



Farewell to Dr Nigel Millar, Chief Medical Officer & hello to South Island Patient Information Care System

Dr Nigel Millar, Canterbury DHB's much-respected Chief Medical Officer was farewelled last Friday after more than 24 years in the Canterbury Health System. He takes up a new position as Chief Medical Officer with Southern DHB today.

At his farewell several senior leaders and managers paid tribute to Nigel.

Nigel has contributed hugely to the organisation making an incredible impact along the way and he will leave a huge legacy.

It is sad to say goodbye to a clinical leader who has been so pivotal in the transformation of the Canterbury Health System. While we do see it as a great loss to Canterbury, Southern will benefit hugely, as will the South Island. It will strengthen connections and confidence in the South Island Alliance, bringing together an even stronger patient-centric care focus across regions.

One of Nigel's greatest attributes is his ability to ask the hard questions and challenge the status quo all the while remaining cool, calm and collected and with a smile. A true optimist, Nigel is always looking at how we can achieve a better outcome and will find ways to make it happen.

Nigel joined the Canterbury Area Health Board in 1992 as a physician in Older Persons' Health Services. Nigel subsequently became Clinical Director of Older Persons' Health Services for HealthLink South in 1994, and became Chief Medical Officer for the Canterbury District Health Board in May 2003. In 2010, he was elected as Fellow of the Royal Australasian College of Medical Administrators.

In the time Nigel has been with us, he has made a huge contribution to health services in Canterbury, across the South Island and nationally. Among his most significant achievements, Nigel has been actively involved in developing a true electronic health record, HealthOne. He has championed a range of patient safety and quality improvement initiatives and he has been a key contributor to the DHB's responses to the range of unprecedented events such as the suspected Ebola case last year, the earthquakes and the H1N1 pandemic.



Above: Nigel Millar at his farewell.

Nigel has always put his hand up to front some of those uncomfortable conversations and situations. Never hiding but always placing immense value on the importance of transparency and being open. A skilled communicator, Nigel is never afraid to debate an issue and work through some of the most difficult situations, always dedicated to finding a solution and way forward.

» Article continues on page 2

In this issue

- » Facilities Fast Facts...page 3
- » Canterbury Grand Round...page 4
- » Electronic patient whiteboards help ensure well managed patient journey...page 5
- » Outstanding teaching award well deserved...page 6
- » Arthritis New Zealand 2016 Research Grants funding round now open...page 6
- » International Dietitians' Day - Food Sustainability - Year of Pulses...page 7
- » Quality and Patient Safety presentation...page 8
- » Staff Wellbeing Programme: One for the
- Blokes: Men's Mental Health workshops: CDHB Golf Group...page 8
- » One minute with Shannon de Bruin, South Island Patient Information Care System Project Associate...page 10
- » Child Health nurse educators update...page 10

» Article continued from page 1

Fronting media on some of the toughest topics – including matters of patient harm and where we've made mistakes, Nigel has always been a strong advocate for both clinicians and the patient's voice. Throughout his time at the DHB, Nigel has also continued in clinical practice as a geriatrician and general physician.

I want to acknowledge the enormous contribution that Nigel has made to our health system and for the people of Canterbury. On behalf of the Canterbury Health System –we wish him the very best for the future.

Right: Nigel Millar and David Meates.



All systems go for Phase 1 roll-out of the South Island Patient Information Care System at Burwood

This year is a big 'delivery' year for a number of major innovative information management projects, perhaps the biggest of all being South Island Patient Information Care System (SI PICS).

SI PICS will replace eight different patient administration systems currently in use across the South Island. Once up and running, we can expect a more streamlined and user friendly system that will save people's time and allow a seamless transfer of care anywhere in the region, effectively making DHB boundaries irrelevant for patient and clinician. It represents one of the largest investments in health IT in New Zealand this decade.

Changes, including innovations such as SI PICS, are challenging but necessary strides forward for a Canterbury Health System for which standing still is not an option. For us and our South Island partner DHBs, our journey of integration towards better, more patient-centred care continues apace with SI PICS set to provide a significant burst of speed.

The intent had always been to release Phase 1 to coincide with relocating Older Persons' Health to Burwood so that only one system, the new system, had to be set up in the new Burwood environment.

