



Reimagining wellbeing together so we all benefit

Canterbury has had more than its fair share of challenges and while our community has developed ways of coping in times of crisis, nothing prepared us for the incredible changes occurring so swiftly and on a global scale this year.

Adapting to change is difficult in the best of times, but even more so when it is beyond our control and we are faced with so much uncertainty, as has been the case with COVID-19. It can have an enormous impact on our wellbeing.

While we can't always manage what happens to and around us, our wellbeing is about how we control our response to this in order to be able to cope better with inevitable changes and challenges. When we stop taking care of our mental wellbeing, our ability to cope diminishes.

The theme of this year's Mental Health Awareness Week is 'Reimagining wellbeing together' and this acknowledges that the world has changed, and we now have an opportunity to change in response, to take what has worked for our mental wellbeing in the past and to look for new and different ways to take care of our wellbeing that work better for our current situation. It also reminds us of the importance of staying connected and helping ourselves and each other to support our wellbeing as individuals, as an organisation and as a community.

Mental Health Awareness Week focuses on the five aspects of Te Whare Tapa Whā – a Māori model of health. The model describes health as a wharenuī/meeting house with four walls, representing taha wairua/spiritual wellbeing, taha hinengaro/mental and emotional wellbeing, taha tinana/physical wellbeing and taha whānau/family and social wellbeing. Our connection with the whenua/land forms the foundation.



However, this year it invites us to take another look at our wharenuī, and to reconsider what we need for it to be strong and healthy. It's a timely reminder of the importance of looking after ourselves and each other, of the simple everyday actions we can take to look after our own wellbeing, and for all of us to reimagine wellbeing together.

Likewise, think about the Five Ways to Wellbeing and if there are new or different ways you can connect, keep learning, take notice, be active and give?

I urge you to spend some time exploring the information and resources on the [Mental Health Awareness Week website](#) and think about your mental health and ways you can support it. It's a taonga/treasure and something to look after. When you look after your wellbeing, your whānau, friends, hoamahi/colleagues and communities are uplifted too. People feel supported and everyone benefits.

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Check out this week's Looking After Yourself article on page 7 to find out more about a special Tō Tātou Ora seminar offering tips on how to stay strong and cope with challenging times. If you need more support/tautoko, check out the [Workplace Wellbeing page](#) on Prism here.

FIVE WAYS TO WELLBEING



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

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 Mental Health Foundation
mauri tū, mauri ora
OF NEW ZEALAND
www.mentalhealth.org.nz

The week that was

Since I've been here I've had the pleasure of meeting a range of staff from throughout the system. Last week I enjoyed meeting some of the teams on the Christchurch campus including the Cath Lab, medical ward, cardiothoracic, the operational daily huddle and Resident Medical Officers Unit and something completely new to me was visiting the hyperbaric chamber.

Wherever I go I've been so impressed with the commitment to quality care, and the examples of how teams are looking to improve care and patient flow. I've also had a tour of the new Christchurch Hospital Hagley building, including a visit to the rooftop helipad where the views are magnificent.

Once up and running Christchurch Hospital Hagley will provide much-needed capacity to help us continue to provide care for our community. A huge thank you to the many people that have got us to the point where, all going well, we will soon be able to move into this wonderful new facility. Thanks too to all those involved with cleaning,

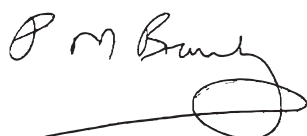
stocking, orientation, training and getting equipment and spaces ready for those who will be moving in to provide care.

We're more than halfway through (three quarters to be precise) the preparation phase of getting the building ready to receive staff for handover to operational. Once that happens more staff will have access to the building for training, orientation and wayfinding. I encourage everyone to take up the opportunity when it presents itself. Thanks again to the Hagley Operational Transition team for all the work that has gone into preparing the schedules for these sessions. With around 3,000 staff to familiarise to the building, the scheduling and planning is meticulous.

Finally, a big thank you again to our former Executive Director of Nursing, Mary Gordon, who was also the Executive Lead for Facilities and has been instrumental in overseeing the development of Christchurch Hospital Hagley.

Have a great week.

