



Farewell to an exemplary leader

Last week we said goodbye to one of our most well-respected colleagues, Director of Nursing Heather Gray, who has had a long and illustrious career in Canterbury since her first role as a staff nurse at The Princess Margaret Hospital in 1982.

Heather has taken on various nursing and academic roles, and since March 2010 has held the position of Director of Nursing at Christchurch Hospital. During this time she has managed a decade of many challenges that no other director of nursing in New Zealand has had to face, including major earthquakes, flooding, fires, a terror attack and most recently, the impact of the Whakaari/White Island volcano eruption with the management of patients with major burns.

Throughout her career, Heather has certainly had plenty of opportunities to learn and build on her experience outside everyday practice and she has handled it all with her signature composure and strong leadership.

The farewell afternoon tea was an opportunity for colleagues to acknowledge and celebrate Heather's incredible contribution, reflect on our shared experiences and learnings over the years, reminisce about the old times and remind ourselves how far we've come as a team and organisation.

There were plenty of laughs and a few tears as current and former colleagues stepped up to talk about their experiences working with Heather, including Executive Director of Nursing Mary Gordon, Executive Director Māori and Pacific Health Hector Matthews, General Manager Christchurch Campus Pauline Clark, University of Otago Associate Professor Philippa Seaton, Chief of Medicine David Smyth, and Pegasus Director of Nursing Michael McIlhorne.



From left, Director of Nursing Heather Gray, Executive Director of Nursing Mary Gordon, Chief Executive David Meates and General Manager Christchurch Campus Pauline Clark



Chief of Medicine David Smyth farewells Heather Gray

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Mary says, "Despite the challenges she's faced, Heather's leadership has championed and led, not just nursing but significant service and models of care changes to improve care to patients across the Christchurch Campus and the wider health system of Canterbury. The legacy she leaves is a vibrant, highly professional and engaged nursing workforce that continues to deliver quality care despite environmental and demand constraints. As well as fostering a nursing workforce that continues to engage and drive innovation leading to extended and expanded nursing practice, she was involved in shaping the development of clinical information systems that support nursing practice including new ways of working for nurses and others."

Pauline says, "It's been an enormous privilege to work with someone as capable as Heather. I appreciated the way she welcomed me to the Christchurch Campus General Manager role and has continuously supported me in the ensuing years. Without doubt I have learnt much from Heather which has deepened my understanding of what is required from me in the role. Heather has a prodigious capacity for work and is extremely caring of patients and staff. Her skill set is unique for a director of nursing in New Zealand, and Canterbury DHB and our campus have benefited from this enormously."

To those who have taken the time to share their memories with her, Heather says thank you: "I have been amazed and almost overwhelmed by the support and appreciation from so many, as well as the wonderful gift of time spent and thoughtful things to take away with me. Thank you for making my role the extraordinary experience it has been."



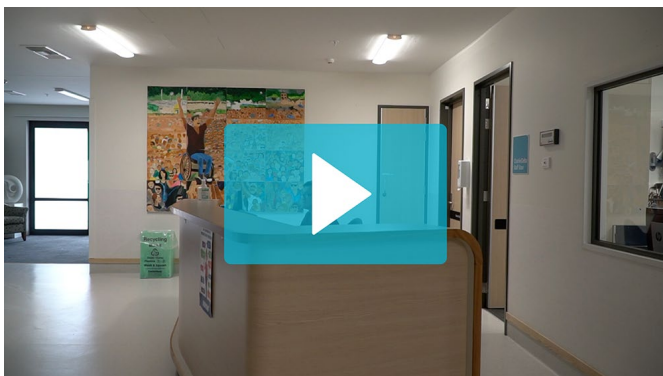
Laughter and tears at Heather's farewell

There is no doubt we have been fortunate to keep Heather in the role as long as we have. Since her resignation was announced people have consistently shared what an outstanding leader she has been – one who is fair but firm, an excellent mentor/coach but, above all, a leader who is kind.

On behalf of the organisation, I'd like to say thank you, Heather – you will be greatly missed, and we wish you a well-deserved break.

We also recently bid farewell to our talented Service Planner and Transition Leader Ruth Barclay who has retired after 46 years with Canterbury DHB. Read more about Ruth on page 10.

A legacy and game-changer



Watch the video to see Cyril's legacy brought to life

Māia Health Foundation and the Burwood Spinal Unit released a video last week to share the story of how one person's last act of generosity has transformed a facility for all who use it.

Cyril Smith left \$2 million to the Burwood Spinal Unit, part of an incredible \$20 million he left to 16 Canterbury charities.



Cyril Smith

It was a windfall that came just one month after the formation of the Māia Health Foundation, established to raise funds to enhance health services in Canterbury. And the gift came at the perfect time for the Burwood Spinal Unit. The 30-bed service caters to patients from Hastings across to New Plymouth and everything south, but the 40-year-old buildings were no longer fit-for-purpose and

were earthquake damaged. The planned partial rebuild and refurbishment, funded from insurance proceeds and capital expenditure, could only go so far.