I am pleased now to be able to confirm that Phase 1 of SI PICS rollout (to OPH&R) will definitely start before the move to Burwood.

SI PICS is a critically important project for the organisation, so we need to take the necessary time to make sure it's right, and it's a complex project that requires certain key criteria to have been met before it could be considered ready:

- » The Canterbury DHB SI PICS project team is working in partnership with other projects (eMeds for example) across the organisation to ensure implementation is manageable and that the combined load isn't too much for staff.
- » SI PICS is a collaborative project where staff members from all the DHBs and Orion Health work together to build functionality. Processes that require consensus and buy-in are more complex and take time.

- » The SI PICS software is designed to evolve over time with additional functionality being added in cycles.
- » We have several quality checks planned to ensure go-live is subject to product and business readiness.

Having taken all of the above into account, the South Island Alliance has confirmed a staged approach will work best for all members. Approaching go-live in this way has many benefits, which include more manageable training over a longer period of time, a gradual build-up of experienced staff who can then lend their expertise to others, and staff who will have gained confidence through one phase being ready to take the next in their stride.

We know many of you are eager to get your hands on the new software and excited about when it's going to be available at your campus. The project team is currently fine-tuning the schedule for the next phases to follow the Phase 1 go live for OPH&R outpatient and community services, then OPH&R inpatient service – I assure you, it will have been well worth waiting for!

See the SI PICS pages on the intranet for more information, including FAQs, and attend one of the open drop-in sessions hosted by the SI PICS project teams.

- » Noon until 1pm, Thursday 10 March, fifth floor lecture theatre, TPMH
- » Noon until 1pm, Monday 14 March, Burwood Chapel

Stella Ward, the project's executive sponsor, asked that I be sure to acknowledge the huge effort the SI PICS team has made to get us to where we are now and to recognise their ongoing commitment to making SI PICS as good as it needs to be, and to thank all staff for their patience and resilience in weathering this period of accelerating change. We are on the threshold of something huge here – these are truly exciting times!

[Q&A fact sheet about SI PICS](#)

David Meates
CEO Canterbury District Health Board

Facilities Fast Facts

Fast Facts – Burwood

Countdown: it's just 11 weeks to go until our moves get underway!

Training and orientation: dates for training staff who will be moving to the new facilities at Burwood will shortly be released. Staff should please check their in-boxes for information on the training and orientation programme, and discuss their needs with their manager.

Staff can visit the [intranet for the latest information on migration to Burwood](#).

The information is also on the Facebook group page [LET'S GET READY TO MOVE](#) – so do join up if you haven't done so already.

In the week beginning 14 March there will be another set of staff forums from Dan Coward, General Manager of Older Persons' Health & Rehabilitation – your chance to ask questions about any aspect of the moves.

- Monday 14 March 2016, 2pm - Burwood Chapel
- Tuesday 15 March 2016, 2.30pm - TPMH Chapel

Alternatively, email itsallhappening@cdhb.health.nz and one of the project team will get answers for you.

This week's photos from Burwood, taken on 2 March, show landscaping beside one of the ward blocks, and the steel frame for the main entrance canopy, with preparations for the public car parking area in the background.



Time capsule: A steel time-capsule, similar to the one made for the Christchurch Hospital Centuries of Care celebrations, will be installed in the new main entrance and reception area at Burwood Hospital.

Inside this we'd like to create a mini-museum reflecting life at both The Princess Margaret Hospital and Burwood Hospital. Staff, patients and visitors are encouraged to contribute ideas for items to be included.

Thank you to those you have contributed to this project already. So far we have a medications chart, photos from the It's All Happening photo shoot showing staff members and visitors, aerial photos of the site, and various photos from Burwood.

Email your idea of what you would like to see included in the capsule to itsallhappening@cdhb.health.nz

Fast Facts – Christchurch

This week, preparations have been made for installing a transformer to power the site's electrical equipment. The site offices are now up and running, with around 20 people working there.

Christchurch Outpatients building: The outpatients project is continuing with detailed design and has begun looking at the brief for workspaces.



Bouquets

Oxford Hospital

Dear Sarah and staff at Oxford Hospital

You all do such a wonderful job of caring for our loved ones and making them, and their whanau, feel at home. Thank you for your kindness. Thank you for your attentiveness, thank you for your skill. Thank you for caring and bringing joy to their days through your great senses of humour and your support of them.