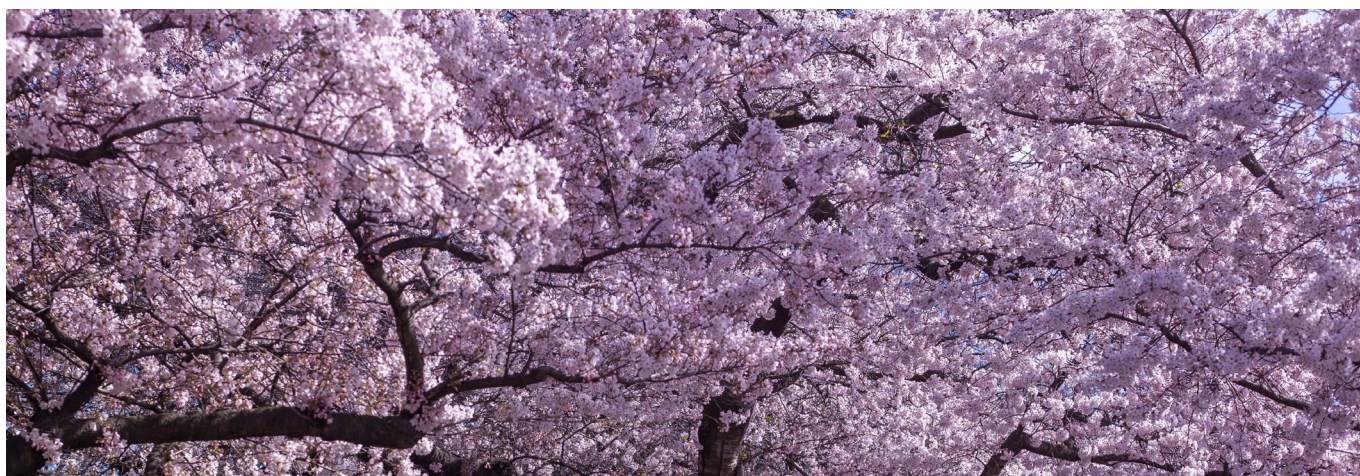
Ngā mihi nui



Peter Bramley
Acting 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

Ward 23, Christchurch Hospital

The care and attention were outstanding. A special mention of Dr Jennifer Butler, her communication, understanding, risk analysis, and compassion were of the very highest quality. Very reassuring. Also, a mention with gratitude to nurses Veil and Holly. They are both very good nurses. Well done and a huge thank you to all the staff involved.

Yana and Coral, Christchurch Women's Hospital

Compliments to Yana Adam, she was absolutely outstanding. She was empathetic when I wanted to give up, attentive in suggesting options to get through pain, and so smiley and positive. The next lady who looked after me was Coral Moir. She was fabulous in helping me with understanding what was going on for my baby and very sweet in supporting me through my tears. My gratitude is beyond words. These women made my stay manageable and I couldn't have done it without them.

Dental Services team

I was a patient of Dental House Officer Louisa Hemm and Dental Assistant Maureen to have a bottom molar tooth removed, requiring surgery. I want to pay very high tribute to Louisa and Maureen for their very professional skills and attitude and their positive comments, which increased my confidence throughout the operation. They make a great team and I was immediately confident. Very few people are loud in their praise for those who perform first-class services. It is more often taken for granted, so that is why I would like you to pass on my grateful thanks and praise to the whole Canterbury DHB Dental Services team – right from the first phone call for an appointment to the finished task. Please pass on an extra appreciation of the professional, efficient, skilful work of Louisa and Maureen. Mission accomplished!

Emergency Department (ED) and Acute Medical Assessment Unit (AMAU)

I was admitted to ED with breathing difficulties. The reason for this email is to say how wonderful your staff were to me. This was across two shifts and two departments. It was the first time I had been in a hospital since the birth of my children some 28 years ago. Everyone was amazing and very patient with me. I was so scared and am sure I made my situation worse, however, your ED staff were so caring and helpful. I was transferred to AMAU and once again the staff were wonderful. Please pass this on to the relevant teams, congratulate yourselves and know how much you are appreciated.

Patrick McQuillan, Day Surgery, Christchurch Women's Hospital

I would like to acknowledge Dr Patrick McQuillan's understanding and explanation of my gallbladder surgery. Without a doubt he put me at ease from our pre-operation meeting. Taking the time to drop by and see how I was doing in recovery, and visit me in the ward the next morning, those little things that you did, not forgetting the operation you performed, meant so much to me. I wish you and your family all the very best.

Plastic surgery, Burwood Hospital

From the time I presented at Reception to leaving from the Recovery Room, I was impressed with the efficiency, the patient care and professionalism of all the staff. This included the receptionist, nursing staff and the two plastic surgeons. This entire department is a credit to Burwood Hospital and Canterbury DHB. I would appreciate my comments being passed to Dr Sarah Gardiner, Dr Lo, the nursing staff and all other staff involved. Their patient care was outstanding.

Emergency Department, Christchurch Hospital

I would like to say thank you to the very kind, caring, compassionate and understanding staff who treated me in the Emergency Department. It was important for me to be treated like I have a condition and not just making it up or it all being in my head. Chronic pain isn't very well understood but those staff members really did treat me with respect and dignity. Thank you.