Cyril Smith's legacy changed that. Instead of just repairing the seven single rooms and potentially putting in ensuites, the building now has eight new single rooms with ensuites, and merges seamlessly into the older part of the site, which has also benefited from new paint and vinyl.

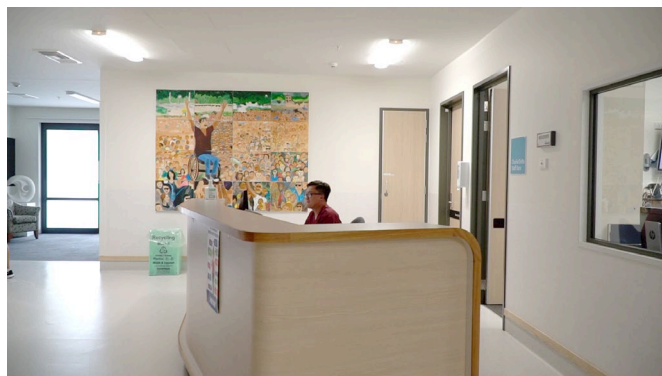
All patient rooms now have ceiling hoists, some of which go around the room and into the ensuite bathroom, and specialist TV arms have also been installed over the beds.

Cyril Smith's bequest has also enabled the creation of a computer space for patients and their families to use as well as a Whānau Room, with tea and coffee making facilities, a shower and bathroom.

The older part of the site has been reconfigured to allow for greater storage spaces, provide better working areas for staff and an upgraded kitchen area – all changes that would not have been possible without Mr Smith's bequest.

After years of planning and a year of construction, the new Burwood Spinal Unit building opened in late 2019.

I encourage you to [watch the video](#) and see Cyril's legacy brought to life.



The newly refurbished Burwood Hospital Spinal Unit



A ceiling hoist in a patient's room makes all the difference for patients and staff

Christchurch earthquake anniversary this Saturday

It's hard to believe that nine years have passed since the Christchurch earthquake. Anniversaries can stir up memories and emotions – please take care yourself and each other and speak up if you need to talk to someone. You can talk to your manager, engage with our [wellbeing resources](#) or you can call or text [1737](#) any time, day or night, to talk with a trained counsellor for free.

Anniversaries can also be times of quiet reflection and provide opportunities to come together – a [Christchurch City Council](#) service will be held on the north bank of the Avon River at Oi Manawa – the Canterbury Earthquake National Memorial at 12.30pm on Saturday.

Please note that the service will cause some impact to parking nearby – see page 15 for more information.

Haere ora, haere pai
Go with wellness, go with care

David Meates
CEO Canterbury District Health Board

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz. Please note the deadline for story submissions is midday Thursday.

If you're not a staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).



Bouquets

Emergency Department (ED), Christchurch Hospital

This was a couple of years ago but till this day I still tell people about the experience because it left such a mark. I just think the nurses and doctors at Christchurch Hospital are incredible. Not only did the paramedics get me there with amazing care, the nurses and doctors acted fast to get me through ED and into surgery. One nurse was particularly amazing. She took off a very priceless, treasured necklace of mine, given to me by my mother. She put it in her pocket for safe keeping and came to find me immediately after surgery to put it back on. This small gesture meant a lot. This is just a fraction of what they do on a daily basis. Thanks team.

Burwood Hospital

Kia ora, team. Many thanks to all the staff, from reception all the way to administration, nurses and Dr Cockfield, who made an amazing job of my surgery... I am very grateful to all the support and professionalism I have experienced.

Liza Lai Tran, Anna Munro and Linda Verhagen, Woolston Community Dental Clinic

A big thank you to the amazingly supportive and professional clinician

Liza Lai Tran, her mentor Anna Munro and dental assistant Linda Verhagen. They applied fillings for both my daughters. You made an otherwise painful process very comfortable for them. Much appreciated.

Ward 14, Christchurch Hospital

I suffered a heart attack last week. Aged 82 it was a shock, but your wonderful nurses took over and calmed me down. After the all-important tests... professional diagnosis and treatment, I'm looking forward to increasing my activities with confidence. My sincere thanks to all who made my hospital stay memorable.

Oncology Department, Christchurch Hospital

Over the last month I have undergone radiation treatment. When I first attended I thought I must have been the only patient, such was the caring, personalised, professional treatment I received. From the first interaction to being assessed, to the actual treatment, the professional staff were exactly that. They didn't hold back about what they would be undertaking and what was required of me. At the same time, they were friendly and supportive, even when chiding me gently about not drinking sufficient water prior to attending

treatment. I realised that over the month I was in the centre I was not the only one getting such fine treatment and care. I observed the staff dealing with multiple patients of differing ages, ethnicity and apparent condition. Each one of them was dealt with in an equally caring and compassionate manner. The staff, including the oncologists and radiation experts, were exemplary and an absolute credit to Canterbury DHB and our city.