Ashburton Maternity

The support from the staff is amazing, especially Amanda.

Ward 6, Ashburton Hospital

Thank you, thank you, for my six weeks in Ward 6. The professional

approach by the nurses was first class. At all times I was looked after very well. The friendly approach by the nurses was more than one could ask for, even to help me with books I was very interested to read. Overall, Ashburton Hospital was the bright light in my hospital time. Also, the meals were excellent and well cooked.

Ward 10, Christchurch Hospital

Words can't say thank you enough to all the staff, especially Karli and Jo – you are fabulous. With much love...

Ward 11, Christchurch Hospital

All I can say is the service is five stars. The best service.

Ward 20, Christchurch Hospital

Fantastic stay with great care. Thank you so much.

Plastics, Burwood Hospital

Just absolutely lovely people at plastics. From [staff at] reception through to the end of my surgery (discharge). Thank you all staff, nurses, doctors and reception staff.

Canterbury Grand Round

Friday 11 March 2016 – 12.15pm to 1.15pm with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker: Professor Patrick Sullivan, University of North Carolina, USA and Karolinksa Institute, Sweden

“Why Care About Psychiatric Genetics?”

In the past five years, there has been marked progress in unravelling the genetic basis of common psychiatric disorders that cause enormous morbidity and mortality in New Zealand. This talk will describe these developments, their relevance to improved diagnosis and treatment, and expanded studies that are in progress.

Chair: Michael Ardagh

- » Video Conference set up in:
- » Burwood Meeting Room
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton

All staff and students welcome

Talks will be available within two weeks on the [intranet](#)

Next Grand Round is on Friday 18 March 2016.

Convenor: Dr R L Spearing, ruth.spearing@cdhb.health.nz

Electronic patient whiteboards help ensure well managed patient journey

The electronic whiteboard, FloView, only went live in Ward 27 a month ago, but it's already been described as a "revolution".

Staff can see information in real time, such as current patients' progress towards discharge and expected incoming patients, where they are located and where they are expected to go next.

FloView is modelled on the existing manual whiteboards that were introduced back in 2009/10 as part of the Making Time for Caring programme. It has been used in the Acute Medical Assessment Unit (AMAU) for over a year, but has been further developed and on 27 January was rolled out to Ward 27.

If the system works as well as hoped, the aim is to expand the system to cover Wards 23 and 24 before winter, says Service Manager for General Medicine, Dave Nicholl.

"This will provide a clear electronic picture of patient status/progress for all of the areas that General Medicine usually admits to and will assist improved care of patients and operational management of the patient journey."

"The patients looked after in ward 27 are typically frail elderly, so we see this as yet another component of our improvement in the Frail Elderly Pathway. It will give a real advantage in ensuring the patients' journey is well managed."

FloView has been continually improved over time as more has been learnt about what it can do and how it can support effective care.