Dental (Oral Health), Christchurch Hospital

The dentists at oral health are fantastic. They deal with complex customers and are always positive, caring and professional in their interactions. I have recently seen Louisa and Nathan. Both were so competent in their work and helped me cope with the procedures I underwent. So, a big bouquet to these staff members. I am most grateful.

Ward 18, Christchurch Hospital

I would like to sincerely thank all the nursing staff on Ward 18 who cared for me before and after surgery. I also wish to acknowledge the trainee nurses from Ara Institute of Canterbury who were working that day. Once again thank you so very, very much for your understanding and caring.

Christchurch Outpatients

I would like to thank the vascular nurses in Outpatients, Fiona and Emily, for being so kind to me during my visits. They have been so supportive during this difficult time and I always left with a smile on my face.

Gastroenterology Department, Christchurch Hospital

I recently visited the Gastroenterology Department for an endoscopy. From the receptionist to the nurses, the trainee doctor to the surgeon, everyone treated me so well. Smiles, calm reassuring talk. Everything was explained very clearly. Possibly the most positive experience I have ever had in a hospital.

*Big Shout Out***To: Nurse Coordinator Corporate Quality and Patient Safety Team Roxanne Mckerras**

A little kudos to Roxanne. Just a little note as I heard that Roxanne is no longer with the Isolation team as of tomorrow. I would like to let you know that her work throughout this whole isolation has been amazing. We have very much appreciated Roxanne's help and support during this – she was a pragmatic and solid part of the team who did everything she could to ensure cohesion between all the departments – we will miss her! We all wish her the best as she returns to her normal duties!

**From: Distinction Christchurch Hotel
Executive Assistant Manager Rene Bennett**

#carestartshere



Canterbury Resilience Hub

Connecting us to the support we need during tough times

www.resilient.org.nz



Hikina to Hagley

MIGRATING TO CHRISTCHURCH HOSPITAL HAGLEY

Dump the Junk

The Five-S - Set in Order

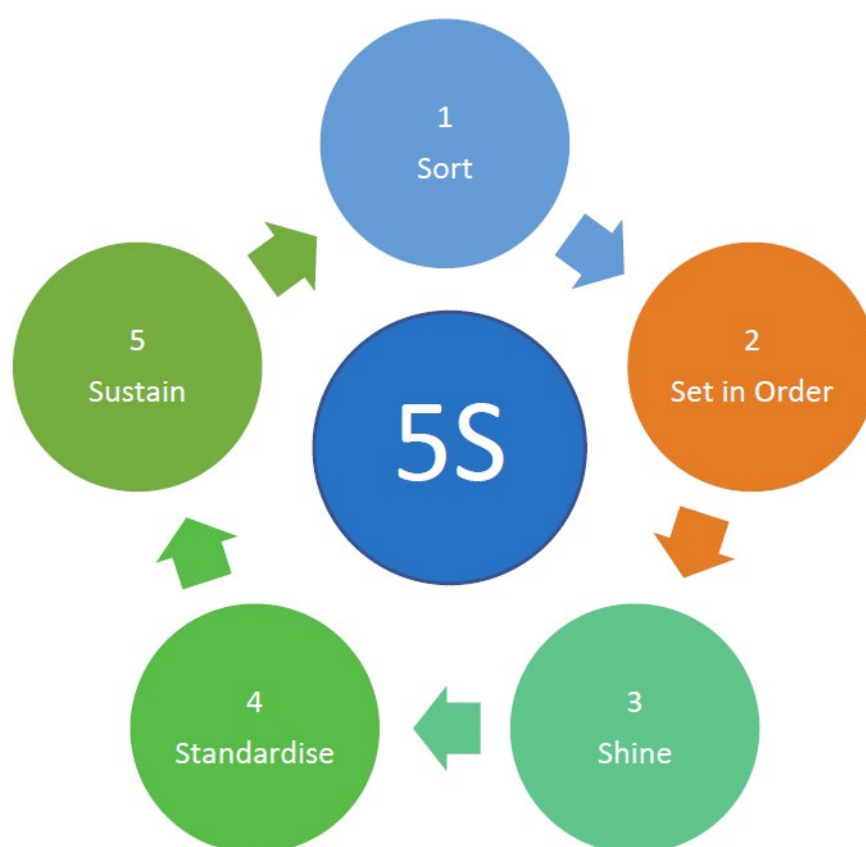
Set in Order is the process of putting everything in a place that is easy to get to. All items should be clearly marked so anyone could easily find its proper home.

The goal is to create a standardised and consistent way to store and retrieve equipment and materials, no matter what your specialty is. Users developed this system based on how often equipment and materials are accessed and the process that uses them.

The key action points are:

1. Analyse how people use the objects in the work area
 - a. How long does it take to get things?
 - b. How do they find their way back to the area?
 - c. How do people remember where things belong?
2. Create a standard for the area to identify if something is missing or not placed back properly
3. Monitor the area to ensure compliance

Learn more about this in this great [video on Prism](#) from Director of Service Improvement Brian Dolan.



healthLearn completion requirements

More than 1520 staff have already completed the new and improved [healthLearn module](#). We have had some feedback that there have been a couple of issues with the module. When you are completing the module, please note:

- › The module works best on Chrome, Firefox, Safari or Microsoft Edge. There are problems with older Internet Explorer browsers freezing during the module. It can also be completed on your mobile device.
- › Because of the way the module is set up, you must scroll to the bottom of each page and click the 'continue' button to ensure each page is 'ticked.' This will then register you as having completed the module.

Children's level comes alive

It's been a busy time on Level 7 at Christchurch Hospital Hagley, with the unboxing and setting up of the Children's Therapy play room and the patients' shared play space. When the new wards open, there will be a wonderland waiting for our precious patients to enjoy.



Budding chefs, fire chiefs, fairies, doctors and fishers will all have a space to be themselves



Little hands will find plenty to keep themselves busy in the new patient play space



Children will be limited only by their imagination in their new play therapy area



Salad days indeed for our littlest patients



The spring lamb doing his best to ignore the goings on in the shared play area



Meanwhile, one of the cars waited patiently for his buddy to pull himself together

Looking after yourself

Mental Health Awareness Week

For Mental Health Awareness Week we're presenting this special [Tō Tātou Ora seminar](#) by Organisational Psychology Specialist Ruth Robertson.

In this seminar Ruth talks about staying strong and strengthening our resilience during challenging times. It's timely advice as the Mental Health Foundation encourages us to 'Reimagine wellbeing together' this Mental Health Awareness Week.

Ruth talks about the STRONG model of resilience, which looks at six behaviours that contribute to us being and staying well in challenging times.

When looking at reimagining wellbeing, it's worth taking note of the Te Whare Tapa Whā model, which looks at the four walls that are used to build a strong whare, featuring the four cornerstones of Māori health and wellbeing.

Tō Tātou Ora

A seminar on staying strong

By Ruth Robertson



The four 'walls' are:

- › Taha tinana – physical health
- › Taha wairua – spiritual health
- › Taha whānau – family health
- › Taha hinengaro – mental health.

Ruth blends the Te Whare Tapa Whā and the STRONG models together

wonderfully, to look at how we can maintain resilience during challenging times. Have a listen to see how important it is to prioritise your wellbeing, and learn some great tips for how you can do this, both during Mental Health Awareness Week, and always.

**HE TIROHANGA
ANAMATA**

**REIMAGINE
WELLBEING
TOGETHER**



**Mental Health
Awareness Week**

**21-27 September
www.mhaw.nz**

Benefits of new clinics for children with diabetes

New nurse/dietitian-led clinics for children with diabetes are improving the patient experience, easing pressure on consultants and ensuring continuity of care.

The Paediatric Diabetes team's database has 229 children and two full-time clinical nurse specialists attached to the team.

The trial nurse/dietitian-led clinic initiative provides the opportunity for greater individualised care, says Diabetes Clinical Nurse Specialist Sharon Walsh and Dietitian Caroline Griffin.

"For example, for someone with poor glycaemic control needing more frequent follow-up rather than the usual three-monthly medical care, or a person who may need extra education or training, which is currently difficult at clinic time due to the physical environment and patient numbers coming through the clinics," Caroline says.

The nurse/dietitian in the new clinic has a high level of autonomy, with the ability to make detailed care decisions, admit and discharge from



From left, Dietitian Caroline Griffin and Diabetes Clinical Nurse Specialist Sharon Walsh

the clinic, as well as refer patients to other colleagues if needed. Having a nurse prescriber also helps ensure timely care for the patient without an additional cost to see their general practitioner for ongoing prescriptions.

"The benefits include easing pressure on consultant clinics and ensuring continuity of care. The clinics have been developed to improve care and guidance for paediatric diabetes

patients, with the potential to reduce hospital presentations and the need for healthcare in the future," Sharon says.

Research has shown a growth in nurse/dietitian-led clinics within diabetes, which improve the patient experience and offer opportunities for nurses and dietitians to develop their roles.

Electronic Advance Care Planning solution live across South Island DHBs

A digital solution designed to capture conversations about Advance Care Planning (ACP) is now live across the South Island.

The ACP Progress Note provides a single regional solution for clinicians to document and access important discussions with patients about their future health care planning and end-of-life wishes.

Canterbury Initiative ACP Facilitator Jane Goodwin says it is a consistent way for clinicians to log those conversations, which can then be securely shared electronically.

"Advance care planning conversations don't always lead to a person creating or completing an AC Plan. So, the ACP Progress Note allows clinicians to document discussions in a consistent location that can be accessed by other healthcare staff across the sector."