Ward 24, Christchurch Hospital

I was admitted and then transferred into Ward 24. This may seem strange, but I enjoyed my four-day stay. The staff were wonderful, kind, efficient, friendly and very approachable. They kept me fully informed and answered all my many questions... The place was wonderful. Loved the food and really enjoyed the break from cooking! Everyone was wonderful. I would also like to thank the doctors, scan team, orderlies, cleaners, catering services, and Pharmacy. So many people to thank.

Grace, Ultrasound, Christchurch Hospital

Grace, who did my ultrasound, was amazing. Best service I have ever had. All the best with your study.

Cardiology Outpatients, Christchurch Hospital

Taken within three minutes of appointment, 10/10.

Christchurch Hospital

Thanks for the fantastic treatment I received for my breast cancer.

Sue, Brooke, Veronica, and all staff of Ward 24, Christchurch Hospital

I must express my appreciation for the care, not only received by me but also for the amazing care given to several patients near me, during the day and continually through the night. Thank you all for your care so willingly given. You are all much appreciated.

Ward 24, Christchurch Hospital

To all the amazing, caring, helpful staff in Ward 24. Thank you very much, we really appreciated all your continual efforts to make our family member comfortable. You're an awesome bunch.

Outpatients, Christchurch Hospital

Every one of you are very special people. We are all very grateful, thank you.

Big Shout Out

To: Julie Surtees, Medical Secretary/Receptionist, Seagar Villa, The Princess Margaret Hospital

This is the second time that I have had contact with Julie and she has gone out of her way to assist despite the issue that was occurring was not hers. Nothing was ever a problem and it was a pleasure to deal with her and know that I had one point of contact to assist with trialling solutions to the problem. Thank you, Julie, for making my job easier knowing that there was someone on the other end of the phone willing and able to assist.

From: Helen Munro, Clinical Analyst, Clinical Application Support Team

#carestartshere

Radiology, Burwood Hospital

I am a scaredy-cat and don't like injections or procedures. The staff and nurses were all absolutely marvellous, caring and kind. Hugs.

Radiology, Burwood Hospital

Excellent service, clear directions and a pleasant manner. Thank you.

Ward 14, Christchurch Hospital

10/10, would recommend.

Paula, receptionist, Diabetes/Endocrine, Outpatients, Christchurch Hospital

Paula the receptionist was helpful and caring.

Day Surgery, Burwood Hospital

Five-star treatment in every direction, excellent. Thank you very much.



Hikina to Hagley

MIGRATING TO CHRISTCHURCH HOSPITAL HAGLEY

healthLearn refresher module

The [healthLearn orientation module](#) was released last year and almost 1,000 staff completed it before Christmas. Because of the delays in migrating to Christchurch Hospital Hagley, it will be necessary for those staff to complete a trimmed down 'refresher' module before orientation. This will also include important new information about operational and physical aspects of the building.

The refresher module will be a lot shorter than the original module and have a brief quiz at the end to record participation. The module will be released after dates



for the move are confirmed, and all staff migrating to Christchurch Hospital Hagley are expected to complete it ahead of orientation and migration.

Meeting rooms

There are a number of meeting room spaces in Christchurch Hospital Hagley, and many of these will be available for booking and use by everyone at Canterbury DHB. Demand on these spaces will understandably be high, and a lot of work is going into ensuring regular meetings are booked well ahead of time.

Hagley Operational Transition (HOT) Project Manager Yvonne Williams and members of the HOT team have been busy behind the scenes gathering details of all ward and

service requirements for these spaces and ensuring regular bookings are in the system. If you have a recurring meeting that you think the HOT team may not know about, please let Yvonne know by emailing yvonne.williams@cdhb.health.nz

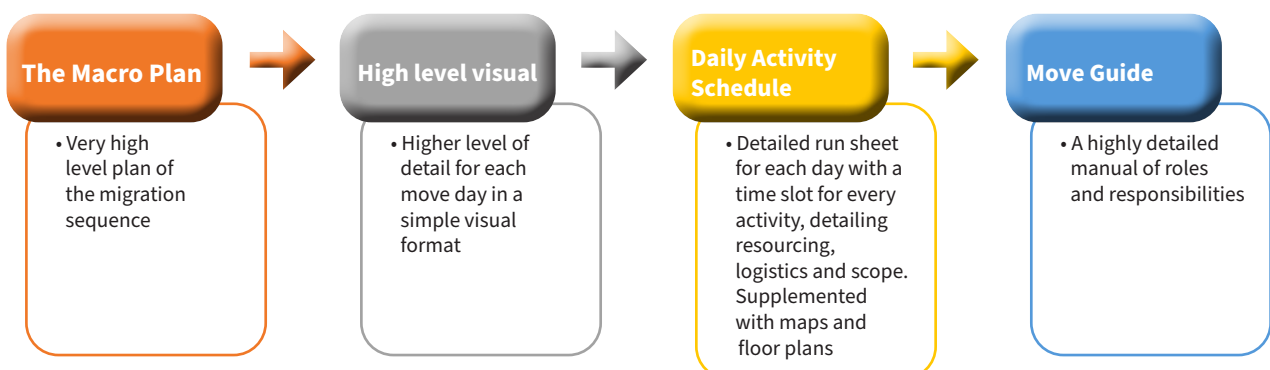
Full details of how to book these rooms and where they are within the new building will soon be made available in the healthLearn refresher module and on the intranet.