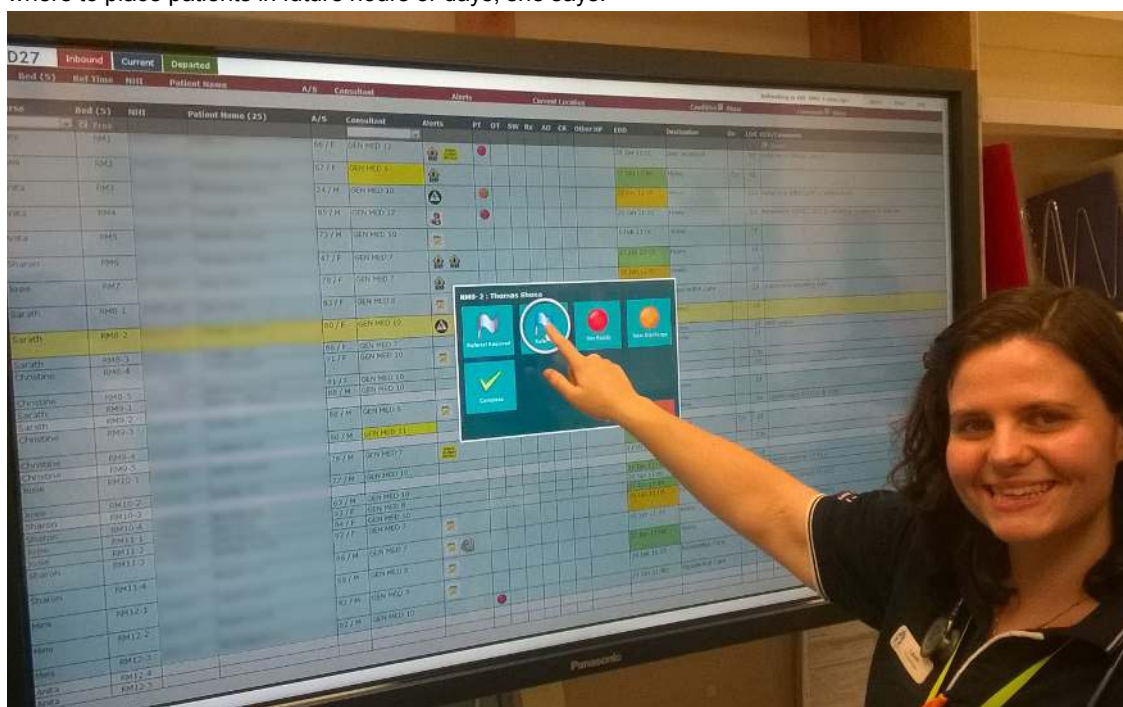
"I would like to acknowledge the effort and support of CDHB's Information Services Group that has made the development and implementation of FloView possible. They have done an outstanding job," Dave says.

Ward 27 Charge Nurse Manager, Donna Galloway, says FloView gives staff a view of patients who are coming to the ward from AMAU, the health professionals they have seen, who they are yet to see, and ensures that patient progress through the model of care is actively managed.

"Having the system live in both settings provides a real time electronic view of the entire pathway for patients cared for by General Medicine (traversing the Emergency Department, AMAU and then Ward 27 before discharge or further transfer)."

Ward 27 staff are very engaged as the electronic whiteboard supports the intentional nature of the morning board meetings to carefully manage patient discharge planning and care," she says.

It also creates the potential for far more accurate expected dates of discharge, improved hospital level information and planning of where to place patients in future hours or days, she says.



Ward 27
Physiotherapist,
Laura McIntosh,
updating a
patient's referral
status on the
touch screen.

Outstanding teaching award well deserved

Consultant Anatomical Pathologist, Dr Jacqui Gardner, has won the 2016 Royal College of Pathologists Outstanding Teaching Award.

Jacqui has been a consultant Anatomical Pathologist at Canterbury Health Laboratories (CHL) for many years. During this time she has been highly dedicated to teaching, often in her own time.

In order to show their gratitude for this, her current and previous trainees nominated Jacqui for the Royal College of Pathologists Outstanding Teaching Award.

They say it was no surprise that she won as Jacqui is a gifted teacher with a unique ability to make difficult subjects easy to understand.

Her Saturday morning dermatopathology and medical renal teaching sessions are legendary and have become a long-standing tradition at CHL, says Anatomical Pathology Registrar, Wendy McBurnie.

“During Jacqui’s teaching sessions, no questions are considered ‘stupid’; in fact, she would endeavour to show other teaching slides that would answer their questions.”

Over the years, Jacqui has consistently prepared scores of practice exam sets at Part 1 and Part 2 levels, written papers, and mock viva exams. She never seems to be too busy for teaching.

Anatomical pathology trainees are not the only ones who have benefited from Jacqui’s teaching over the years, Wendy says. Jacqui actively participates in teaching of medical students, lectures medical registrars in preparation for their FRACP exams, and regularly teaches renal physicians and dermatologists.

“Generations of doctors who spent time in Canterbury owe their pathology knowledge to Jacqui.”



Above: Jacqui Gardner receiving her award with some of her current trainees

Arthritis New Zealand 2016 Research Grants funding round now open

Applications are invited from people or organisations involved in arthritis related research for grant funding 1 July 2016 to 30 June 2017.

Contact the Canterbury DHB Research Office if you wish to apply - cdhb.researchoffice@otago.ac.nz or 03 364 1513. Their closing date is 17 March 2016.

Arthritis New Zealand has a limited pool of funding to contribute to research projects and is likely to be the sole funder only for small research projects or pilots for larger projects. It is unlikely that Arthritis New Zealand will fund more than \$120,000 per project. However all applications will be considered on their merits.