Canterbury DHB initially had a locally developed version of electronic progress notes. The improved South Island version enables healthcare professionals using HealthOne and Health Connect South to record or document ACP conversation with the patient.

Conversations about what's important to a person and their priorities for care if they become unwell are even more important in the current environment – especially if a person has underlying medical conditions, Jane says.

"For example, a man with terminal melanoma was referred to our team for support to create his AC Plan.



An ACP consultation

We used the ACP Progress Note to capture our phone conversations ahead of the home visit.

"Unfortunately, a couple of days before that appointment, he had a significant stroke and could no longer communicate his wishes. Discussions with his whānau and the information captured in the ACP Progress Note helped the medical team ensure his care aligned with his preferences."

The ACP Progress Note was fast-tracked during the pandemic to include the newly released national Serious Illness Conversations Guide (SICG), providing a consistent regional solution to the electronic capture of these important discussions – either

as a free text electronic record or using the SICG template (embedded in ACP Progress Notes) to support the conversation.

This could include discussions with critically-ill patients during COVID-19 restrictions.

Palliative Care Clinical Nurse Specialist at Southern DHB Helen Sawyer says the tool provides a convenient way to document a conversation that couldn't be formalised in any other way at the time.

"It's easy to use, find and read – so we can easily record discussions with our patients that will contribute to the development of their AC Plan."

Organisation of stationery cupboard reduces waste

Most of us have one of those cupboards or drawers at home that's full of bits and pieces and hard to find anything in.

That was the situation that Oncology Service Senior Administrator Hannah Samson-Barry decided to tackle in her department's stationery cupboard.

It was overcrowded, messy, disorganised and near-impossible to find what you were looking for, she says.

Hannah set herself a goal of improving the organisation and storage of stationery and supplies in Oncology and her idea became a Collabor8 project. Collabor8 is a two-day 'Lean Thinking' programme that has been running since 2009 and is open to any discipline in the Canterbury Health System.

"There were several reasons for doing this – to prevent over-ordering of items that couldn't be found (thereby reducing cost waste); to allow staff, both admin and clinical, to find items more easily and quickly (reducing time waste); and to stop storing old/faulty or outdated supplies (reducing space waste)," Hannah says.

She removed everything in the cupboard and checked all the items to see if they were still usable.

"I found several things that had been over-ordered due to the originals not being found in the messy storage system. This meant a lot of storing of old/unusable items.

"It is this kind of waste that can hopefully be eliminated now," she says.

The vastly improved stationery cupboard is now tidy and well-ordered. Staff spend less time searching for items as



Oncology Service Senior Administrator Hannah Samson-Barry

it's much easier for them to find what they need. Because they can easily see what's there, they aren't over-ordering, which is saving the department money.

To ensure the stationery cupboard stays tidy and well-ordered and that the whole process of accessing and storing supplies in Oncology remains efficient, Hannah plans to keep up with the tidying process.

"I am very pleased with how the project turned out and, finally, there is some free space in the stationery cupboard," she says.

Day one of the next Collabor8 course will be on 4 November 2020 and you can register on healthLearn or email Collabor8@cdhb.health.nz or Director of Service Improvement Brian Dolan on brian.dolan@cdhb.health.nz for more details.

UNDER THE WEATHER?

Make your GP team your first call 24/7

Canterbury
District Health Board
Te Pōti Hauora o Wairarapa



Collaborative simulation evening showcases innovation



The Canterbury Collaboration Simulation evening was held at Manawa recently, opened by Canterbury DHB Chief Digital Officer Stella Ward.

Organised by the Canterbury Collaborative Simulation Interest Group, together with Te Papa Hauora, the event showcased the latest innovation and practices in healthcare simulation in the Canterbury region.

Guests enjoyed a range of presentations from health professionals across various institutions on how they collaborate together and use simulation for education,

training and research. They were able to wander through the Manawa Simulation Centre and observe demonstrations, see various technology in use, and learn how simulation can ultimately enhance safety and quality of care for patients.

Watch the three-minute video of the evening's activities [here](#).



The Canterbury Collaboration Simulation evening showcased how simulation can enhance safety and quality of care for patients

How Ashburton is keeping patients moving safely during Stand up September

Ward Two at Ashburton hospital is a small ward that provides rehabilitation services, mainly for older patients with orthopaedic injuries, or medical conditions that affect mobility for patients.

Charge Nurse of Ward Two Julie Broker spoke about the management of falls in her area.

"Generally, the patients in Ward Two are especially vulnerable to falls, requiring expert support with getting safely mobile. For the team working in Ward Two, smaller sized rooms presents some challenges."

However, this challenge doesn't stop the Ward Two team from working proactively to prevent falls and achieving great rehabilitative outcomes. Julie is full of praise for her team who have patient handling down to a fine art, and who implement falls prevention strategies expertly.

"Maximising the opportunities for people to build their strength and gain independence while managing risks is at the heart of person-centred care. Developing a well targeted safe mobility plan that is tailored to normal activity and fatigue patterns is fundamental to being successful."

Stand up September

It takes a team to keep people moving safely



The use of FlowView (an electronic journey board), effective handover practices and bedside information boards, which are updated daily, support staff to meet the changing needs of patients. This communication, which includes families and patients, gets everyone on the same page and helps patients to get up and moving safely.

"The team in Ward Two uses a range of strategies to prevent falls and these are based on excellent initial and ongoing assessment of patients falls risk factors. Communicating this risk and plans of care within the team is very important and the positive impact this has on falls management is significant."

Heading to Christchurch Hospital? The Hospital Shuttle has moved

Park at the new Deans Ave Car Park

The free Hospital Shuttle runs seven days a week to Christchurch Hospital and Outpatients

cdhb.health.nz/parking



Inspirational 86-year-old on her feet hours after operation

Strength and balance classes have been worth their weight in gold for 86-year-old Shirley Van Grinsven from Wainoni.

Not even a major operation due to cancer could keep Shirley in bed, and she was on her feet just hours later. Shirley has been going to strength and balance classes in the Burwood area for five or six years and credits this as contributing to her remarkable post-op recovery.

When Shirley was diagnosed with cancer and needed a hysterectomy just before the national COVID-19 lockdown in late March, her instructor, Krissy Christensen, motivated her to exercise at home, go for small walks and practice deep breathing.

"If I hadn't done all the exercising and walking, I wouldn't have recovered as well as I have. I told the hospital staff about my classes and my instructor and how it was all her doing. I will be forever grateful," says Shirley.

"All the doctors and nurses were so surprised how well I came through the surgery. My recovery was so good that I was back in the ward by 1pm and out of bed walking down the corridor by 4.30pm, feeling very proud of myself.

"When the hospital staff saw me coming, they shook their heads in amazement, gave me the thumbs up and said 'What a legend!' The surgeon told me they were using my remarkable story of recovery to inspire and motivate other patients younger than me, who were anxious about surgery.

"I also owe a lot to my fellow classmates who all supported me and sent me their best wishes. Not only do we exercise, we have a cuppa, socialise and connect with others."

Since the quakes, which caused significant damage to buildings and land in Wainoni, many of the group members



have moved across town – but it hasn't stopped them and now they travel across to Burwood for the classes.

"The classes are gentle, and you can take it at your own pace. We have a lot of laughs and reminisce while we move to the music we grew up with."

There are nearly 200 approved strength and balance classes running weekly within the Canterbury DHB region. These classes are part of the [Live Stronger for Longer Project](#), which supports older adults to live independently and injury-free in their own homes by reducing their risk of falling.

Sport Canterbury Community Strength and Balance Project Leader Rebecca Logan says this is a collective, whole of system approach to falls prevention. It encompasses in-home support, pharmacy, and community strength and balance classes.

"One of the goals of the Live Stronger for Longer project is to ensure that every person in New Zealand, aged 65 years and over, can attend a strength and balance class within their community," says Rebecca.

Classes can be found through an interactive map on the Live Stronger for Longer website or by contacting Sport Canterbury via email to sport@sportcanterbury.org.nz or phone (03) 373 5060.



Shirley Vangrinsven (right) with her strength and balance class instructor Krissy Christensen



Shirley Vangrinsven in class

Colleagues the best thing about four-decade career

It was a different world when Steroid Chemist Peter Elder began work 40 years ago at The Princess Margaret Hospital (TPMH) Steroid Unit in the Department of Pathology.

Staff were paid in cash, there was free buttered bread for morning tea, and about half the number of employees Canterbury DHB has today, says Peter, who retired last Friday from the Steroid and Immunobiochemistry Unit in Canterbury Health Laboratories (CHL).

In 1978 Peter, with degrees in Organic Chemistry, was offered a job at the former Department of Scientific and Industrial Research in Wellington. He chose instead to take up a role in the Biochemistry laboratory at TPMH, working under Head of Department Claude Andre.

"In those days there was a Charge Tech for each dept. TPMH was semi-autonomous but still answered to Biochem in town. Across the corridor was the Endo lab. They did the protein hormones and we concentrated on the steroid hormones."

In December 1980 the department moved to the newly built Riverside.

"Problems came to light when we arrived there. Taps came out of walls and the sinks were situated two feet away. The Fecal Fat Analyzer which was especially installed in the lab was unfortunately ducted into the air conditioning for Ward 22! Hence, when it was first turned on, the patients in the ward were subject to



Steroid Chemist Peter Elder enjoying his farewell morning tea

very unpleasant toilet smells. A new air conditioning bypass was installed to fix this mistake."

