helpline 0800 222 478

It's a good idea to have a plan for how you can look after yourself during your isolation period as well as keep others safe, especially if you are isolating at a place away from home.

**For more information:**

- › Visit [info.health.nz](https://www.health.govt.nz/info)
- › Call 0800 358 54 53 for free COVID-19 health advice, any time, any day, even on Christmas Day. Interpreter support is available.
- › A dedicated COVID-19 disability helpline is available 24/7. Call free on 0800 11 12 13 or text 8988 for help or information. Access this helpline using the NZ Relay Service for assistance (more information at [www.nzrelay.co.nz](https://www.nzrelay.co.nz)).
- › If you do need to go to a medical care facility as a visitor, you may be asked to wear a face mask to protect those at higher risk.

## Not feeling so festive?

For many people the holiday season can be a difficult time, bringing with it feelings of loneliness, sadness or isolation. If you struggle at this time of year, for any reason, you're not alone, and you don't have to deal with this on your own.

**Some resources available to help you at this, or any time of year:**

- › For emergency mental health needs over the holiday period contact Crisis Resolution. Free help is available 24/7. Phone Christchurch 0800 920 092.
- › Employee Assistance Programme (EAP): There will be no change to how employees can request or attend an appointment over the holiday period. As standard, the National Support Centre is available 24/7/365 via 0800 327 669 and appointments can also be requested via their website or through the EAP NOW mobile wellbeing app.
- › 1737 – If you are alone or you feel Christmas pressure is affecting your or someone else's mental health, you don't need to keep it to yourself – call or text 1737. Trained counsellors are always on hand to help. Free and available 24/7.





# QUIZ – 2023 sports recap

We had a lot of great local and international sport to enjoy in 2023. What do you remember of the year's sporting highlights?

- 1. January. Aryna Sabalenka won the women's final of the Australian Open. What country is she from?**
  - a. Croatia
  - b. Russia
  - c. Canada
  - d. Belarus
- 2. March. Ireland won the Six Nations rugby tournament with 27 points having won each of their games. What team came second?**
  - a. England
  - b. Wales
  - c. France
  - d. Scotland
- 3. June: Manchester City beat Manchester United in the FA Cup final in 2023. Which team has won the FA Cup final the most times?**
  - a. Manchester City
  - b. Arsenal
  - c. Tottenham Hotspur
  - d. Manchester City
- 4. July/August: New Zealand and Australia co-hosted the FIFA Women's World Cup and in the opening match, the Kiwi women managed to pull off a victory against which team?**
  - a. USA
  - b. Norway
  - c. Denmark
  - d. Sweden
- 5. August: What team did the Australian Diamonds beat 61-45 in the Netball World Cup final played in Cape Town?**
  - a. New Zealand
  - b. South Africa
  - c. Jamaica
  - d. England
- 6. September. The Ryder Cup is a men's golf competition between teams from Europe and the United States. It began in 1927 and is played every two years. Which team won in 2023?**
  - a. Team USA
  - b. Team Europe
- 7. September/October: The less said about the Rugby World Cup final the better! In the game that was deemed the match of the tournament at the time, the New Zealand All Blacks beat Ireland in the quarterfinal. What was the score?**
  - a. 20 – 21
  - b. 24 – 28
  - c. 25 – 27
  - d. 28 – 31
- 8. October. The National Rugby League (NRL) grand final was played on 1 October in Sydney. Which two teams played in the final?**
  - a. Brisbane Broncos and Penrith Panthers
  - b. Brisbane Broncos and New Zealand Warriors
  - c. Penrith Panthers and New Zealand Warriors
  - d. Penrith Panthers and Melbourne Storm
- 9. November. Playing in the inaugural final of the Pacific Cup, the New Zealand Kiwis rugby league team played the Australian Kangaroos in Hamilton. What was the outcome?**
  - a. New Zealand won 30 – 0
  - b. Australia won 30 – 0
  - c. New Zealand won 36 – 18
  - d. Australia won 36 – 18
- 10. November. The Black Caps were knocked out of the Cricket World Cup in the semi-final against India. Indian bowler Mohammed Shami had a great innings. How many wickets did he take?**
  - a. Three
  - b. Five
  - c. Seven
  - d. Nine

[Check your answers on page 29.](#)

# Ā mātou tāngata – Our people

## Research in Canterbury supported by new grants

The five recipients of the Te Whatu Ora Waitaha Emerging Researcher grant have been announced.

Registrar Hamish Anderson, House Surgeon Thomas Williams, Associate Director of Allied Health, Rural Health Services Kyla Jasperse, Registrar Georgia Burton and Clinical Skills Coordinator Christine Beasley have received a grant of \$20,000 each to undertake a research project in 2024.

The Emerging Researcher Grants, managed by the Canterbury Medical Research Foundation (CMRF), are a new initiative, aimed at people who are new to research, says Research Office Team Leader Elizabeth Eastmure.

Their purpose is to

- › Support emerging researchers in Te Whatu Ora Waitaha Canterbury
- › Grow research capacity across Te Whatu Ora Waitaha Canterbury
- › Support diversity in the research workforce in Te Whatu Ora Waitaha Canterbury
- › Support research that contributes to health equity in Te Whatu Ora Waitaha Canterbury

Clinical Director Research Cameron Lacey is enormously grateful for all the team that have worked over the last two years to create this exciting opportunity to develop research opportunities for our staff. He says he is thrilled with the number of applications received and the interest in this first year of the grants.