Arthritis New Zealand will have approximately \$160,000 available for distribution in 2016/2017 towards research projects in the field of Arthritis.

Irwin Isdale Memorial Fund

This fund is available to enable trainee rheumatologists to attend appropriate conferences and meetings in New Zealand or Australia. This fund is discretionary and is distributed throughout the year.

Wellington Regional Densitometry Trust – Osteoporosis Fund

Arthritis New Zealand will have approximately \$45,000 available for distribution from this fund in 2016/2017. This fund is available for research in the field of Osteoporosis.

Summer Scholarships

Arthritis New Zealand offers \$5,000 summer scholarships; proposals are being received now.

Contact cdhb.researchoffice@otago.ac.nz or 03 364 1513.

Download the [Research Grant Application form](#).

For further information contact Dayleen Troke, Arthritis New Zealand, PO Box 10020, Wellington

Phone: 04-4721427

Dayleen.troke@arthritis.org.nz

More information about [Arthritis New Zealand](#)





2016
International
Year of the Pulse

International Dietitians' Day: 9 March 2016 Food Sustainability - Year of Pulses

The aim of International Dietitians' Day is to raise awareness of Registered Dietitians as the nutrition experts in New Zealand. Dietitians work in a number of different areas of health. They use up-to-date, evidenced based information to provide people with the skills and knowledge to lead healthy lives and manage their health conditions. Within the Canterbury DHB, Dietitians work in clinical, community, public health and foodservice.

This year, CDHB Dietitians are celebrating International Year of the Pulses, with a focus on food sustainability.

Jasna Robinson-Wright, Dietitian from Healthy Eating Healthy Ageing, shares her tips:

Most of us are well aware that our food choices affect our health, but it can be easy to forget that they also have an impact on our planet. Luckily, eating healthily and sustainably go hand-in-hand.

Sustainable eating means choosing foods that are healthy for our environment, ourselves, and our communities.

Try these ideas to get started:

Eat fresh foods with little/no packaging

Buying foods without packaging helps to reduce waste. Many healthy foods such as fresh vegetables and fruit naturally come package-free. Bring your own reusable bags to the supermarket, and wherever possible recycle packaging such as cans and glass bottles.

Eat local and seasonal foods

Eating locally helps to minimise the energy used in transportation and storage. When foods are in-season, they are also at their peak in quality and freshness. Choosing these foods helps support local farmers and businesses.

Try shopping at some of these Canterbury farmers' markets:

- » Friday mornings: Ohoka
- » Saturday mornings: Riccarton House Christchurch, Lyttelton, Amberley, Akaroa (October to Easter), and Ashburton
- » Sunday mornings: Opawa, Oxford and Artisan Market at Riccarton House

Grow your own food

Join a community garden or grow your own vegetables and fruits. Visit www.ccg.org.nz or call Christchurch City Council 03 941 8999 to find out about community gardens.

Eat mostly plant-based foods

Making half your plate vegetables and fruit is part of a healthy diet and will help keep the planet healthy too. Planning meals around plant foods and limiting meat intake can help lower your risk of heart disease and some types of cancer. This will also help lower the environmental cost associated with animal farming. Try including plant-based proteins a couple times per week (such as beans, lentils, and nuts). These are also higher in fibre and lower in saturated fat.

Eat mindfully

Mindful eating means giving our full attention to the experience of eating. It can make eating more enjoyable, and it can also be a step towards eating more sustainably. Paying attention to what we're eating and where our food comes from may be the nudge we need to start making changes.

Check out our display in the TPMH main foyer, and on the wards at Christchurch Hospital all week for some great tips on how to eat sustainably and increase your consumption of pulses.

For more information on how to access a dietitian at the CDHB visit the [Allied Health website on the hospital intranet page](#). To learn about what dietitians do, or how to find a dietitian in Canterbury visit: <http://dietitians.org.nz>.

Bread is NZ's No. 1 wasted food

20 million loaves per year



Love your bread

Keep your bread in a cool,
dark and dry place or
freeze it.