In 1983 Peter was appointed to the section head role, which he shared with John Lewis.

"In 2017 we rejoined Endolab, which had come to town from TPMH and John and I resigned our section head positions and became scientific officers again."

The Steroid Unit moved to the CHL building in 1991 a year after the rest of Pathology.

"A number of antibodies have been made over the years which we have used for analysis in Steroids and other Pathology departments. In addition, we have made antibodies for the University of Otago and some commercial firms as well."

The best thing about his four decades at Canterbury DHB is the staff, he says.

"There are a number who have been here for 30 years-plus and in fact three women in my lab have been here for 35 years, which I think says a lot about the culture we have tried to instil."

Peter says he isn't totally walking away yet.

"I have promised a colleague that I will make him some monoclonal antibodies so I will be around doing that small project."

Peter plans to walk the Routeburn track, play golf and help with the upkeep of walking tracks on the Port Hills.

Understanding HELM

In the past few *CEO Updates*, the People and Capability team has been introducing you to the [Hub for the Essentials of Leadership and Management](#) (HELM). HELM provides relevant, timely learning and practical leadership resources housed in a user-friendly website. HELM isn't just for people in managerial or leadership roles – the content is useful for anyone wanting to take charge of their learning and development.

Other tools the team has introduced that are housed on the HELM website include:

- › [The Leadership Koru](#): The Koru describes how every single one of us should try to show up to work. It was designed by connecting with people across our Health System to understand what great leadership looks like and how that knowledge can be shared. What we know is that great leadership isn't just about people management and learning about great leadership isn't only for people who have a title – it's for everyone who wants to be their best and do their best work.
- › [Development Tools](#): There is a range of tools and assessments available, which support you to gain insight into your own strengths and development areas. These tools help to measure your development with the Leadership Koru capabilities.



- › [Leading Self Pathway](#): This learning journey has been designed by organisational psychologists for anyone who is looking to build their leadership skills. You don't need to be leading a team to enrol in this pathway, as long as you're willing to understand how you can be a great leader in your current role.
- › In the coming months the team will also be releasing a self-directed learning pathway for people managers. This learning pathway will be for new managers, and our highly experienced managers looking to refresh their processes, leadership skills and organisational knowledge. The learning pathway will include online learning and workshops that can be completed at your own pace over a 12-month period.

Keep an eye out for new releases on [HELM](#) or jump on now and check it out.



Relevant & Timely Learning

Everything that our team pulls together is designed with people at the centre. We recognise that we're all busy so we set out to deliver **anytime, anywhere** learning that's relevant and timely.



Leadership Content

Our learning is focused on supporting people leaders in health to **lead more effectively and more efficiently**. The aim with our content is to **lift the leadership capability** of our learners and to shift the perception of leadership from being a burden to a positive experience.



Simple Navigation

User-centric design is important to use so we've set out to keep the user-experience as a priority. This means that we're breaking-down barriers to make our learning easy-to-find and to access, for **anyone with leadership interests**.

One minute with...

Sophie Dennan, Strategic Talent Management Specialist

What does your job involve?

My role allows the opportunity to explore, assess and create visibility of both internal and external talent and capability coming into the business. We facilitate and develop capability around talent mobility and talent acquisition within the Canterbury and West Coast DHBs.

What do you like about it?

The best part about my job is that I play a small part in helping someone find a workplace where they can thrive, add value, and be driven to develop and succeed. This is how I know that I have made a positive impact to the organisation that we all work in.

What are the challenging bits?

Juggling multiple priorities while engaging with the wide range of diverse talent across the business.

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 so important in the work that we all do. By all of us working to these values, it can create a safe space where people can bring their whole self to work. We all have an important part to play in creating a safe space that is fun and inclusive.

Who inspires you?

My family, partner and colleagues. They all make a difference and are so supportive. I am so lucky to be surrounded by amazing people.

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

Before my professional career, I appeared on the TV show 'Piha Rescue' as a lifeguard for a few seasons. It was one of the most rewarding volunteer experiences I have had the pleasure being a part of.



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

Right now, I am very glad to be here in New Zealand. There has never been a better time to support our community and explore our backyard!

What do you do on a typical Sunday?

On a Sunday, you can usually find me around the water. Open water swimming is a huge passion of mine (summer and winter) and there is something so peaceful about being in the open water.

What's your favourite food?

Pizza! Unpopular opinion... pineapple belongs on pizza - enjoy.

And your favourite music?

Pop music. If it is upbeat, it will probably be in my Spotify playlist - music can be such a mood booster.

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.



Sushi Soldier

255 St Asaph Street, Little High Eatery, Christchurch Central

Get 20 percent off your food order.