Migration desktop reviews

Workshops are being scheduled with each migrating department or ward to undertake a desktop review of the migration period.

This will give teams a chance to review all the activities relating to each move to identify any issues. It also gets the team familiar with the move to avoid surprises on the day.

This is part a key part of the planning process which will move from high level, macro planning down to very specific daily activities.





What is happening in the world of Telehealth?

Telehealth is a service that makes use of technology such as video conferencing (VC) to connect patients with health professionals when they are unable to be in the same place. Canterbury and West Coast DHB's telehealth is supported by ISG to assist VC users and improve the implementation of telehealth-related projects.

With the changing VC environment and increased accessibility of software applications, our DHBs are moving towards a hybrid VC model to best meet our people's needs.

Some of the activities taking place include:

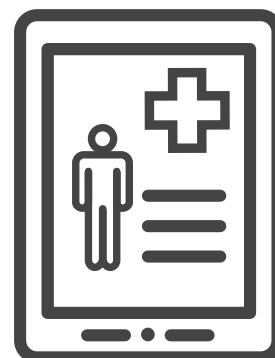
- › Vidyo Connect: This is the VC software platform West Coast DHB has introduced as their main VC platform. Canterbury and West Coast DHBs are working together to ensure ease of access and connectivity across the different VC networks, and knowledge articles are being developed so Service Desk staff can support VC users at both sites.
- › Vivid Solutions Ltd (VSL): These connections are the ones that many staff will already be familiar with, as VSL has been the VC hardware provider in the majority of DHB meeting rooms this will continue to be available. In addition, there is a software solution (RealPresence) with an account available on an ad-hoc basis for laptops and PCs. Please contact the Service Desk for more information.
- › Zoom: Canterbury DHB has purchased 50 Zoom licensed accounts. These accounts will enable us to VC with patients in their home or at their medical practice where clinically appropriate, as well as provide Canterbury DHB users with an additional VC platform. In addition to allocated accounts there will be a limited number of licenses available for ad-hoc use. We are looking at how best to make these accessible.
- › A pilot group was recently set up with Zoom licenced accounts for users to provide feedback on the suitability

of the application and processes around access

– if you would like to take part in this pilot and be an early adopter of a Zoom licenced account, please contact the Service Desk to register your interest.

- › Microsoft Teams: Microsoft provides another VC platform which will become part of our hybrid VC model in due course.
- › Developing the South Island Regional Telehealth Strategy: This strategy is being led by a group of clinicians and technical specialists representing all South Island DHBs and is being facilitated by the South Island Alliance Project Office to ensure there's a consistent regional approach to Telehealth. It is important that there is some agreement on how the regions work in Telehealth implementation, training, change management and clinical practice.
- › We are bringing together a transalpine Telehealth Governance Group with representatives from Canterbury DHB and West Coast DHB with wider inclusion of key user representation through sub-groups who will focus on specific areas. This group will report to both the Chief Digital Officer and Chief Medical Officer.

We'll continue keep you updated as other changes happen.



Did you know there's a [Telehealth page on the ISG Support & Training SharePoint site?](#)

Have a look and please give us any feedback, especially if you would like to see other information included.

Looking after yourself

It can be tricky to implement self-care in the busy-ness of our day-to-day work, so the Wellbeing Health and Safety team is keen to find out how people across the organisation look after themselves.

This week Burwood Hospital General Manager Dan Coward's shares the different ways he looks after his wellbeing at work.

What's something you do to boost your own wellbeing?

I work hard at having a good mix of weekend activities with my kids, morning gym session, or a good blowout with a boxing session, balanced with a good book or even drinks with friends.

What are some of the challenges you experience when practising self-care?

Making sure I keep the balance between what's important, critical and needed. And not feeling guilty that being well and in a good space is good for me, my team and the role I do. So, if that means I need to get a lunchtime jog in, then that's important and ok.

What's the biggest benefit you see that comes from looking after yourself/practising self-care?

Maintaining my health and wellbeing. Keeping my head in the right space for decisions, remaining calm when the pressure is on and, most importantly, so I can switch off when it's the weekend.



Burwood Hospital General Manager Dan Coward

We all know life can get busy and the small but valuable things can be neglected. What's a quick self-care exercise or activity you practise when time's short?

If I can I grab five minutes to either feel the rain or sun on my face and fresh air, that boosts my energy. If there's no time for that, smiling – making sure I smile between meetings and seeing how one smile can make someone else smile helps switch between each situation.

CONNECT
TALK & LISTEN,
BE THERE,
FEEL CONNECTED

Give
Your time,
your words,
your presence

TAKE NOTICE
REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

KEEP LEARNING
EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

BE ACTIVE
DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
HAVE YOUR MOOD

**Five Ways
to Wellbeing
at Work**

New study to help people directly affected by mosque attacks

Former Clinical Head of Canterbury DHB's Anxiety Disorders Service, Caroline Bell, is co-leading a study to help understand the psychological and physical effects of the 15 March terror attacks in Christchurch.