For ways to reduce your food waste visit Facebook
www.facebook.com/lovefoodhatewastenz

LOVE
FOOD
hate waste

Quality and Patient Safety Presentation

Topic: The Future of Medicine (TED MED TALKS)

Colour Coded Surgery

Surgeons are taught from textbooks which conveniently color-code the types of tissues, but that's not what it looks like in real life — until now. Dr Quyen Nguyen (Professor of surgery and director of the Facial Nerve Clinic at the University of California, San Diego) demonstrates how a molecular marker can make tumors light up in neon green, showing surgeons exactly where to cut.

Printing a Human Kidney

Surgeon Anthony Atala demonstrates an early-stage experiment that could someday solve the organ-donor problem: a 3D printer that uses living cells to output a transplantable kidney.

Anthony Atala is the director of the Wake Forest Institute for

Regenerative Medicine, where his work focuses on growing and regenerating tissues and organs.

Venue: Oncology Lecture Theatre

Date: Wednesday 9 March 2016

Time: 1pm – 2pm

An attendance record sheet will be provided.

A link to the presentation can also be provided

Please contact Shona.MacMillan@cdhb.health.nz, Quality Manager

Staff Wellbeing Programme: One for the Blokes, Men's Mental Health workshops & CDHB Golf Group



One for the Blokes: Men's Mental Health workshop

Due to the success of these workshops over the past two years we are offering another two workshops in April.

[Click here](#) for more information and [click here](#) to register.

CDHB Golf Group

Next game is at Coringa Golf Club on Sunday 3 April - tee off time 10am.

If you haven't played in this group before contact Jamie.browne@cdhb.health.nz to register.

2016 classes are all up and running – yoga, Zumba, Pilates, mindfulness

Updated timetables available on the [Staff Wellbeing Programme intranet page](#)

How are you Feeling?

This NHS tool may help you take control of your wellbeing by more actively managing your stressors. Answer a few online questions and you'll have access to information/tools that allow you to better manage your emotional wellbeing.

Click on the How are you Feeling? icon on the [Staff Wellbeing Programme intranet page](#). Note: the tool (at the bottom of this webpage) can be slow to load.

For more information on all wellbeing initiatives visit the [Staff Wellbeing Programme intranet page](#).

Andy Hearn, Staff Wellbeing Coordinator
Canterbury and West Coast DHB
Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 218 4924
andy.hearn@cdhb.health.nz



APAC Forum 2016 – Poster submissions sought

The 5th APAC Forum will be held in Sydney, Australia in September. The forum is designed to equip delegates with the skills, knowledge and networks to allow them to 'explore new frontiers' in health.

The first step to having your poster displayed at APAC Forum is submitting a poster abstract. Displaying a poster at the APAC Forum allows you to share your achievements and ideas with like-minded professionals, as well as learn from any experiences you have had. Once your abstract is accepted, you'll then be required to produce your poster, submit an electronic version, and you'll be supplied with poster set up and poster award details closer to the time of conference. Submissions for draft posters are open now, closing 1 July.

Our Medical Illustration team can help with graphic design and printing but we need to estimate demand. So if you intend to submit a poster, please email Vicky.heward@cdhb.health.nz by Friday 11 March.

Here's the timeline for poster submissions:

- » Poster submissions open: 15 February 2016
- » Poster submissions close: 29 April 2016
- » Notification to poster authors: 1 June 2016
- » Poster author acceptance due: 30 June 2016

More information is available at <http://koawatea.co.nz/apac-forum/posters/>.



Health Quality & Safety Commission E-Update

Issue 48 [8–28 February 2016] - [Download here](#).

- » Upcoming events
- » Reducing harm from falls
- » Mortality review committees
- » Adverse events
- » Medication safety
- » Health quality evaluation
- » Partners in care



Alzheimers Canterbury

Community Education Seminar

April
(Morning)

LEGAL ISSUES AND DEMENTIA

An update on Wills, Enduring Powers of Attorney, Welfare Guardianship and other pertinent legal matters

Fleur McDonald, Team Leader of the Elderly Services and Seniors Law Department at Harmans Lawyers, will talk about how these matters affect families and friends of people with dementia and about the roles and responsibilities of attorneys and welfare guardians.