Applicant	Department	Major Research Area	Project title
Hamish Anderson	CHL	Immunology	A Pilot Study to Establish Criteria for Subgrouping Phenotypes of anti-HMGCR myopathy: Are There Ethnic Differences?
Thomas Williams	Vascular Surgery	Vascular Surgery	Experience of Patients with Sub Threshold Abdominal Aortic Aneurysms in Aotearoa New Zealand
Kyla Jasperse	Rural Health & Allied Health	Rural Population Health	Outcome Inequity in Rural Allied Health
Georgia Burton	Respiratory	Respiratory Medicine	High Flow Nasal Oxygen Therapy versus Conventional Oxygen Therapy in Patients Undergoing Bronchoscopy and the Effect on Oxygenation: a Randomised Controlled Trial
Christine Beasley	Nursing Workforce & Development Unit	Māori Health	Do we Represent our Waitaha Canterbury Māori Population in Simulation Scenario Design?

## Here are the details of the research projects:

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### Hamish Anderson

Hamish says anti-HMGCR myopathy is a rare immune-mediated necrotising myopathy, and recent (unpublished) data has shown that Māori and Pacific peoples have a significantly higher incidence of this disease in New Zealand.



“We want to establish criteria to classify different phenotypes of the disease and determine if there is variation in phenotype based on ethnicity. This may lead to further research in the future identifying the underlying cause for the disparity.”

### Thomas Williams

Thomas says an abdominal aortic aneurysm forms when the wall of the largest blood vessel in the abdomen weakens and increases in size. Small aneurysms are relatively common and do not require treatment, but some will continue to grow and burst, causing about 215 deaths in Aotearoa each year.



“Because small aneurysms have a very low risk of bursting, we know that in men simple monitoring of small aneurysms is safe, but women have four times the rupture rate of small aneurysms and have not been included in existing research.”

The psychological impact of aneurysm monitoring has received little attention, particularly in women. It is unclear why women are so poorly represented in existing research, and a new trial of improved aneurysm management in women is planned in Aotearoa.

The aim of this study is to improve our understanding of the impact of aneurysm monitoring on quality of life and anxiety, and to understand barriers to participation in future clinical trials of aneurysm management, and how these may differ between men and women, and among ethnic groups, Thomas says.

### Kyla Jasperse

Kyla says her research is to understand the effects of rural populations with no regular and local access to Allied Health input on admission rates, length of stay and health equity outcomes.



“Currently there is no local data in this area. This is significant as the datasets produced will identify inequity issues with no research of this type having been carried out in Waitaha Canterbury or nationally.”

Her research seeks to investigate how other regions have developed delivery of Allied Health services to rural and remote areas both nationally and internationally, she says.

### Georgia Burton

Georgia says Bronchoscopy is an important diagnostic procedure for many respiratory disorders including lung cancer.



“A drop in oxygen level (desaturation) is a common complication of bronchoscopy and can result in the need for an increase in oxygen supplementation, procedure interruptions and discontinuation.”

This study aims to determine whether high flow nasal oxygen therapy reduces desaturations, procedure interruptions, escalation of oxygen therapy and cough frequency compared to conventional low flow oxygen therapy during bronchoscopy.

It will also evaluate whether the high flow oxygen devices studied are comfortable to patients and acceptable to clinicians. This study is important as a positive result may lead to a change in practice with potential to improve the safety, comfort and success rate of this common diagnostic procedure and therefore improve overall patient care, she says.



### Christine Beasley

Christine says disparities in healthcare for the indigenous population of New Zealand are acknowledged and over time some improvements have been observed.

By considering and incorporating Te Tiriti principles into simulation scenario design there is the possibility of contributing to improved representation and the exploration of the culture of healthcare professionals relating to Waitaha's indigenous population.



Incorporating Te Tiriti principles may also mean there is an opportunity to explore some of the inherent challenges that exist for Māori in accessing health care and raising awareness of this to health care professionals.

"In addition, a strengthened understanding of Māori models of health and wellbeing through equitable simulation design will promote improved health outcomes for Māori," she says.

The grant recipients are required to submit a six-month progress report and a final report on completion and may be invited to present at the Te Whatu Ora Waitaha Canterbury Research Forum and other Te Papa Hauora events.

## End of over two decades offering holistic care

Denise McGill retired from her role at Christchurch Women's Hospital last Thursday after 21 years as an Interchurch Council for Hospital Chaplaincy Volunteer Chaplaincy Assistant (VCA).

Denise came from a nursing background and was attracted to the role as she wanted to be part of offering holistic care to patients and their whānau. She trained at The Princess Margaret Hospital under the Rev Don Prince, before working at Christchurch Hospital.

Most of her years were spent providing support, encouragement and a listening ear to families in the Neonatal Intensive Care Unit and the Children's Health division. She became well known as she gave out knitted teddy bears and clothing to babies and children in these wards.

Denise served under nine supervising chaplains in that time. At a recent end of year function to thank the VCAs, Denise was presented with a 21st key signed by the chaplains and the Rev Hilary Barlow, who supervised her for the longest period.

Denise's warmth, gentleness and genuine interest in those she visited will be missed.



Volunteer Chaplaincy Assistant Denise McGill

# One minute with... Helen Sturgeon, Chaplain, (Interchurch Council for Hospital Chaplaincy), Christchurch Hospital



## What does your job involve?

Visiting patients either from referrals, or by being present on the wards. Chaplains support patients during their hospital stay by listening to them and providing support and encouragement, including spiritual support. We also support whānau and staff. We bless rooms and the operating theatres and sometimes lead services.

## What pathway got you to this job?

I trained and worked as a Baptist pastor. Hospital chaplaincy has been my dream job for many years, and I am very happy to be working in this role now.

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

Learn to listen well to people. Be able to sit in hard spaces and with people's uncertainty and hope. Pursue tertiary training in your faith tradition or something like social work and be involved in a faith community.

## Who inspires you and why?

I have had the privilege of working with Rev Helen Gray until she retired last month, after 25 years of service in the hospital. I admire her faithful service and the relationships she built with patients, whānau and staff over that time. I'm also so inspired by pretty much every person I have a conversation with around here. People are amazing, and the most ordinary life is extraordinarily special, especially in the way people face adversity and challenges. My job is just a such a privilege.

## 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 think that care and respect for others is at the heart of who we are as chaplains. We are here for all people – faith and no faith – to support their taha wairua (the things that give you meaning). We work with integrity and are all about supporting patients, whānau and staff for the best possible outcomes.

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

I would love to experience a northern hemisphere Advent season sometime. Lighting candles on dark nights would be a special way to celebrate the season. Although, in a few weeks I'll be lying under my favourite pōhutukawa tree at Breaker Bay reading a book or looking through the rock pools at Little Kaiteriteri, which will be pretty amazing.

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

Quite a few people comment I'm like the Vicar of Dibley (my job, I'm round and hopefully because I like to laugh!), so I think it would be cool to be played by Dawn French.

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

We do the normal things of recycling, trying to reduce our plastic use and live in a sustainable way. We also love to try and celebrate wildlife and nature in our garden and in the world around us.

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

I am an obsessive reader. I love spending time with friends and family. We have a dog and a cat who are delightful. I like gardening and am excellent at shopping! I enjoy cricket, especially listening to it on the radio – it is the sound of summer!

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 45 – Lesson #45

## Kirihimete – Christmas

Kei ngā ringa whawhati kō, kei ngā ringa raupā, tēnei te mihi maioha ki a koutou.

To those with hands that break the spade, to those with calloused hands, this is an affectionate greeting to you. This greeting acknowledges you, the hard-working people within the system.

This is our final akoranga for the tau (year) and for this akoranga, we just have a whakapātaritari or a challenge. That is, to take some time to engage in at least one of the following over te wā hararei (the holiday period).



<b>Wā whānau</b>	Family time	<b>Tākaro</b>	Play
<b>Whakawhetai</b>	Gratitude, give thanks	<b>Maimoa</b>	Cherish
<b>Wā whakatā</b>	Rest and relaxation time	<b>Whāia o moemoeā</b>	Pursue your dreams
<b>Huritau</b>	Reflect upon, consider	<b>Toro atu ki o hoa</b>	Visit your friends
<b>Kua puta a Pito</b>	Term used to indicate that you are full (of food) to where your bellybutton is protruding	<b>Aro atu ki o kiritata</b>	Consider your neighbours, especially if they live alone
<b>Ngā kēmu</b>	Games		

Ngā mihi o te Kirihimete me te tau hou ki a koutou ko o koutou whānau. Ko te tūmanako ia, ka whai wā koutou katoa ki te whakatā. Me mihi hoki ka tika ki a koutou e mahi tonu ai i ngā hararei. Mā koutou katoa e āhei ai te toenga o mātou ki te whakatā. Kia haumaruru te haere.

Greetings to you and your families for Christmas and the New Year. It is hoped that you will all find time to rest and relax. It is only right too that those who will continue to work through the holidays are acknowledged. It is because of you all that the rest of us can have a break. Go safely.

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)



# Whakamihi – Bouquets



## **Ben, Emergency Department (ED), Christchurch Hospital**

I would particularly like to thank Nurse Ben in ED. He was amazing in my treatment, and I am most grateful.

## **Ward A4, Christchurch Hospital**

Fantastic doctors and nurses, they helped my wife so much during her stay.

## **ED, Christchurch Hospital**

Thank you to the ED team who helped me through Sunday. Their kindness was greatly appreciated. To the Acute Orthopaedics team and Progressive Care team thank you for the care, kindness, and patience.

## **Ward B8, Christchurch Hospital**

I spent almost a month in Christchurch Hospital following a ruptured aneurysm. I remember little of my early days in hospital, but I recall being transferred to a beautiful room following the ventricular drain and coiling operation. The tragedy of a brain injury is that I can't recall the names of the wonderful skilled doctors and nurses who looked after me during this time. All the care I received was stellar. I'd like to thank every single person who I came into contact with. The kindness and professionalism of the staff at Christchurch Hospital was remarkable. We hear a lot about a health system under strain. I don't deny the pressure medical staff are under, but it doesn't mean patients receive second-rate care. Thanks to your efforts, I'm doing surprisingly well. No one is more

amazed than I am. Who knew brains and bodies were so resilient? There was a time when I would happily have slipped away. Just as well I was not able to articulate this and just as well you all knew better. I hope everyone manages to have a well-earned rest some time over summer. You're the best! I owe you everything and thank you from the bottom of my heart.

## **Philippa Mercer and team, General Surgery, Christchurch Hospital**

Thank you for all your help. I'd like to say this whole process with the team in Christchurch has been fantastic from start to finish and I thank all those involved. I really appreciate all that was done for me and the care I received.

## **Physiotherapy, Christchurch Hospital**

I attended a Physiotherapist Lee Townsend. Her professional approach and outstanding support helped me reach my best and her genuine caring helped my mental distress during long rehab, it was well managed and well supported. She sent me to see Physiotherapist Trish for breathing physiotherapy early on which also played a large part in my care. I wish to thank them both very much for the high quality of care they both gave me. Lee was friendly and helped me a great deal.

## **Eye Outpatients**

I was very impressed with the service given, from the reception to the nurses and doctors. Everyone involved is to be commended for their cordial actions.

### **Ward B4, Christchurch Hospital**

I would like to compliment your staff. They are all very professional and caring. They have a very good bedside manner. I would like to thank all for my care and your trainee nurses get top marks from my perspective.

### **Intensive Care Unit (ICU), Christchurch Hospital**

To the doctors and nurses in ICU, arohanui and thanks for the care you gave to my girl. From my heart and on behalf of my whānau.

### **Parkside Ground Medical (PGM), Christchurch Hospital**

A big thank you to all the PGM staff. You have been so kind and caring during my stay. You all work so hard and should be very proud of this ward.

### **Eye Clinic, Christchurch Hospital**

Thank you to all the doctors who did the operations on my baby girl – Liz Conner, Antony Bedggood and Dr Allison. I cannot thank you enough for the good work that you have done to help my baby have a better chance in life. I am forever grateful. Also, to all the nurses and midwives who have cared for us since she was born at Christchurch Women's Hospital. Thank you so very much. You are all blessings.



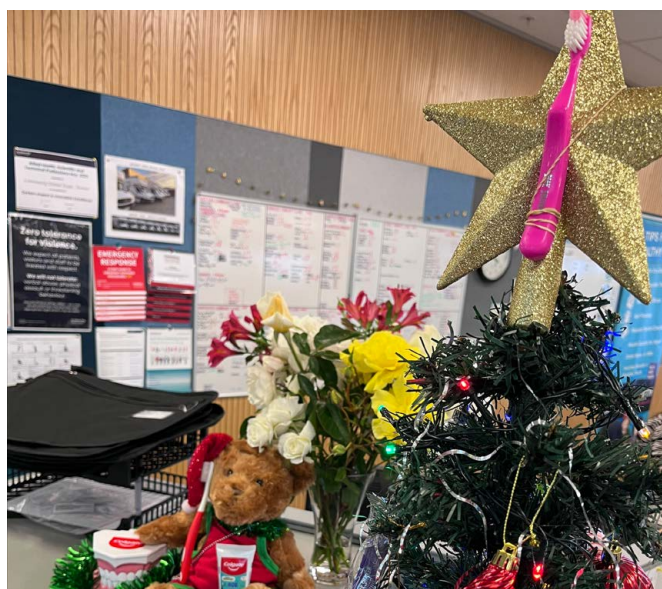


# Our Christmas photos

It's been great to see the mahi that's gone into decorating our Te Whatu Ora Waitaha spaces this Christmas, brightening up our surroundings for staff and consumers alike. Well done everyone, and happy holidays!



Sharing the aroha and fun for consumers and patients – a cheery Christmas greeting awaits people arriving at Burwood Hospital's Ward B1



A toothbrush at the top of the tree to help wish everyone a happy and safe Christmas from the Community Dental Service team at Burwood Hospital



The eMR and CAST Integration teams went all out with the Die Hard theme for the Data and Digital (formerly ISG/IT) 'Christmas Dress Your Desk' competition. Die Hard IS a Christmas movie



From left, Anna Kimeswenger, Helen Munro and Pip Hawker gave up some of their weekend to install a bit of Die Hard fun





The Care Capacity Demand Management Team Christmas tree – creatively adorned with TrendCare men, to celebrate the team’s favourite computer program



Santa’s helper, Clinical Nurse Specialist John Hewitt, at the Parkside Ground Medical staff Secret Santa afternoon tea, where everyone got a present and a hug



The Fracture Liaison Service based at Burwood Hospital has really been getting in the Christmas spirit – even Steven the skeleton



The Microbiology/Virology team set out a fabulous festive spread for their Christmas morning tea







Ward AG in Burwood Hospital brightly decorated, complete with a nativity scene on a trolley



Paediatric outpatients reception decked out in Christmas colour



The peritoneal dialysis training nurses have turned their area at Christchurch Hospital into a feast for the senses. This is where patients come to train for their peritoneal dialysis so it's great to see it transformed into a festive, happy place



One of the amazing handmade decorations at the peritoneal dialysis area

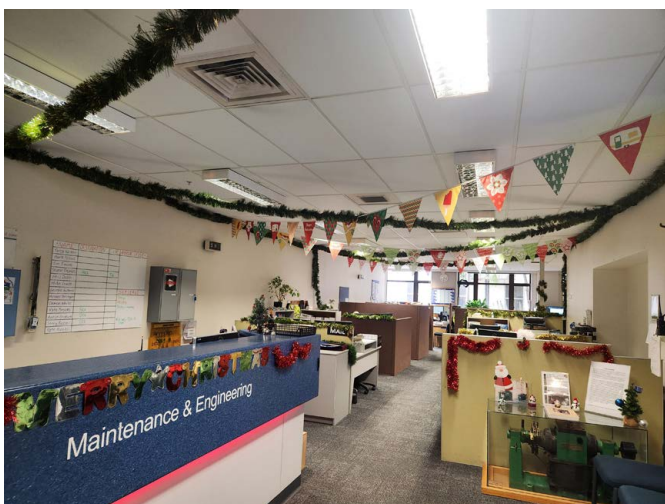




This beautiful creation on display with the Nursing Workforce Development Team in Manawa was put together by Nurse Coordinator Cathy King – bringing smiles to so many faces



Almost good enough to eat – a gingerbread house made entirely from packaging materials by Leona Rooney from the Fracture Liaison Service at Burwood Hospital, with a lot of help from family



The Maintenance and Engineering department at Christchurch Hospital, all dressed up in Christmas style



The Waitaha Data and Digital teams went all out with their Christmas decorating – including some impressive entries with a ‘reuse-recycle’ theme

## Experienced nurses wanted for innovative new nurse-led initiative

An exciting opportunity has arisen for experienced registered nurses to join the VIVA (Vessel Health Preservation and IntraVenous Access) team at Christchurch Hospital as part of a new 12-month pilot initiative.

Launching in early 2024, the After-Hours Vascular Access Service pilot project will see the VIVA team deliver a seven-day service prioritising after hours work (Monday to Friday 1.30pm to 9pm, and on weekends the morning and afternoon shifts).

The team will provide rapid response to peripheral intravenous access requests/referrals, informing and partnering with patients, creating better workflow and improving quality care for patients.

Peripheral intravenous (IV) lines, catheters or cannulas allow fluids, medications and other therapies such as blood products to be introduced directly via a vein.

Up to 80 percent of hospital inpatients require vascular access for delivery of IV fluids, medications and/or blood sampling. This is most extensively and routinely administered via peripherally inserted intravenous catheters (PIVC).

People with proven experience in a range of intravenous therapies are being sought for the pilot, says Executive Director of Nursing, Becky Hickmott.

"This includes cannulation and central venous access device (CVAD) management, and we are looking for nurses who have a passion for teaching and patient-centred care. They will be part of a small, dynamic team working after hours to promote and uphold best practice standards for all vascular access devices in diverse and challenging clinical scenarios."



The VIVA initiative is about informing and partnering with patients

VIVA nurses will carry out a range of duties including:

- > vascular access needs assessment
- > maximising first insertion success for PIVC
- > responding to all patient cases with DIVA
- > providing expert advice to clinical staff on management and care of PIVC and CVAD
- > troubleshooting and complication management
- > reviewing on-going need for vascular access device with team responsible for care.

For increasing numbers of patients there some difficulties in inserting a PIVC due to their chronic and complex conditions, says Nurse Consultant Vascular Access Elizabeth Culverwell.

"Patients requiring a number of attempts for PIVC insertion experience not only pain and distress but may have compromised venous access for subsequent IV therapy and problems with difficult access in the future."



Recent studies indicate that over a third of adults and up to half of children who present to hospital meet criteria for difficult intravenous access (DIVA), which is characterised by non-visible and non-palpable veins where a highly experienced operator is required with the use of technological aides to insert a device.

“Successful placement of PIVC on first attempt is a primary function of a VIVA nurse, particularly for patients assessed to have difficult intravenous access,” she says.

This is enabled by higher levels of inserter knowledge, experience and procedural competence.

VIVA nurses also use vein location technology such as ultrasound where required to assess vessels and place PIVC with lower failure rates.

If you think this is the next step in your career pathway, you are strongly encouraged to apply to be part of this exciting pilot project and a leading model of care for patients requiring vascular access in New Zealand.

See [here for the job application](#).

For further information contact Nursing Director – Infection Prevention and Control [sarah.berger@cdhb.health.nz](mailto:sarah.berger@cdhb.health.nz)

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## If you go down to Child Health today...

Whitcoulls have run a scheme for several years within their shops where for every \$30 spent, the customer can buy and keep a bear or donate them to a named charity.

Christchurch Hospital’s Child Health division was the named charity for Whitcoulls Northlands. As a result, donated bears have been arriving in Child Health’s Administration section since the end of October, each in search of a forever home and a child to love them.

The last of the bears arrived this week swelling the numbers of bears received this year to 864. Some of the bears, all named Hugo, have been given to each of the children’s wards for distribution on Christmas Day.

A large number of the bears have been given to Tiaki Whānau Child and Family Safety Service at Christchurch Hospital, Children’s Outreach and neurodevelopmental co-ordinators for distribution to families where there is a need.

They will be given out, not just during the Christmas season, but throughout the year until supplies run out.

Having been cooped up in boxes for some time, the bears do get restless, says an unnamed source.

“There have been a few boxes of particularly rebellious bears, who wanted to have some fun, and who have escaped their boxes.”



Some of the bears donated to Christchurch Hospital’s Child Health division, settling in to their surroundings before heading off to their forever homes

They have taken up temporary residence in the reception area of Child Health Admin where they are enjoying a teddy bear’s picnic, a spot of fishing and even have their own Christmas tree.

“Other more adventurous bears are exploring the office area, even including a multi-bear parachute descent from an air vent.”

While the bears are not in a public area, there have certainly been several staff visiting, after hearing reports of the bears and their activities.

# Kurawaka Waipapa: construction update brings exciting developments

The vision for Kurawaka Waipapa, the new central city community birthing unit, is steadily coming to life as construction progresses.

The site, at the corner of St Asaph and Antigua streets, is a hub of construction activity and the design elements are coming together at a rapid pace.

The transformation is a testament to the attention to detail and commitment to creating an aesthetically pleasing and culturally inclusive environment. This will benefit both staff and those seeking care at the birthing unit, says shared Regional Head, Infrastructure and Investment Rob Ojala.

One of the key highlights in the recent construction update is the completion of the HVAC (Heating, Ventilation, and Air Conditioning) first fix on the east side, while work on the west side is underway and progressing steadily.

Beyond the construction updates, Kurawaka Waipapa has become a focal point for leadership within the health sector. Numerous site visits are taking place, with various sector leaders and stakeholders actively engaging with the developments at Kurawaka Waipapa.

These visits not only showcase the progress made but also highlight the collaborative efforts invested in bringing this vision to fruition, says Maternity Lead Norma Campbell.

In addition to the construction advancements, the hiring process for the midwife manager for Kurawaka Waipapa is well underway.

“The announcement of this pivotal role is eagerly anticipated, as it represents a significant step towards assembling a dedicated team to ensure the birthing unit’s success. Before Christmas, we will also be advertising for the midwifery roles at Kurawaka Waipapa, with interviews planned for those applying mid–end of January 2024,” she says.



Work underway on the interior of Kurawaka Waipapa



Maternity Lead Norma Campbell at Kurawaka Waipapa



Marking a significant step towards ensuring a culturally and clinically safe environment for birthing whānau, the Canterbury Clinical Network, under the guidance of Ngaire Button, has listened to whānau from diverse populations about their experiences of birthing. This information is being used to guide the design and culture of Kurawaka Waipapa by ensuring the whānau voice is central.

“This ongoing effort has not only played a pivotal role in shaping our recruitment interviews for the midwife manager role but is anticipated to offer invaluable insights for the enhancement of our entire maternity system,” Norma says.

Kurawaka Waipapa remains on track to open its doors to the community in early 2024. With each construction update, the vision of providing a safe, welcoming, and community-centric birthing unit is becoming a reality.



On a site visit to Kurawaka Waipapa, from left, Midwifery Advisor NZ College of Midwives Violet Clapham, Midwife Educator Tina Hewitt, CEO NZ College of Midwives Alison Eddy, Nurse Coordinator Facilities Wendy Botfield, Pharmacist, Barbara Robertshaw, Medical Officer Neonatal Services, Ruth Sinclair, Service Manager Women’s Health Michele Pringle and Clinical Midwife Educator Rhonda Robertson



# Ashburton day centre celebrates busy year

Volunteers, staff and seniors from Elizabeth Street Day Centre in Ashburton capped off a busy year last week with a special Christmas gathering and a trip to Orana Wildlife Park in Christchurch.

The centre, on the Ashburton Hospital campus, provides activities for seniors to make the most of their own abilities and help them to live in their own homes for as long as possible.

“We provide care for our members with our specially trained team of committed staff and volunteers,” says Associate Clinical Nurse Manager Integration Ange Harris.

“The centre benefits from our community involvement in many ways, including volunteers who transport clients to and from Elizabeth Street, welcome members on arrival, make morning and afternoon teas, and provide musical entertainment.

Some volunteers also share and demonstrate their many skills and crafts, including opening their homes and gardens.

Elizabeth Street is open Monday to Friday from 10am–3pm.



Christmas celebration at the Elizabeth Street Day Centre



From left, Elizabeth Street Day Centre Volunteers Wilma Wolfreys and Anne Stroud during the year-end visit to Orana Wildlife Park



# New hospital safe mobility and fall prevention procedure released

An important procedure that helps staff to keep our patients moving around safely has been updated.

The Waitaha Canterbury Safe Mobility Steering Group has been leading the review of the Hospital Fall Prevention Procedure, now renamed the Hospital Safe Mobility and Fall Prevention Procedure.

The scope of the procedure has been widened to cover the Outpatient Departments, Day patients, the Emergency Department and Paediatrics.

Some of the changes include updates identified as part of the Post-Fall Care Review workstream, and the need to complete a safety check on mobility aids, to align with the Mobility Aid Safety Guidance staff resource released in September 2021.

The name change also reflects the more positive approach focusing on safe mobility.

Medical Nursing Director Mark Crawford is a strong advocate for safe mobility as a member of the Waitaha Canterbury Safe Mobility Steering Group, Chair of the Serious Adverse Events Falls Panel and Chair of the Christchurch Campus Safe Mobility Committee.

He says a number of the changes to the content in the procedure will address recommendations and learnings from serious adverse event falls, such as inclusion of guidance for the outpatient department following a serious adverse event fall in an outpatient clinic.

Other examples include the addition of a statement reinforcing that all inpatients should be considered to have at least a 'low risk' of falling while in hospital.

"It is important to highlight this is for our front-line staff as our inpatients are in an unfamiliar environment, and their condition and presenting problems are serious enough to require acute hospital level care," says Mark.



Know your surroundings

"These risk factors alone increase their risk of falling."

This change was also related to a recommendation from the Health and Disability Commissioner.

There was a lengthy consultation process for this procedure as it was important to get the balance right, and the team wanted to make sure staff feedback was listened to.

For example, the proposed requirement to photograph the bedside board post-fall was removed as a result of staff feedback. It was replaced with the requirement to record the information displayed on the bedside board immediately prior to an inpatient fall in the clinical record, to assist with the investigation and review process. The Bedside Board Procedure and the Post Fall Clinical Pathway are in the process of being updated to align.

The new Hospital Safe Mobility and Fall Prevention Procedure (ref 2400616) was communicated to staff in the through the daily email in early December.

You can find the procedure here:

<https://prism.cdhb.health.nz/site/policies/SitePages/Policy%2520View.aspx?ppid=2400616>

# Care Capacity Demand Management round-up for 2023

It has been a busy year for our organisation and the Care Capacity Demand Management (CCDM) team. The continued hard work and commitment to the programme by our clinical staff has resulted in an increase in midwifery, nursing and health care assistants of over 430 full-time equivalents (FTE), since the programme began.

Executive director of Nursing Becky Hickmott says the success of the programme is down to the staff on the floor who have continued to engage and then enabled this to happen.

“We are beginning to see the impact of the recruitment of this FTE in many wards, enabling staff to take annual leave and attend professional development. Ashburton, who are almost fully recruited, is one of many such success stories.”

## Variance Response Management

One highlight of the year has been a successful Variance Response Management (VRM) workshop held at the Christchurch campus where participants identified some goals for us all to work towards in 2024. Plans are under way to run these at all campuses.

Feedback from staff has resulted in a simplified Safe Staffing Safety 1st which is a key component of the VRM response and is now live.

## Local Data Councils

The 13 Local Data Councils have been meeting throughout the year. Quality improvement initiatives have focused on improving the quality of the data. A recent review by a National CCDM Core Data Set group has identified 12 common measures to be reported by all districts at a national level. From these we will be able to see themes across the motu.



## CCDM

Care Capacity  
Demand Management

*Safe staffing, healthy workplaces*

## Allied Health

Allied Health CCDM implementation is progressing steadily, with the focus on building a governance structure and the VRM component. The Variance Indicator Score reflects how allied health works in different campuses in the regions. The Capacity at a Glance screens are now live at the Christchurch and Burwood campuses and at Specialist Mental Health Services.

Christchurch campus will be a pilot site for the first allied health FTE calculations from across the nation. We are also starting to collect some of our core data sets/activity data and are looking forward to the roll out of Cortex at Burwood in late January 2024, which will progress the programme.

## Where to now

Interim Nursing Director CCDM programme Carol-Ann Todd says the team will continue to work alongside our staff, union partners, the safe staffing healthy workplace unit, and our Trans Alpine Governance groups to achieve the goals of the CCDM programme.



# Te Whatu Ora Waitaha Youth Advisory Council (YAC) 'wrap-up' of 2023

By Te Whatu Ora Waitaha Youth Advisory Council (YAC) Co-Chairperson Chelsea Skinner

We cannot believe it's this time of year again to be writing up another wrap-up of what the YAC has achieved this year.

2023 has been another busy and successful year for the team and we can't wait to share below what we have been up to. A huge thank you to those that have continued to support our mahi this year whether that is participating in our events, helping out in our projects or feedback, or by simply sending us a lovely encouraging message. We are very grateful to do what we do.

We also wanted to take a moment to acknowledge our wonderful staff representative Nicola (Nikki) Scott who is leaving us at the end of the year. For those that don't know, Nikki founded the YAC back in 2014, after recognising the need for rangatahi voice in our health system here in Waitaha Canterbury.

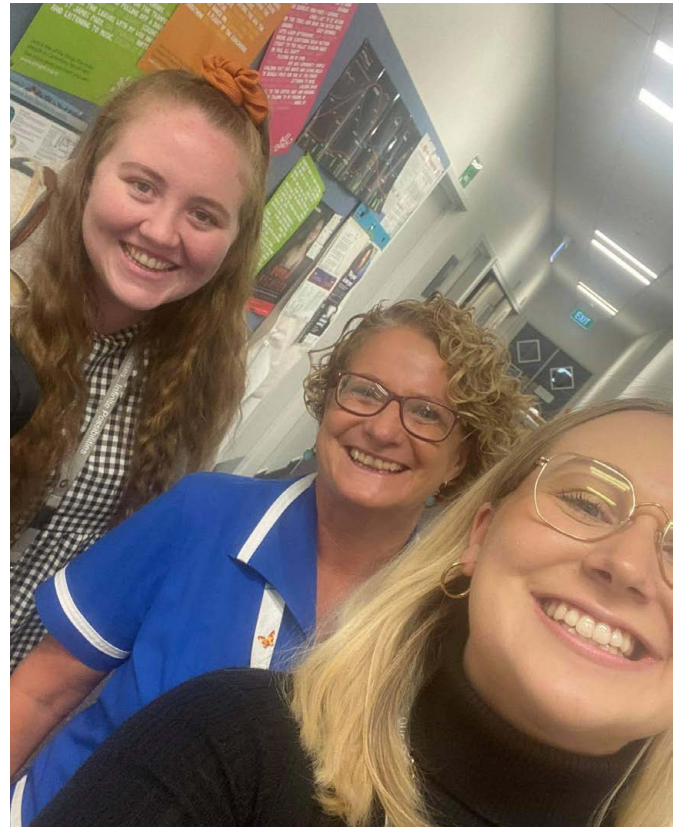
She has been with us ever since, continuing to support and encourage us, and get on board with any idea we have - big or small. Everyone who has been on the YAC speaks nothing but praise for our Nikki, a true champion for our tamariki and rangatahi across Waitaha Canterbury.

While the team is beyond gutted to be losing her, we know she is off to continue being a champion for our tamariki and rangatahi. Words cannot even begin to say how thankful and grateful we are to have had Nikki for as long as we did. If you see her around, we hope you will thank her and acknowledge her for the amazing mahi she has done for us.

We love you Nikki!

So what has the YAC achieved in 2023? Let us tell you...

- › Held another recruitment drive and took on five new rangatahi council members
- › Created two youth health video series on endometriosis and mental health: The Feels-Anger for rangatahi with the support of Te Papa Hauora and our incredible health professionals Michael East and Child and Family Psychologist Nicola McDonald



Te Whatu Ora Waitaha Youth Advisory Council Co-Chairperson Chelsea Skinner, Staff Representative Nicola Scott and former Co-Chairperson Jasmine Irving

- › Partnered and working with a national sexual health organisation STIEF on rangatahi sexual health projects including giving feedback on their "Just The Facts" website
- › Packed and delivered our biggest amount of backpacks (130+) for rangatahi in hospital with the help of some University of Canterbury staff
- › Ran multiple events including Bark in the Park, Quiz Night, Christmas Cards for Age Concern Canterbury, and DMC Youth Mental Health Event with national organisation Whāraurau
- › Held two drives for Rānui House: Food Pantry Drive and Christmas Gift Drive
- › Worked with Whakarongorau Aotearoa on rangatahi feedback for their youth mental health and addiction responses for those that contact them on services such as 1737 or [the lowdown](#)

- › Participated in other projects such Paediatric Equity of Access Project, Co-Design on transitioning the Hauora Hub, and CCN's Access and Improving Sexual and Reproductive health services for rangatahi in Waitaha Canterbury survey
- › Attended events such as Health Quality and Safety Commission's Our Voices: The Journey to Healthy Future Conference and Waitaha Canterbury Health Consumer Connects
- › Had 35 meetings out in the community networking with and supporting organisations who work with rangatahi in our community
- › Written 11 Hot Tips newsletter articles for nurses across Waitaha Canterbury

- › Awarded youth health awards to health professionals working in our community who have been great with rangatahi
- › Given a professional development session to public health and school nurses in Waitaha Canterbury and a guest lecture to postgraduate nurses in a University of Otago postgraduate nursing paper

It has been one of our busiest years yet so we are ready to have some 'R&R' over summer and come back better than ever for 2024. We hope you all have a lovely Christmas and New Year when it comes around and thank you again for your ongoing support for the YAC team.

## QUIZ ANSWERS – 2023 sports recap

- |   |   |
|---|---|
| 1. d. Belarus   | 5. d. England                               |
| 2. c. France  | 6. b. Team Europe                           |
| 3. b. Arsenal (14 FA Cup wins). Manchester United has 12, Tottenham Hotspur has eight and Manchester City has seven | 7. b. 24 – 28                               |
| 4. b. Norway  | 8. a. Brisbane Broncos and Penrith Panthers |
|   | 9. a. New Zealand won 30 – 0                |
|   | 10. c. Seven                                |





# Pānui – Notices

## Public Health Summer School

A final reminder that the 25 percent early-bird discount for the 2024 Public Health Summer School ends on Wednesday 20 December.

So, if you are looking for short course professional development opportunities, have a look at the range of courses on offer to build knowledge and update on critical issues in health.

Public Health Summer School

**Where:** University of Otago, Wellington (some courses online)

**When:** 12 – 23 February 2024

**What:** 18 short courses

For more information and to register please visit the [Public Health Summer School website](#).

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# 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.

## Torpedo7

**Torpedo7** - Friends and Family deal valid from 29.11.23 - 19.12.23

Torpedo7 would like to offer up to 50 percent off a huge range of gear. See the flyer [here](#) for further details and code to scan instore and for use for online purchases. Click and collect available.



**BLACK CAT CRUISES** - Akaroa Main Wharf, Akaroa

50 percent off the Akaroa Harbour Nature Cruise, note you must pre-book as the cruises are running at reduced capacity, use code [here](#) when booking online (limit 2 people) and ensure you take your Staff ID with you on the day.



**FERRYMEAD HERITAGE PARK** - 50 Ferrymead Park Drive, Heathcote

1 free admission with every full-priced admission purchased - show your Staff ID to redeem.



**AIRPARK CANTERBURY**  
CUSTOMER.SERVICE.EXCELLENCE

**AIRPARK CANTERBURY** - 17-25 Logistics Drive, Harewood

10 percent off all services - show your Staff ID to redeem.



Your time,  
your words,  
your presence



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



EMBRACE NEW  
EXPERIENCES.  
SEE OPPORTUNITIES.  
SURPRISE YOURSELF



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

### FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.







## **TORPEDO7. 50% off selected items.**

Enter **1CFF23BIC588** online in the promo code field during checkout at **www.torpedo7.co.nz** - remember you can select Click & Collect to skip the queues and pick up local. Or you can quote the code in-store. Offer ends 19/12/2023.

Discounts are off the original regular price. If the product is already on promotion the customer will receive the lower of offer or promo pricing. Not all products are eligible for a discount. Not available in conjunction with any other offer. Excludes Bikes and Frames, Electronics, Freight, Gift Cards and Workshop Services.

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## **JB Hi-Fi. Cost price plus 10% and GST.**

JB Hi-Fi is delighted to offer our special VIP pricing for all Te Whatu Ora colleagues across New Zealand. **Show your ID card** or other **valid form of identification** and the in-store team will be able to provide you with a price. Alternatively, Email **corporatebenefits@JBHiFi.co.nz** from your work email address with the details of what you are after (e.g. SKU, model number). The team will respond within 24 hours with a price for the items you are looking for.

Excludes gift cards, all pre-paid Cards, mobile phone top ups, warranties, Virtual Currency and Subscriptions, delivery & installation. Can't be used in conjunction with other promotions. Full payment required at time of purchase. JB Hi-Fi can amend or end this promotion without notice.

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## **Inspired Learning Ltd. FREE Mind Dojo App.**

Calm your mind and build mental resilience with this app usually retailing at \$5.99. Redeemable from the **Play Store/App Store** on 15/12/2023. Reminder this will be available to download on Friday 15 December.

**Te Whatu Ora**  
Health New Zealand

# HEAT SAFETY

Overheating can occur quickly and without warning – so it's important you watch for symptoms and take action quickly.

## SYMPTOMS



Dizzy or light headedness



Slow responses or fatigue



A throbbing headache



Stop sweating, rapid pulse



Confusion



Muscle cramps or weakness



Nausea, vomiting or diarrhoea



Loss of consciousness

MILD

SEVERE

## RESPONSES



Increase fluids, electrolytes



Take a break in a cool spot



First aider, tell your manager



Do not leave person alone



Run cold water over your wrists



Remove excess clothing



Cold compress



Immediate Medical Attention

IMMEDIATELY  
HYDRATE / REST

IMMEDIATE MEDICAL  
ATTENTION

NEED ADVICE? CALL HEALTHLINE ON 0800 611 116