Following 15 March, the Health Research Council (HRC) approached Canterbury DHB and the universities of Otago and Canterbury about fast-tracking HRC funding for community involved research to help those directly affected.

An expert team from all three organisations was then formed, led by Caroline, an Associate Professor, and Ruqayya Sulaiman-Hill, a Research Fellow, both at Otago University. They have had key roles in planning Canterbury DHB's psychological health response to the attacks.

The study aims to help understand the impact that 15 March has had on the Christchurch Muslim community, particularly those present at the mosques and their close family, and close family of the shuhada (martyrs/witnesses), Ruqayya says.

Interviews will be conducted by trained Muslim researchers from the local community accompanied by specialist mental health nurses.

Caroline, who managed Canterbury DHB's mental health responses after the Christchurch earthquakes, says she hopes the research will result in a greater understanding of the impact of 15 March on those most affected, even if they feel they have coped well.

"It will identify what people have found helpful, both personally, through their faith and social connections, and practically, in terms of services provided, and what could be done better."

It will also help to support those who may need further help to access appropriate services such as in the community, primary care or specialist services, she says.

"Within the Muslim community, there is an acute awareness that research like this needs to be done to ensure that nobody affected who needs help slips through the cracks," Ruqayya says.

Caroline and Ruqayya say the work will be conducted as carefully and sensitively as possible, understanding what people have, and are going through.

Ruqayya, who has been involved with the local Muslim response since the attacks, says the Muslim community has been integral to developing the successful research proposal and will continue to be closely involved at all stages of the research.

The team includes 15 Muslim interviewers from the local community, who speak at least six languages as well as English, Muslim clinical psychologists, and a reference group made up of a range of people from the wider Muslim community in Christchurch.

The Imams from the two mosques targeted have endorsed the study and are involved in advising the team.

"This really is a Christchurch Muslim community-led response as the team members who will be working directly with participants are all from the local community and have a personal understanding of many of the issues involved. We have listened closely to the community and made many modifications in response to their recommendations," she says.

Information gathered will help to build a resource for Muslim mental health services and culturally competent practices in the New Zealand and will be a valuable resource for planning and the recovery process for similar situations in New Zealand or overseas.

NEED TO TALK?



**free call or text
any time**

Retirement of highly respected health manager

"How is anyone going to move without Ruth? All you did was email her and it magically happened!"

This comment from a staff member reflects Ruth Barclay's talent for organising complex service moves in a healthcare setting, an ability that has been well utilised since the earthquakes that damaged many of our hospital buildings.



Former Service Planner and Transition Leader Ruth Barclay

It's all about the planning, says Ruth, who has overseen numerous post-earthquake relocations, including the decanting and repair of 20 Christchurch Hospital wards and Canterbury DHB's corporate office move from The Princess Margaret Hospital (TPMH) to Oxford Terrace.

"In total I've managed the relocation of more than 4000 staff, with some staff moving more than once. Operational challenges are my strength – I enjoy working out the best way to make things happen."

The Service Planner and Transition Leader, who retired last week after 46 years at Canterbury DHB, says she has always enjoyed working in the health sector as every day brings variety and a different challenge.

"As everyone knows, Christchurch Hospital is a very complex piece of work. The one thing I learnt was that you don't have to do it all yourself. There are great people in that hospital and that made my job easy."

Ruth began nursing training at TPMH in 1972 and went on to work in the operating theatre there. In 1979 she was appointed Charge Nurse and then Theatre Supervisor at Christchurch Women's Hospital (CWH).

"Early in my career I realised that I enjoyed leadership roles and especially allowing staff to improve their knowledge and skills," she says.

In early 1990 Ruth took up the role of service manager for Gynaecology at CWH.

"In 2000 I was asked to transfer to Christchurch Hospital as the Operations Manager which I continued as until 2009. I was the Interim General Manager of Christchurch Hospital



General Manager Christchurch Hospital Campus Pauline Clark presenting former Service Planner and Transition Leader Ruth Barclay with her farewell gift

for 18 months and was in the process of moving into my current role when the February earthquake struck."

Since then she has been involved in many projects, including the Hagley Outpatients temporary building, the new Sexual Health clinic; refurbishment of the Fergusson building at Hillmorton Hospital; the Kaikoura, Rangiora and Akaroa hospital new builds; Burwood Spinal Unit's refurbishment; the Nuclear Medicine department refurbishment; the Home Dialysis Unit, and Manawa.

Ruth says throughout her career she has met and worked with some amazing people and made some great friends.

Executive Director of Nursing Mary Gordon says it's been a privilege working with Ruth.

"Her leadership style, capability, and her ability to problem solve, along with her extensive knowledge of clinical services and our people, are the keys to her success."

Ruth makes the movement of services and teams look easy but what people don't see is the complex planning, preparation, detailed oversight and execution, which is what makes a smooth transition.

"These moves are very complex, requiring the coordination of many different teams to ensure that the move on the day goes well and the service is not only prepared, but back up and running with as minimal impact as possible on staff and patients.

"I would like to express my gratitude to Ruth for everything that she has done for the Canterbury Health System over the last 46 years and wish her all the best for the future."

Allied Health Assistant wins Communication Access Award

Congratulations to Allied Health Assistant Aimee Taylor from Ward 24 who recently received a Communication Access Award for her work with people with communication disorders.

These awards are made by the New Zealand Speech-language Therapists' Association (NZSTA) and the Minister of Disability Issues to individuals and organisations who have demonstrated Communication Accessible Principles.

Communication Access is not a well-known term but can be compared to a wheelchair ramp which helps a wheelchair user access a building. Anything which an individual or organisation can do to help a person with a communication disorder to access their community (such as easy-read signage) can contribute to Communication Access.

Aimee works with the physiotherapists, occupational therapists and speech language therapists (SLT) on Ward 24. A large part of her role is completing speech and language rehabilitation tasks with people with communication disorders following acute stroke.

Last year, she also began completing language screens, previously only performed by specially trained stroke



Allied Health Assistant Aimee Taylor with her Communication Access Award

nurses. This has been a huge help in aiding the SLT department to identify those people needing further assessment and treatment.

Speech Language Therapist Tessa Starr says Aimee consistently converses in a relaxed and natural manner, giving people the time they need to express themselves.

"She easily adjusts her communication style to aid those

with receptive language difficulties or hearing loss. One only needs to watch her conversation partner to see how much they appreciate her effort."

If any individuals or departments would like to learn more about communication access and how they can incorporate this in their work, please contact the Christchurch Hospital SLT team on SLTChChHospital@cdhb.health.nz.

Registrar gains third place in Coast to Coast event

Christchurch Hospital Registrar Rhys John has attained third place in the Coast to Coast men's Longest Day competition.

He crossed the finish line in 11 hours, 17 minutes and 56 seconds to earn the final spot on the podium.

"I am very happy with the result. The two guys in front of me were both professionals. I don't think I could have done any better," Rhys says.

His placing was "a little unexpected" as the two participants who were seeded third and fourth, one developed hypothermia and the other got an injury.

Rhys started taking part in the event in 2005, with his father.

"I've done the two-day event twice and the one day once."

He competed in 2015 but had an injury and got very cold.

"I learnt my lesson from that and had warmer clothes which was good as this year's conditions were similar conditions to then with a big southerly coming through and it being very cold on the kayaking leg.

"When I crossed the finish line, the guy behind me's temperature was only 34 degrees, so he was on the edge of hypothermia."

Rhys says he only signed up for the event in October "on a whim". During his 14-week training he "neglected everything else that wasn't being at work".

He achieved his dream of beating his father Steve's best time of 12 hours, one minute.

"Dad has done the event 18 times and Mum has competed in it twice. Dad wasn't competing this year but they were



both there supporting me. My wife Jen and friend Andrew (a current ED registrar) were also an amazing support crew".

Held annually in February, competitors bike, kayak and run from Kumara Beach on the West Coast of the South Island, across the main divide, to the finish line on the east coast at New Brighton.

Always on the go?
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HealthInfo is Canterbury's go-to site for information about your health.



One minute with... Rebecca Chenery, Case Manager/ Social Worker, North community mental health team, Hillmorton Hospital



What does your job involve?

Working with clients aged 18 to 65 years who have a significant general mental health diagnosis, and their family/whānau, within a multidisciplinary team. This includes assessment; developing wellness/treatment plans; monitoring a client's mental/physical state, medications and risks; screening for family harm/child protection issues; encouraging/supporting clients to engage in therapeutic interventions; providing information on the 'Supporting Parents, Healthy Children' programme, and putting any other supports in place to help with recovery. It also involves working with other government and non-governmental agencies such as Police, Corrections and Oranga Tamariki. I meet with clients at the community clinic or in their homes, and also travel to Rangiora Hospital to meet clients there. We work with clients until they are ready to be discharged back to their GP care.

Why did you choose to work in this field?

Growing up I knew I wanted to help others. From a young age I volunteered at the Christchurch City Mission. I worked with social workers in London then went on to study Social Work at Canterbury University. During my study I had a placement

in mental health and subsequently completed postgraduate papers in mental health/addictions which confirmed my decision to work in mental health. Ultimately this field is interesting, challenging, I'm able to help others understand mental health/wellness and walk alongside clients in their recovery.

What do you like about it?

The variety, no two days are the same, and seeing clients make positive change whether small or large. In addition, working with incredibly skilled and supportive colleagues.

What are the challenging bits?

It is always busy with constant and varied levels of stress, working with people who are acutely unwell or significantly distressed and at times having to manage clients/family/whānau expectations of the mental health system.

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

These values are inherent in the work that myself and the team does and mean a lot because they align with not only social work values but that of my own. I think care and respect for others and integrity are particularly important when working in mental

health and I'm lucky I see this in practice every day in the team I work with.

Who inspires you?

My family; parents, partner and particularly my 92-year-old grandmother. Also, my colleagues and the clients I work with.

Something you won't find on my LinkedIn profile is...

I don't have a LinkedIn profile.

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

On the coast/beach in Canterbury or Christchurch's Botanical Gardens. If I won Lotto, swimming/snorkelling at a beach in Fiji with my partner.

What do you do on a typical Sunday?

Exercise – either a walk or bike ride, visit family/friends and prepare for the week ahead.

What's your favourite food?

I'm a foodie – however, very mindful of what I eat. My favourite main dish would be my partner's lasagne and salad and for a sweet treat a slice of carrot cake or a Danish pastry.

And your favourite music?

I like most genres, but my favourite would be electronic music/drum and bass.

Canterbury Grand Round

Friday 21 February 2020 – 12.15pm to 1.15pm, with lunch from 11.50am. All staff and students welcome.

Venue: Rolleston Lecture Theatre.

Speaker: Dr Virginia Murray, Head of Global Disaster Risk Reduction at Public Health England “Local to global – how Christchurch has influenced the implementation of the Sendai Framework for Disaster Risk Reduction”

Virginia Murray is Head of Global Disaster Risk Reduction at Public Health England and has been providing health, science and technology support for the implementation of the Sendai Framework for Disaster Risk Reduction 2015-2030. Virginia qualified in medicine in the UK. She was Director of the London-based Chemical Incident Response Service from 1995 before joining the Health Protection Agency where she was appointed as Head of Extreme Events and Health Protection in 2011; which became Public Health England in 2013. Virginia takes forward work on evidence base information and advice on many hazards including chemical incidents, flooding, heat, cold

and climate change adaptation, and works closely with the World Health Organization, particularly on the WHO Health Emergency Disaster Risk Management Framework launched in 2019.

Chair: Alistair Humphrey

It is requested out of politeness to the speaker(s), that people do not leave halfway through the Grand Rounds. This talk will be uploaded to the staff [intranet](#).

Video conference set up in:

- › Burwood Meeting Room 2.6
- › Wakanui Room, Ashburton
- › Administration Building, Hillmorton
- › The Princess Margaret Hospital, Riley Lounge

Next Grand Round is on Friday 28 February, Rolleston Lecture Theatre

Convener: Dr R L Spearing (email: ruth.spearing@cdhb.health.nz)

Something For You

Something For You is the Canterbury DHB employee benefits programme. The deals offered are from the Canterbury business community to say thank you for all that you do.

Check out [Something For You](#) on the intranet for more information on these deals and many more! Remember, you'll need your Canterbury DHB ID badge to claim these deals, so be sure to take it along with you.



ORANGE THEORY – 86 Moorhouse Ave, Christchurch Central

Orange Theory are offering a special deal for the rest of Feb – attend any of the lunch time 12.15pm classes for free (valued at \$32). Anyone who then joins will receive a free heart rate monitor and special membership rates.



DINER 66 – 88 Victoria Street, Christchurch Central

New to Something For You, head into Diner 66 and receive 15 percent off your bill (person with ID only, unless paying for the whole table).



LITTLE LUNCHES

Get a healthy, delicious lunch delivered to your workplace and receive 10 percent off one lunch each month, find more information and the discount code on the “Lifestyle and Entertainment” section.



WILLOWBANK – 60 Hussey Road, Northwood

Enjoy 10 percent off day passes for employees and immediate family (max. 2 adults and 3 children, does not apply to annual passes).

Temporary no parking zones for earthquake memorial service

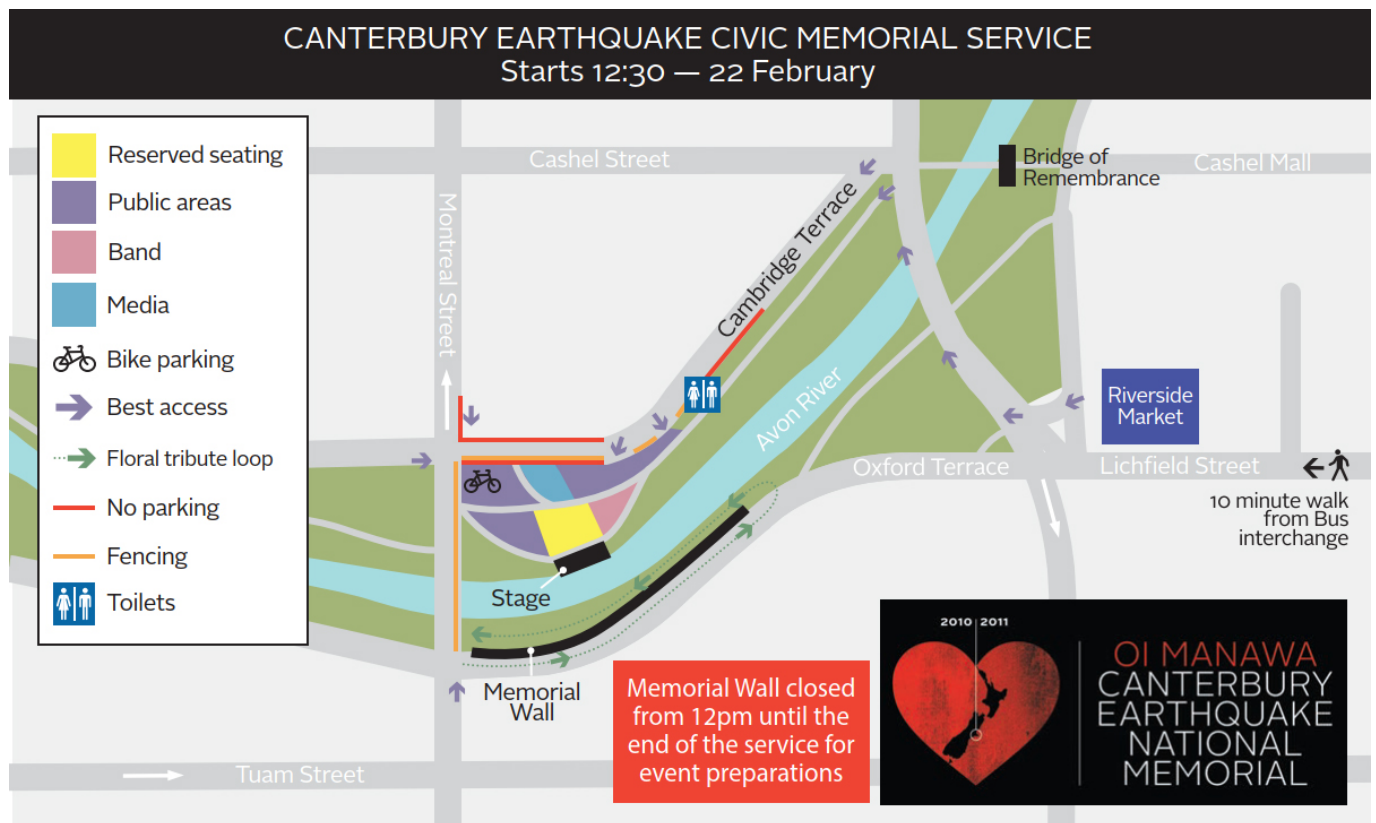
Some areas near the Canterbury Earthquake Memorial will have temporary no parking zones in place on Friday 21 February and Saturday 22 February due to a commemorative service at the memorial.

A public civic service is being held on Saturday 22 February at the Canterbury Earthquake Memorial site, starting at 12.30pm.

The Christchurch City Council has traffic management plans in place and this year there will be minimal changes to the flow of traffic along Montreal Street, Cambridge Terrace and Oxford Terrace. These roads will continue to operate with traffic flowing in normal directions.

However, to accommodate invited guests, those with mobility requirements and event-related vehicles 'No Parking' cones and signs will be installed on Thursday 20 February, enforceable from 6am Friday 21 February until 6pm Saturday 22 February.

The 'No Parking' zones include both sides of Cambridge Terrace at the Montreal Street end, from the bend in the road west to Montreal Street and on the Avon River side of the road from the bend in the road East to the first protruding garden, plus a small section along the eastern side of Montreal Street.



Health in the Home Innovation Workshop



Do you have an idea that could improve the health outcomes for thousands of people in their home?

Canterbury DHB's Via Innovations Team is holding a one-day workshop on Monday 23 March to help you grow your concept.

We are looking for people with great ideas rather than well-developed products or services to attend the workshop, giving you a chance to see whether your innovative idea can become a reality.

If you are employed by Canterbury DHB, or by a provider whose services are funded by Canterbury DHB, then this workshop is open to you.

In this workshop, expert facilitators and local health practitioners will guide you through a hands-on process to understand how your health innovation concept could be implemented in the homes of thousands of people in communities like yours – whether as an improved way of working, or as a new product or new service with international commercialisation potential.

It's **free** to attend, and the first twenty applicants who register will be selected (subject to your usual employer approvals process). This Via Innovations event is hosted by Te Papa Hauora Health Precinct with support from Canterbury DHB.

To apply, [click here](#) for more details and to register.

Date: Monday 23 March

Time: 8.30am - 6pm (morning tea, working lunch and networking nibbles included)

Location: Manawa Building, Antigua Street.

Facilitators: University of Canterbury Centre for Entrepreneurship.

Cost: Free.

17 February 2020

Women & Health in Canterbury

Presented by



Join us for this International Women's Day fundraising lunch and hear from our speakers who are leaders in the fields of health & well-being.

Speakers:

Dr Nikki Hooper
Professor Gail Gillon
Dr Gabriella Lindberg
Ben Warren

Thursday, March 5, 2020, 12PM – 2PM
Ilex Cafe, Christchurch Botanical Gardens
Tickets: \$50+GST

To purchase tickets visit www.cmrf.org.nz/events
or for more information contact Barbara Chapman,
03 353 1240, barbara@cmrf.org.nz