Everyone welcome

DATE Tuesday 5th of April (previously 7th June)

TIME 10.30-12noon

VENUE Alzheimers Canterbury
314 Worcester Street
Linwood
(Between Fitzgerald Ave & Stanmore Rd)

314 Worcester Street
PO Box 32074
Christchurch 8147

T 03 379 2590
E admin@alzcantry.co.nz
www.alzcantry.co.nz

*Making life better for all people affected by dementia
Kia piki te ora mo nga tangata mate porewarewa*



One minute with... Shannon de Bruin, South Island Patient Information Care System (SI PICS) Project Associate

What does your job involve?

As a Project Associate, I am given scope for the management of small to medium IT projects. As such, I assist with the project execution and coordination of scheduling, reporting, quality, training and user acceptance testing on the South Island Patient Information Care System (SI PICS) project, and have recently taken over the project management of the AeroScout (RFID / RTLS) project as well.

Why did you choose to work in this field?

I like to organise, plan and bring things together for a successful conclusion, but I also like positive change. Working with projects gives me that opportunity over and over again, with each new project being a new medium to explore.

What do you like about it?

I have always been a preparedness freak, and working in project management allows me to apply my organisational / planning / and brainstorming quirks into my job.

What are the challenging bits?

Time management – making a plan and sticking to it and juggling all the unexpected demands for my attention along the way.

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

There are various people I admire both on our team and in ISG. I learn from everyone around me, whether it be something technical, further skills in project management, or how to be a better team player or leader.

The last book I read was...

60 Postcards, by Rachael Chadwick

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

Here, with explorative trips around New Zealand and further afield to explore panoramic vistas.

My ultimate Sunday would involve...

Church in the morning, and time with hubby for the balance of the day. If the weather is good, a walk in the hills or on the beach is always good, otherwise settling down with a good book.

One food I really dislike is...

I will try anything once, except oysters, just the look of them turns me off.

My favourite music is...

Anything except rave and heavy metal, but I particularly enjoy classical music with strings and clarinet soloists, and enjoy finding new playlists on YouTube.



Above: Shannon de Bruin.

If you would like to take part in this column or would like to nominate someone please contact Naomi.Gilling@cdhb.health.nz

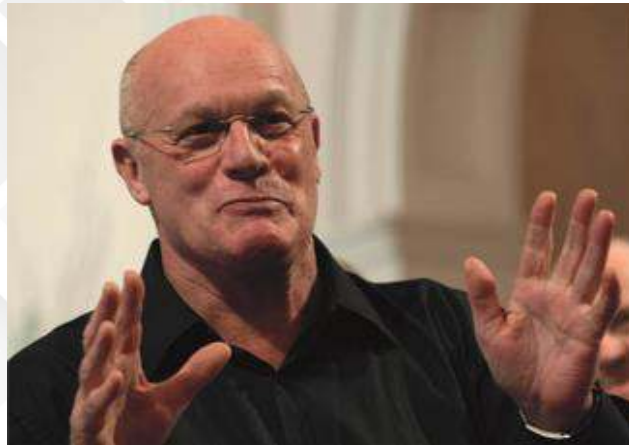
Hot Tips newsletter from Child Health nurse educators

The March issue of the Hot Tips newsletter from the office of the Child Health nurse educators is now available.

Inside this issue you will find:

- » A progress report on our investigation and remediation process for perforated low profile plastic-based subcutaneous ports
- » Medication safety: the importance of accurate entries in the controlled drug register
- » "Out damned spot!": the story behind the retirement of the purple landmark spot on PICS lines
- » Bronchiectasis in New Zealand: a growing problem
- » Family violence screening: getting confident at asking the awkward question

'One for The Blokes' Workshop



Facilitated by Pete Roe & Trish Knight

Including personal accounts from 2 men who successfully manage their mental health

Two hour workshop designed to raise awareness of mental health issues facing men...

What are the key issues?

What signs to look out for?

What support is available?

How can family/friends and colleagues provide support?

Location	Date	Time
CHCH Campus Great Escape Lounge	Thurs 21 April	0900-1100
Rangiora Hospital (Old Building) 161 Ashley St Parent Education Room	Thurs 21 April	1300-1500

This workshop is restricted to 25 participants. Attendance is free of charge and registrations will be accepted on a first come, first served basis. [Click here](#) to register for a workshop.

For more information contact Andy Hearn andy.hearn@cdhb.health.nz or 027 218 4924

Supported by:

