



ceo update

Monday 29 September 2014

It's all happening at Christchurch Hospital – from today

With the appointment of Schick Contracting and Cartage to carry out site preparation work within the Christchurch Hospital grounds, you can expect to see some changes around Christchurch Hospital over the coming weeks.

The site preparation work marks the first tangible signs of development ahead of construction of the new Acute Services building on the Christchurch Hospital campus. The government has committed over \$650m to develop new facilities at both Christchurch and Burwood Hospitals. This is the largest investment in public health facilities in New Zealand.

This week

Work starts today, Monday 29 September on a carefully staged reorganisation of the traffic flows at the front of Christchurch Hospital.

- The current one way roading system around the hospital will be converted to accommodate two way traffic once the road has been widened.
- Additional mobility car parks and cycle parks will be created at the front of the hospital.

This work will be done in small sections to minimise disruption to normal traffic flows. This work is expected to take until the end of October. It's important to note that the current car park at the rear of the site will still be available to patients and visitors during this time. These initial site works will temporarily limit access to a small number of car parks at the front of the hospital.

There will be trucks and heavy machinery within the hospital grounds, so pedestrians and cyclists are asked to take extra care.

Other work to be carried out over the next month includes moving underground pipes and cables, site clearing including some tree felling, and erecting fences around the construction site.

Artist's impression of the new Acute Services building.



Continues on the following page...

From Tuesday 28 October

From Tuesday 28 October there will be 150 fewer car parks on the Christchurch Hospital site.

Canterbury DHB's new Park & Ride shuttle service will start on Tuesday 28 October

It will operate from 7am – 8:30pm seven days a week.

People should drive to the car park on the corner of St Asaph & Antigua Streets (the site of the former brewery – and site of the planned Metro Sports Facility). Parking costs \$2 per hour or \$5 per day. You can then catch a free shuttle ride to Christchurch Hospital. The pick-up point will be clearly marked by a shipping container – which will provide shelter for shuttle riders.

Shuttle buses will leave every 10 -15 minutes, stopping at Hagley Outpatients and the main entrance to Christchurch Hospital.

Patients and visitors can then catch a free shuttle ride back to their car when they're ready. Pick up will be from shuttle stops near the main hospital entrance and Hagley Outpatients.

A designated drop-off zone will be in use from Tuesday 28 October

A dedicated drop off zone to be located outside the main entrance will be up and running on Tuesday 28 October.

If you're a patient, a family member or friend can drop you off close to the main entrance. Volunteers will be on hand during the day to assist people who are dropped off. Your driver can then make use of the shuttle service, or come back later to collect you.

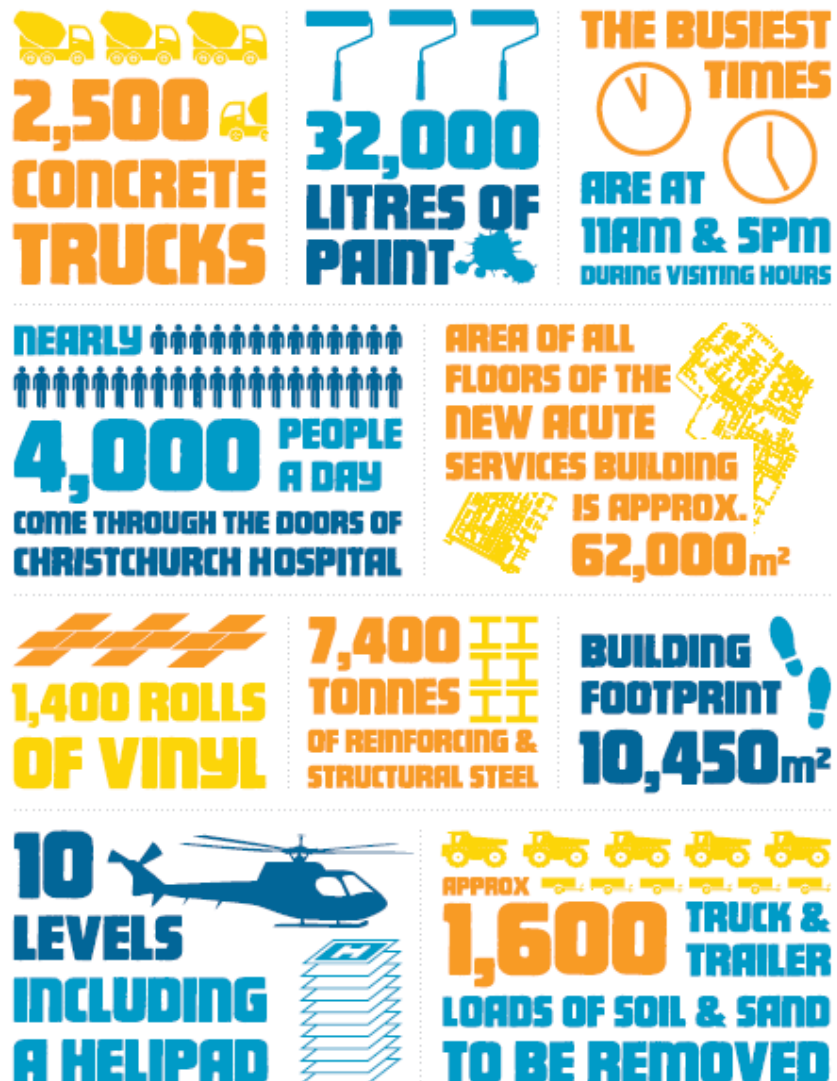
More mobility parking will be available close to the main entrance in late October along with additional bike rack facilities.

While excited about having new state of the art hospital facilities, the next few years will be challenging.

Construction has to take place alongside the day-to-day operation of a busy tertiary hospital. We have a relatively small site to accommodate 4000+ people a day coming on to the site, along with the contractors and their machinery.

We are asking able-bodied visitors to the hospital and our own staff to do their bit by choosing alternative forms of transport wherever possible. If you are fit and able, consider using one of the many buses that stop right outside the hospital entrance. More staff could consider biking or car-pooling to work.

More information about parking and other transport options can be found on the CDHB website – cdhb.health.nz/parking



NEW FACILITIES DEVELOPMENT

**IT'S ALL HAPPENING
CHRISTCHURCH HEALTH CAMPUS**
Five developments completed in 2018

Continues on the following page...

Above: An infographic highlighting the scale of the project.

Background information on the new Acute Services Building

Scheduled to open in 2018, the Acute Services Building will comprise a three storey podium housing the majority of Christchurch Hospital's acute facilities and clinical support areas. Above the podium will be inpatient ward blocks over six upper floors. Two ward blocks will be built as part of this project, providing approximately 400 beds initially. Space on the podium will be left for a third block to provide additional ward capacity at some stage in the future.

The plant, such as air conditioning, oxygen and gases will be located on Level 2. Below this on Level 1 are the operating theatres and intensive care unit, with the Emergency Department, Radiology and Acute Medical Assessment Unit on the Ground Floor. The two six-level towers will house inpatient floors as well as inpatient units for paediatric, a bone marrow treatment unit and the Child Haematology Oncology Unit (CHOC). It's estimated that this will create a total of 62,000m² of new hospital space.

The building will be built to Importance Level 4 standards (180% of code) and will be base isolated. It will also feature purpose-designed spaces for children and a helipad.

**Have a great week,
David Meates**

Appointment of General Manager People & Capability - Canterbury & West Coast DHBs

I am delighted to announce the appointment of Michael Frampton to the position of General Manager People and Capability for the Canterbury DHB and West Coast DHB, effective 6 October 2014.

Michael will be known to many of you. Since July 2012, he has held the position of Programme Director for West Coast DHB. In this role he has worked successfully with the executive teams on the West Coast and Canterbury to lead and drive the programme of change to transform West Coast health services.



Michael Frampton

Before beginning in health, Michael's career was focused on the building of human capability. He worked on a range of leadership and capability building challenges in industries including telecommunications, energy, financial services, manufacturing and the public sector, with work experience in Asia and the Pacific, North America and New Zealand. His previous roles have seen him design frameworks for raising competence and capability, leading whole-of-industry change, and leading multi-disciplinary project teams to manage complex whole-of-system change.

Michael's career demonstrates his ability to grow the capability of businesses, teams and individuals through effective partnering. He has been successful in building and sustaining change orientation; delivering executive leadership, and developing and implementing strategy. He is adept at cultivating and nurturing relationships and aligning people and teams with vision and direction. These elements are at the heart of the re-positioned People and Capability function.

Given Michael's leadership within the West Coast health system, his relationships with stakeholders and his leadership of the facilities development programme on the Coast, he will assume the role of GM People and Capability while continuing as West Coast DHB Programme Director over a transition period. This will require Michael to have a weekly presence in both Canterbury and West Coast.

All West Coast DHB reporting lines will remain unchanged over the transition period.

Burwood

Another major concrete pour is underway at the Burwood site, for one of the ward "fingers". Concrete trucks began arriving today, Monday 29 September, starting at 4am. Local residents are always notified by the contractor, Leighs Cockram JV, ahead of any major out-of-hours work, as is best practice. Finishing work on the concrete will continue until 11 pm.

The picture below shows that the Back of House building is really starting to take shape.



The ward blocks are now a forest of concrete columns (see below). The last of the ward columns are on track to be put in place by October 17.



A reminder that Gate 1 off Mairehau Rd is currently closed, other than for emergency access, until works to install a sewer pipe have been completed.

Continues on the following page...

Christchurch

This week the contractor for the site works was announced by the Ministry of Health. The Hamilton-based firm Schick Cartage and Construction – which also has offices in Christchurch – has been awarded the contract.

Site work is beginning today, Monday 29 September. To begin with, Schick's staff will set up site offices near the Riverside entrance, and site fences at the far side of the site bordering the park.

The first part of the work will be a carefully staged reorganisation of the traffic flows at the front of the hospital. This work will be done in small sections to minimise disruption and is expected to take until the end of October. The current public car park at the rear of the site will still be available to patients and visitors during this time.

The first section of the traffic flow work will be to level and re-organise the four public car parking spaces at the corner of the site near Oxford Terrace, opposite the entrance to the Emergency Department. Staff who walk or bike across the Rolleston Avenue bridge or around the Oxford Terrace intersection should please take extra care while the works are going on.

Once into their stride, the site works will also include the relocation of underground pipes and cables, installation of new sewer tanks, removal of some trees on the site, installation of more permanent hoardings, and excavation in preparation for the ASB's foundations.

We will bring you weekly updates of progress and work to come, via Fast Facts.

All staff forum – Please note this is an encore performance

Topic: The Impact of the Site Works and Construction on the Christchurch Hospital Campus

When: 11am to 11.30am, Friday 3 October

Where: Oncology Lecture Theatre

Presenter: Daniel Park – Facilities Development Communications



Progress at Rangiora Health Hub

Diggers are at work at the Rangiora Health Hub site.

See photo to the left.

ceo update

Bouquets



Ward 11, Christchurch Hospital

I loved the treatment, nurses were so lovely, so friendly. Nothing I would change about it. You are awesome.

Emergency Department, Ward 10, Christchurch Hospital

I ended up in hospital after an accident and found all the staff amazing from the ED to Ward 10 where I ended up. They were all so friendly and kind. Thank you so much everyone, you made my stay so much easier.

Day Surgery Unit, Christchurch Women's Hospital

A big thank you again to the team at the Day Surgery Unit and Urology. Everyone was so friendly! I really appreciated the care and attention I received. I felt listened to, welcomed, that my needs were considered and like an 'individual' not just another patient. Thank you so much.

Ward 16, Christchurch Hospital

Big Bouquet! I was admitted at 10am and given a bed at 11am. Colonoscopy at 11.15am. Now Sat 11.30am waiting for Doctor and hopefully go back to rehome where I live. Am very impressed and very thankful for the wonderful care and concern I have received. Truly is amazing!

Nursing staff so understanding, efficient and very capable, kind, always ready to listen and help at any time. Bell is answered promptly. I want to thank everyone for this. May be back next week for more serious surgery, not quite so worried now.

Stroke Unit, Ward 24, Christchurch Hospital

I was at a funeral recently. The deceased's son spoke of how his dad and their family were so well cared for on Ward 24, and that if you have a stroke, Christchurch is the place to have it so you can be looked after on Ward 24. Well done guys.

Ward 16 and Security, Christchurch Hospital

As always I was very happy with how the ward treated me. The nurse sat with me and waited until the taxi arrived. And the security guard was lovely, calling the taxi for me and being very protective.

Ward 16, Christchurch Hospital

Excellent skill and attention. Warm and caring.

AMAU, Christchurch Hospital

I have often heard it remarked that nurses have a thankless task but in my experience I think their consideration to patients is far above reproach. Well done girls.

Food service, Christchurch Hospital

I would like to compliment the hospital on the improvement of the menu. Enjoyed everything I was given (even on a special diet). Dietitian (Catherine) was also fabulous to deal with. A male meal deliverer was also particularly nice.

Ward 11, Christchurch Hospital

I want to thank all the nurses/staff at Ward 11. I came in with an appendicitis and they made what was an unpleasant experience a lot better and I want to thank them for that. Night staff/day staff, they were all fantastic! Thank you.

Communications Team, Corporate Communications

I want to congratulate you and your team (and David, of course) for the CEO Update. I always find it extremely interesting and informative. In last week's edition the video links about lymphoma, and David Galler talking about his mother's death were excellent. Keep up the good work.

Cervical Screening

Just a wee personal email to say thank you for all the cervical smear information you've been sending out – it has worked! For me at least – just went for my first smear in 10 years!

Christchurch Hospital Staff

Earlier in the week a man collapsed outside Christchurch Hospital. A staff member who witnessed the incident would like to pass on how impressed they were with how staff came running to help and how supportive they were with the person's family member. Well done to all involved.



Be part of the MPBE \$10,000 Health Innovation Challenge

If you have a clinical challenge and think you may know of a solution but lack the technical expertise or funding to make it a reality, then we can help.

The Medical Physics Bioengineering team is a group of tech savvy guys who have been working quietly behind the scenes at CDHB for many years. They've helped countless clinical teams to design, create and re-design medical equipment so it better meets the needs of our patients and the health professionals who look after them.

The MPBE \$10,000 Health Innovation Challenge, offered in association with Via Innovations, is open to everyone in the Canterbury Health System who has an idea about improving patient care. The winner/s will receive \$10,000 worth of development time, materials and marketing to help make their idea a reality. 'Runner-up' projects may also be considered for development.

The challenge will run in November – more information will become available over the next couple of weeks including an official entry form. More information about the team including departmental contact details, for potential innovators who want to find out more about MPBE's capabilities can be found at www.cdhb.health.nz/mpbe

You can contact them on ext. 80852; (03) 364 0852 or by email at mpbe@cdhb.health.nz



News from the Clinical Board

Ensuring reviews of serious incidents are aligned across our health system is a key priority for Canterbury DHB Clinical Board.

At its meeting this month the board reviewed reports from Corporate Incident Review Group and the Canterbury DHB Risk Reports.

Dr Daniel Williams, Clinical Board chair says the board discussed the importance of reviews of serious incidents being joined up across our system, including primary care.

"We think it's really important that when serious incidents occur the Root Cause Analysis is consistent across the system and properly aligned. This helps to ensure best practice so everyone is on the same page when it comes to managing care and investigating such events," Dr Williams says.

The board also listened to the value the new Patient Safety Officer is adding to Mental Health Services.

The Clinical Board agreed on the Terms of Reference for the new Sustainability Steering Group. The group has been appointed by the Chief Executive to co-ordinate work within the Canterbury Health System to mitigate and minimise environmental harm while supporting a health promoting health system.

It will oversee the work of our Sustainability Officer and will be chaired by Dr Anna Stevenson, public health physician, Community and Public Health division, and will report to the Clinical Board.

Christchurch Hospital Social Workers celebrate

Last Wednesday's celebration of National Social Worker's Day at Christchurch and Christchurch Women's Hospitals was thoroughly enjoyed by all.

Right: Social Workers, left to right:
Back Row, Mel Hendrie, Keryn Burroughs, Sue Jermyn, Richelle Searle, Chris Hunter, Anna Pain, Stewart Kendall and Gerhard Waayer.
Next Row, Alana Hamilton, Silas Thielmann, Marilyn Gibb Next Row Melissa Counihan, Valentina Morante-Morley, Jane George, Lizzie Cheruvu, Caitlin Rutledge, Sarah Kennedy, Penny Maher and Ali O'Connell



Left: Groceries: Donations of non-perishable food have gone to the Christchurch City Mission.

Right: Cutting cake, from Left to right - Gerhard Waayer, Jane George, Caitlin Rutledge, Ali O'Connell, Marilyn Gibb, Jacqui Turner, Penny Maher and Sarah Kennedy



Free Wi-fi for staff at work

Information Services Group (ISG) is pleased to announce that a new wireless network will be activated for staff on Tuesday 30 September.

This will allow staff to access websites they currently access from their work PC or laptop. The name of the new wireless network is **"DHB Staff Wi-Fi"**.

The new wireless network can be used by any device that is wireless enabled and instructions on how to setup the wireless for the most popular mobile devices are shown on this link

<http://cdhbintranet/corporate/CDHBMobileSupport/SitePages/CDHB%20Wi-Fi.aspx>

You will not be able to access clinical applications directly from your device. To access any clinical application you will need to use Citrix.

Should you encounter any issues, please click on this [link](#) and your query will be passed to our Service Desk staff.

Due to the large volume of calls, we do ask that you do not phone the Service Desk.

Mohammed Sayeed
Service Operations Manager, ISG

The *All Right? Amble*

All Right? is once again very pleased to support The Breeze Walking Festival. It kicked off on Saturday and wraps up with the *All Right? Amble* on 5 October.

The Festival is a chance to get active, socialise, learn about local history and reconnect with some of Christchurch's most beautiful places. This year there's something for everyone, with more than 38 free group walks catering to people from all walks of life: from child-friendly jaunts to more challenging treks for the experienced walker.

Previously known as the Walk for Wellbeing, the *All Right? Amble* will be based at the Botanic Gardens and comprises five wellbeing stations – each based on one of the Five Ways to Wellbeing. What other 2km stroll gives you the opportunity to connect, take notice, give, learn and get active!?

[Click here](#) to find out more.



Now's a good time to have a Cervical Smear

Cervical Screening Awareness month is nearing its end but it's not too late to have a cervical smear.

Screening rates for Māori, Pacific and Asian women are around 10 to 20 percent lower than other groups – so these women are a particular priority. A cervical smear is all about finding changes early. The sooner the presence of abnormal cells is detected, the sooner a woman can be treated and the better the likely outcome.

Some women may choose not to have a smear for a variety of reasons including cost, potential embarrassment, what might happen if cancer is detected and problems with getting to a clinic. Check the following videos to get answers to any questions you may have.

<http://vimeo.com/74670961>—General questions answered

<http://vimeo.com/78117899>—Particular issues for Pacific women

<http://vimeo.com/75448636>—Particular issues for Asian women

<http://vimeo.com/105934913> - Particular issues for Māori women

[Check the website for more information](#)

Call 0800 729 729 to see if you are up to date or check with your general practice team.



Win a Stoptober Hanmer Getaway

Stoptober is a new public health stop smoking campaign. The campaign aims to get 10% of those still smoking (about 46,300 people) to stop smoking on 1st October, and to stay Smokefree throughout October and beyond.

Smokers are being encouraged to go to www.stoptobernz.co.nz and sign up to the Stoptober challenge to quit for 31 days.

To support Stoptober, the CDHB is giving away a Hanmer Getaway to the nurse who refers the most patients to a stop smoking service during October. To be in to win, simply use the usual referral process. Easy!



The 31 day stop smoking challenge
**Ko te wero, kia toru tekau mā tahi
ngā rangi Auahi Kore**

[For more information click on the image above.](#)

Invitation extended to DHBs

The Auckland Regional Public Health Service (ARPHS) Health Outcomes Grand Round is organised on a regular basis to build a broader agreed vision of population health outcomes in the Auckland region. ARPHS is committed to improving health outcomes regionally but also nationally. To this end it warmly invites all DHBs to videolink into the November presentation by Professor Douglas Sellman.

Auckland Regional Public Health Service

Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Waitemata and Counties Manukau

**Health Outcomes
Grand Round
12 November 2014**

Is it worth the struggle?

Alcohol Law Reform in New Zealand : progress and pitfalls

We warmly invite you to attend the Health Outcomes Grand Round. This Grand Round has been set up to build a broader, agreed vision of population health outcomes in the Auckland region.

When: Wednesday 12 November 2014

Time: 12 - 1pm

Where: Clinical Education Centre Auditorium, Auckland City Hospital

Presenter - Professor J. Douglas Sellman MB ChB PhD (Otago) FRANZCP FACHAM

Professor Sellman is Director of the National Addiction Centre, Christchurch School of Medicine & Health Sciences, Professor within the University of Otago, and consultant psychiatrist to the alcohol and drug stream of the Youth Specialty Service in Christchurch.



About the presentation

The health and social costs of alcohol misuse continue to rise and those working in the health sector see the results on a day to day basis. Professor Sellman will explain how he became involved in advocacy for alcohol law reform, outline the progress of the medically-led Alcohol Action NZ, discuss the Alcohol Reform legislation, subsequent local alcohol policies and new adult drink-driving legislation. He will question why important recommendations relating to pricing and marketing have not been pursued and examine the likely population health impact of this. Professor Sellman will conclude by reflecting on the struggle for effective alcohol law reform in New Zealand - is it worth it?

This presentation will be made available via video-link on the day, and will also be available as a video file after the event. Please contact [Deborah Paget](#) if you are interested in making this presentation available to your DHB.

Ebola Procedures and Protocols in place

Confirmed and suspected cases of Ebola Virus Disease (EVD) continue to be reported in Guinea, Liberia, Sierra Leone and Nigeria.

It is very unlikely that New Zealand will have a case of Ebola Virus Disease (EVD) because of our geographic isolation and the lack of direct flights from the affected countries. Nevertheless it is prudent to prepare for such an eventuality, and several measures have been put in place to minimise the potential impact of EVD.

Border control staff at Christchurch International Airport are being regularly briefed on early and advanced symptoms of EVD, and an alerting protocol for airline and airport staff has been established with Community and Public Health (C&PH).

The Ministry of Health has established protocols for tracing and managing contacts of suspected or confirmed EVD cases. Senior Clinicians, nurse managers and infection control specialists within CDHB have specific Ebola patient transport and care procedures.

For more information on EVD:

- [WHO Disease Outbreak News](#)
- [WHO Frequently asked questions on Ebola](#)
- [WHO Ebola virus disease fact sheet](#)
- [Ministry of Health](#)

CDHB's isolation procedures can be found here:

<http://cdhbintranet/hospitalsupportandlabs/microbiology/SitePages/Isolation%20Procedures.aspx>

Canterbury Medical Grand Round

Friday 3 October 2014, 12.15-1.15pm (lunch from 11.50am)

Venue: (Rolleston Lecture Theatre)

Speaker; Justin Roake, Professor of Surgery, Vascular Endovascular & Transplant

Title: Because we can – triumph of technology over common sense?

Subject: The endovascular revolution for management of abdominal aortic aneurysms poses challenging questions. Increasingly sophisticated technical solutions to management of AAA previously treated conservatively on basis of individual balance of risk now allows relatively safe repair in the face of significant co-morbidity and advanced age. The limits to provision of this treatment may now need to be defined more in terms of resource availability rather than individual benefit. This is challenging for a life-sustaining treatment.

Speaker; Martin Than, E.D. consultant

Title: Troponin and chest pain assessment in NZ:

From confusion to research to national implementation.

Chair; TBC

Conveyor; Ruth.Spearing@cdhb.health.nz

DVD Recordings available within two weeks on majority of sessions.

Video Conference set up in:

- Burwood Meeting Room
- Meeting Room, Level 1 PMH
- Wakanui Room, Ashburton
- Telemedicine Room, Admin. Building 6 – Hillmorton



Mental Health Awareness Week 6 – 12 October 2014

Activities, daily words, a tea party, the wellbeing game.... all are on offer for staff during Mental Health Awareness Week.

Activities:

To help staff **KEEP LEARNING** Classes will be held at Hillmorton Hospital and The Princess Margaret Hospital during the week. These include greetings in different languages, Better Sleep, the 5 ways to wellbeing, shared Waiata, intro to Salsa dancing and Liangong exercises. [Timetables are available on our intranet. \(scroll to the bottom of the page\)](#)

Mad Hatters Tea Party:

Wednesday 10 October—[check out the poster](#).

Daily Words:

Each day from 6 – 12 October a new word in English, Te Reo and NZ Sign Language will be sent via the daily staff email. Check them out – you may learn something new.

Cook Book:

Thanks to those who have sent in recipes. We still need more. We hope the **Cook Book** will help us **BE ACTIVE** in the kitchen and **CONNECT** with others, as well as **KEEP LEARNING**, so **Give** a little of yourself. **Take Notice** to share those recipes. We are looking for all food streams - recipes that people can make together and eat together and individually, not too complex but yummy and healthy, the sorts of recipes you could get the kids to help with – **SO COME ON EVERYBODY BE IN.**

Please send your favourite recipe and a photo too (if able) through to Cathy King, email cathy.king@cdhb.health.nz or internal mail to - TRU Hillmorton

Closing date – 1 October 2014

NB - Remember to acknowledge the author if not your own recipe



MENTAL HEALTH N.G.O. EXPO

Mental Health NGO Expo

This is an opportunity for staff to hear about mental health programmes and consumer community resources from a group of our community based Non-Government Organisations (NGOs). This will held on Thursday 9 October.

[More details here or click on image to right.](#)

Nurses undertaking CPIT courses in 2015

The procedure for applying for funding for CPIT courses in 2015 is changing.

Instead of applications being processed all year, there will now be **twice-yearly** funding rounds. The first funding round opened on **1 September and will close on 10 October 2014.**

A second funding round will be held in **March/April 2015** for papers later in the year.

CPIT is releasing the timetable for 2015 shortly but anticipate the papers offered will be the same as this year. Please apply for the paper you are interested in and dates of study will be confirmed with you once the timetable is finalised.

Applications for the first funding round are now being accepted. Please apply using the on-line application form on the **Nursing page** of the intranet: <http://cdhbintranet/corporate/NursingInformation/SitePages/CPIT.aspx>

Further information is available from Jenny Gardner jenny.gardner@cdhb.health.nz or Vicki Christoffersen Vicki.Christoffersen@cdhb.health.nz

What does your job involve?

I have been a nurse for quite a while, working in the Intensive Care Unit in Christchurch Hospital and for many years in the Emergency Department, both in Christchurch and in the United Kingdom (UK), we escaped from the UK to New Zealand in 2003.

I've been seconded to the Facilities Development project for six months from my usual role as Clinical Team Coordinator for the After Hours Team. The new Acute Services building at the Christchurch campus will require some changes to the way we work in and around the existing buildings. My role is to provide clinical feedback both to and from those who will be affected by the changes.

Why did you choose to work in this field?

The secondment opportunity sounded quite challenging and is a completely new area for me so many people around, and so much daylight. Being able to have weekends and nights off (so far) had no influence on my decision at all – honest!

What do you love about it?

There is a great feeling of “can do” about the whole team.

What are the challenging bits?

When we “can't do”!! Sometimes decisions about the changes being made are the least-worst alternative and forced upon us by the confines of the site. Encouraging users to see the long-term aim can be challenging.

Who do you most admire in a professional capacity at work, and why?

The clinical team co-ordinators are some of the most supportive, knowledgeable and dedicated people it has ever been my privilege to work with.

The last book I read was...

I Am Pilgrim, a thriller by Terry Hayes . I don't read books to improve my intellectual self (how could I?) – pure escapism is what I look for in a book.

If I could be anywhere in the world right now it would be...

Northburn Station Winery, mid-summer, glass of pinot noir in hand – bliss (with my partner of course!).

My ultimate Sunday would involve...

Monday, Tuesday, Wednesday etc!

One food I really dislike is...

Cooked cheese – yuk.

My favourite music is...

Very eclectic tastes. Radiohead, Mary Gauthier, Rhian, Sheehan, Fleetwood Mac.

If you would like to take part in this column or would like to nominate someone please contact

Naomi.Gilling@cdhb.health.nz.



Staff Wellbeing Programme: Money Week (13 October) – retirement and housing – financial planning

Money Week – meet with an authorised financial advisor or home loan expert at the main hospital sites. Free 30 minute appointments available the week of 13 October.

For more information [click here](#) or visit the [Staff Wellbeing Programme intranet page](#)

The Wellbeing Game

Actively manage your wellbeing by focusing on the '5 Ways to Wellbeing'. Get a team together with colleagues, family and friends. Registrations now open <https://www.thewellbeinggame.org.nz/>

CDHB Money Week 2014

The staff wellbeing programme includes the following opportunity to coincide with Money Week:

We have arranged for a team of experts to provide free financial planning advice to help you better understand and plan your future. This includes advice on retirement planning, home loan planning, budgeting, saving and investing, and more.

Retirement Planning: You can meet with an authorised financial advisor.

Home Loan Planning: You can meet with a home loan expert.

Money Week staff will be available to assist you between 9am and 4pm at the sites listed below. Some sites have appointments all day long on the day listed. To make an appointment please contact Andy Hearn (andy.hearn@cdhb.health.nz) or Lee Tuki (lee.tuki@cdhb.health.nz) and be sure to include the following information:

- the hospital you wish to visit
- whether you want an appointment to discuss retirement planning or housing matters
- the date and time you wish to attend

These sessions are available on a first come, first served basis.

Hospital	Topic	Date	Time
THAMU	Retirement Planning	13 October	10:00am
THAMU	Home Loan Planning	14 October	10:00am
CHCH Campus	Retirement Planning	14 October	10:00am
CHCH Campus	Home Loan Planning	15 October	10:00am
Burwood	Home Loan Planning	15 October	10:00am
Hillmorton	Home Loan Planning	16 October	10:00am
Hillmorton	Retirement Planning	16 October	10:00am
Hillmorton	Home Loan Planning	17 October	10:00am

Note: Appointment sessions are available on a first come, first served basis.

Andy Hearn
Staff Wellbeing Coordinator
027 337 7394
Phone 03 337 7394 x 66394
Email: andy.hearn@cdhb.health.nz

Investing Health

Spring Walking Groups – spring is in the air! – get together with colleagues and start a walking group. Contact Andy andy.hearn@cdhb.health.nz or Lee lee.tuki@cdhb.health.nz for more information.

Earthquake Support Coordination (ESC) Service

ESCs will run drop-in desks at main hospital cafes from 1000-1330hrs during October as follows:

- TPMH café – Wednesday 1 October
- Burwood café – Thursday 9 October
- Hillmorton café – Monday 13 October
- CHCH Campus – Great Escape café – Wednesday 22 October

Our Earthquake Support Coordinators (ESC) are dedicated to helping CDHB staff deal with issues related to EQC, insurance, accommodation etc.

Contact an ESC directly on 371 5598 or visit the [Staff Wellbeing Programme intranet page](#) for more information.

EAP Services – free counselling available to all staff

See the [Staff Wellbeing Programme intranet page](#) for more information.

Managing Menopause – if you missed this very popular session in February you can now view a recording of the presentation and download the speakers notes from the Tracksuit-inc website. Just go to www.tracksuitinc.co.nz and enter the company code: dnbstaffwellbeing . Then click on the 'Menopause Video' link.

Staff Wellbeing Programme intranet page – Pilates, Zumba, Yoga, Mindfulness...

Check out this page for information on yoga, Zumba, Pilates, mindfulness, walking groups, Earthquake Support Coordinators, Employee Assistance Programme (EAP - free counselling for staff), and more...

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Email:
andy.hearn@cdhb.health.nz

ZUMBA® FITNESS

Canterbury District Health Board
In Patient Health & Wellbeing

Join Rosita For
ZUMBA

At Burwood Hospital
(Uiley Gym)

Every Monday
4.45pm – 5.45pm

Only \$5
per Class

Turn up with your drink bottle
and comfortable clothing.

Phone: 021 070 5478 Please notify instructor before attending a class



Clinical Manager Occupational Therapy West Coast District Health Board

Health services on the West Coast continue to transform and we have an exciting opportunity for a Clinical Manager in Occupational Therapy to provide an efficient and effective Orthotics and Occupational Therapy service which meets the needs of the West Coast Community.

Reporting to the Associate Director of Allied Health, you will be a vital part of the Allied Health Leadership Framework, promoting excellence in clinical standards and providing professional leadership and management for the Occupational Therapy Service.

You will be responsible for ensuring that Occupational Therapy services are provided to inpatient and outpatient clinical areas and that planned assessment and intervention is implemented according to occupational therapy procedures and protocols within agreed timeframes.

There will be an expectation to attend relevant professional courses, programmes and any other professional development costs to maintain professional and management competencies which can be demonstrated and disseminated in the workplace to improve the provision of quality occupational therapy services to all clinical areas.

We are seeking someone with extensive clinical experience and a minimum of five years general knowledge of all areas of practice including recent demonstrated competence in the management of staff and resources, as you will assist with the implementation of appropriate personnel policies and procedures with the ability to achieve results through effective delegation, motivation and leadership.

Not from the area? The South Island's West Coast is home to a wealth of outdoor pursuits and social opportunities that only close knit communities can offer. Enjoy tramping in the rainforests, sightseeing along the coastline, and exploring our rivers and gorges!

Whether you're looking to be active or relaxed, you'll find people to share in your pastimes and a community that truly values your skills and experiences. To find out more about living and working on the West Coast visit:

<http://www.westcoasthealthcareers.co.nz/South-Island-West-Coast-fishing-community-paradise-1.1679>

To apply for this position you must be a New Zealand registered Occupational Therapist with a current practising certificate and a full New Zealand driver's licence.

Apply online or to discuss this role in more detail contact Phil Adamson, Recruitment Specialist on (03) 378 6227.

LATEST CDHB OPPORTUNITIES

[Medical Secretary – Infectious Diseases](#)

[Coordinator – Child and Youth Mortality](#)

cdhb.careercentre.net.nz



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ceo update In brief...



Activity Room Open Day – Come meet the Hospital Play Specialists

Have you wondered what the Hospital Play Specialists do?

All staff are invited to an open day – Tuesday 30 September, 9am to 3pm
Ground Floor, Riverside, Ward 21, Christchurch Hospital

[More information](#)

Be Active Programmes Term 4, 2014

Be Active is an eight week programme for people wanting to establish or re-start their activity and have fun along the way. [Term 4 programmes.](#)

[Read the Green Prescription's 'The Inside Word' newsletter.](#)



Registered Nurses undertaking Postgraduate nursing study in 2015

Applications are now open for HWNZ funded places in Semester 1 and 2, 2015. The link to the online application form is:

[CDHB Online Application Form - HWNZ funding](#)

The link, and further information, is also available on the Postgraduate Nursing Education website: [Postgraduate Nursing Education](#)

Any queries should be directed to Margaret Bidois, Administrator, PG Nursing Education on 68680 or margaret.bidois@cdhb.health.nz or to Jenny Gardner, Nurse Consultant, PG Nursing Education on 68679 or jenny.gardner@cdhb.health.nz

Closing date for applications is Friday 10 October 2014.

Special event on Thursday 23 October 2014 at 4.00pm

Lest We Forget: Remembering the Marquette nurses



As the Chapel is closed, the venue is St Michael's School Hall, Durham Street, Christchurch [entrance between Oxford Terrace and Tuam Street].

Commemoration of the 99th anniversary of the torpedoing of HMT Marquette when 10 New Zealand nurses died in the sea off Greece. Find out how the wreck was finally discovered in 2009 and hear an update on plans to restore the earthquake-damaged Nurses' Memorial Chapel.

Consultation opens for three Central City transport projects

Christchurch City Council is inviting feedback on three transport projects needed to support key Anchor Projects in the Central City.

The three transport projects are:

1. Colombo Street – from Hereford Street to St Asaph Street
2. Lichfield Street – from Durham Street to Manchester Street
3. Tuam Street – from Durham Street to Barbadoes Street (including some associated changes to Manchester Street between Lichfield and St Asaph streets).

Consultation will close at 5pm on Wednesday 8 October 2014. [More information here.](#)

ceo update In brief...



Canterbury Health Laboratories – Night Lecture Series

Tuesday 30 September, 7pm-8.30pm

Human Disease, Just how much can we blame our genes? Part 1 Heart Disease and Diabetes

Speaker: Dr Tony Raizis

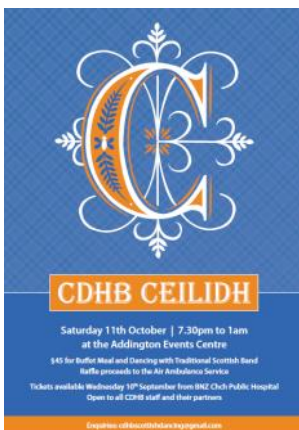
[More information.](#)

Venue: University of Canterbury, Central Lectures Room C2 (Entrance off Arts Road, off Clyde Road).

Entry by gold coin. No need to register, just turn up.



[For a list of future Canterbury Health Laboratories Night Lecture Series refer to this poster.](#)



CDHB Ceilidh

Date: Saturday 11 October, 7.30pm—1am

Venue: Addington Events Centre

\$45 for buffet meal and dancing with traditional Scottish band.

Tickets available now from BNZ Christchurch Hospital

[For more details.](#)



Artist Doctors present...Last night of the PROMS

Date: Saturday 4 October

Ticket price: \$30 adults, \$15 students

[For more details and how to purchase tickets.](#)



[Read the latest SCIRT news here](#)