Flex Fitness

81 Riccarton Road, Riccarton

Reduced rates of \$16 per week, with no joining fee, and your first week and personal trainer consult & program free. Find more sign-up information under the Health and Wellbeing section on Prism.



Safe R Brakes

87 Fitzgerald Ave, Christchurch Central

Receive 15 percent off all parts and labour.



Caci Clinic

Merivale, Riccarton, Sydenham, Rolleston

Have a free consultation and try a skin conditioning treatment for \$50 (usually up to \$120).

We also have plenty of **brand new deals** from local businesses – check them out [here](#)!

PUT THE RIGHT THING IN THE RIGHT BIN

Tissues, paper towels, takeaway coffee cups and plastic lids can't be recycled.

They belong in the general waste bin.





News from the Canterbury Clinical Network (CCN)

In the latest news from CCN, Executive Director Kim Sinclair-Morris acknowledges members of the Canterbury DHB Executive Management Team who have recently resigned.

The newsletter also contains the second in a series about equity, which looks at the enhanced involvement and

engagement of the Māori Caucus in the development of the 2020–21/22 CCN work plans; how mothers and babies are being well supported in the Hurunui, and much more.

Read the newsletter [here](#).

Interprofessional Education and Practice (IPE) Showcase 2020, free event at Manawa – Christchurch – Friday 20 November

Developing and sustaining interprofessional relationships

This excellent showcase is being held in Auckland, at Auckland University of Technology (AUT)'s city campus, and online. This inaugural combined universities forum (AUT and University of Auckland), provides an excellent opportunity to network within the interprofessional education, practice and research community.

As attendance at this event in person is not possible for many in Canterbury and the wider South Island, we'd like to offer the opportunity to gather here in Canterbury and link in together as a group. Attendance is free.

Come and join us on the day at Manawa, 276 Antigua St, in the Te Papa Hauora Health Precinct to watch presentations streamed live from Auckland, network over refreshments, and take part in local discussions on IPE showcase topics.

What you need to do

- › If you wish to present: submit a 250-word abstract by Friday 25 September including a title, presenter's name, institution, and brief outline of the presentation, indicating your presentation preference, in person or remote to Leith Gatchell via iplzadmin@aut.ac.nz
- › If you are planning to attend (either in person or online): RSVP to Jane.morgan@aut.ac.nz
- › If you would like to come and join us at Manawa, please email admin@healthprecinct.org.nz

For more information contact Co-Chair Clinical IPE Research Group Dr Dale Sheehan via email dale.sheehan@canterbury.ac.nz or phone (03) 369 2790.

Supported by



BIKE BRIDGE

A free programme for former refugee and migrant men and women

Learn to ride, learn to ride on roads,
learn to fix up bikes and supported bike purchase!

For Women:
Every Wednesday 10-12pm
from 14 Oct - 18 Nov (6weeks)

For Men:
Every Thursday 5-7pm
from 15 Oct- 19 Nov (6weeks)

Ngā Puna Wai, Augustine Drive, Aidenfield

Bikes and helmets provided

No special clothes are required to participate

For more information email: Antoine.nibs.ah@hotmail or phone 021 111 7568

Canterbury

District Health Board

Te Poari Hauora o Waitaha



**2020 Clinical Informatics
Leadership Award
Nominate now!**



Nominations for the Clinical Informatics Leadership Award 2020 close this week

The Clinical Informatics Leadership Award is back with another \$5000 prize from Spark Health.

To be eligible for the award you must be a member of CiLN, which is open to anyone with a clinical background and an interest in data/ and or digital.

You can [nominate yourself or others](#) and the closing date for entries is 5pm Friday 25 September.

A three-person judging panel; MoH deputy director data and digital Shayne Hunter, NZ Health IT chair Scott Arrol and HiNZ board chair and the [2019 Clinical Informatics Leadership Award winner](#) Rebecca George, will select three finalists for the award.

The winner will then be chosen via a public vote and the winner announced at a [HiNZ networking event sponsored by Spark Health](#) in November 2020.

The winner will receive a free pass and speaking slot at the [2021 HiNZ Conference](#) in Wellington and \$5000 from Spark Health, which they can use to fund further study or attend an international conference.

Last year the award attracted 16 nominations from around New Zealand and more than 570 votes were cast online for the winner. Nominees and finalists from 2019 can be nominated again in 2020.

[Submit your nomination now.](#)

STEPPING STONE AND STEP AHEAD TRUSTS' ART EXHIBITION

**Opening 12th at 3pm
Closes 22nd October 2020**

**Monday to Saturday 10-2pm,
Wednesday 5-7pm & Sunday 1-4pm**

Art works for sale

**Barnett House
102 Domain Terrace, Spreydon**