

Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Masks matter

The closer you are to others,
the bigger the risk.

Te Whatu Ora
Health New Zealand
Waitaha Canterbury



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Kupu Arataki – Introduction

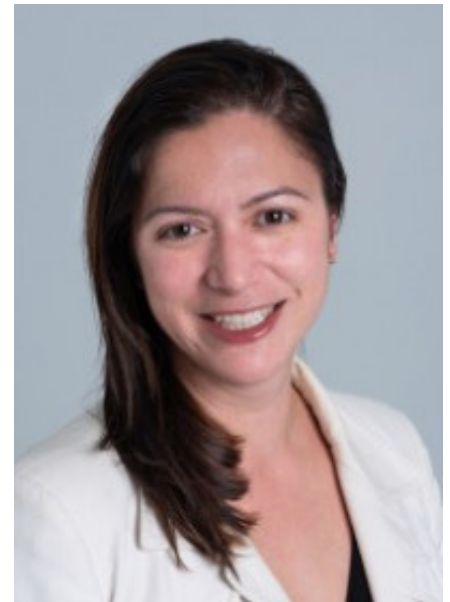
Te Whatu Ora

Health New Zealand

Another new permanent appointment to Te Whatu Ora as important Workstreams and Taskforces work to reshape our health system

Meg Poutasi appointed as National Director, Pacific Health

Today Markerita (Meg) Poutasi starts with Te Whatu Ora – Health New Zealand as National Director, Pacific Health. Meg has been at Te Toka Tumai (Auckland District) where she was Chief of Strategy and developed (the then) Auckland DHB's strategy for 2020–2023 which focuses on transformation in Te Tiriti in action and equity. She is experienced in change leadership, Pacific health equity and designing new models of care with communities. You can read the full announcement [here](#).



National Director Pacific Health Meg Poutasi (image courtesy of pasifikawire)

Hospital and Specialist Services operating model update

Last week we received the first update from the Hospital and Specialist Services workgroup. This is one of the big pieces of work underway to look at the operating model for hospital and specialist services throughout New Zealand. The new system needs to work for patients, clinicians and managers. It needs to be joined up in a way that makes sense and supports people in their work delivering care to patients.

The group is keen to listen and learn from people working in the system. There will be opportunities for staff to get involved throughout the process.

The group is chaired by Ken Whelan, as independent chair, who has been a CEO in health in New Zealand and Australia, and a Crown Monitor at three DHBs. Ken has a nursing background and is experienced in delivering strong, collaborative leadership and sustainable organisational change.

He is joined by Senior Responsible Officer and Programme Lead Joanne Gibbs. Jo has a wealth of experience at executive level in New Zealand and the UK. Jo and Ken are forming a project team including clinicians and health system leaders.

Terms of Reference for this group will be posted on the Te Whatu Ora [Change Hub](#)

The Change Hub is a webpage setting out the current working groups that have been established, the design process and timing of key workstreams.

How can you be involved?

Clinical staff are welcome to help design the new model for hospital and specialist services.

A clinical forum is currently being set up, and the group is keen to hear from clinicians who may be interested in providing input and sharing ideas.

If you're interested in getting involved, please email joanne.gibbs@health.govt.nz with your name, role and which district you work in. As the work progresses there will be opportunities for input via hui, forums and surveys.

Timeline

The current timeline:

- › August – September 2022 – Design.
- › October– November 2022 – Consultation, feedback and further iteration.
- › November 2022 – Start recruitment for the new roles.
- › Early 2023 – Begin implementing the new model.

Jobs at Te Whatu Ora & Te Aka Whai Ora

There are a wide range of jobs currently being advertised, many are only open for short periods of time, so please check back frequently. Jobs are listed on these sites: <https://careers.tewhatauora.govt.nz/>

A word from Interim Regional Director and Interim District Director, Peter Bramley

This week I have two words for you all: thank you.

Thank you for the way you have risen to challenges over recent weeks and months and for your ability to continually find ways to make things work – often against the odds. I've been on many of our Incident Management Team (IMT) meetings, and without exception, every day there are issues to solve throughout our system.

Finding staff is often the biggest challenge with so many of our colleagues off sick every day – but somehow, and often it's down to existing staff working longer, or in different ways or places, you find a way through and we manage to provide cover. Occasionally we can't, but more often than not a solution is found by working collaboratively and creatively, and I thank everyone involved, no matter what your role. Everyone's work makes a difference.

There is understandably a focus on our busy clinical teams, including primary care – general practice, pharmacies and aged residential care – but keeping the wheels turning smoothly behind the scenes are the 'enabling functions'.

Enabling functions may not work directly with patients, but you have important roles, enabling and supporting the people who do. Behind every clinical team are the administrators, the person

ordering the PPE and preparing meals in the staff cafes, ensuring their technology and software works as it should.

There's a team analysing data to model and plan for the future while there are teams making sure their pay is correct and on time, there's a team ensuring everyone's well informed about what's happening in our health system, while managing insurances, finance and quality are all important functions. Imagine if the rubbish wasn't emptied, or the clean linen wasn't delivered on time. There would be no surgery without the Sterile Services or Supply team, people wouldn't get to where they needed to be without orderlies, and our lives would be harder without the security team working to keep everyone safe. There are literally hundreds of roles in the enabling functions, and I want to give a shout out to our corporate, ISG, Māori Health, Finance, People and Capability and Planning and Funding and Decision Support/Business Intelligence teams who are also under the pump during this incredibly busy time of change.

Please know that your work is appreciated. I encourage you all to be involved whenever there are opportunities to have a say or share ideas about what your future ways of working and operating models will look like on a district, regional and national level.

COVID-19 how are we tracking?

- › New cases today: 705
- › Total active cases: 6833
- › Staff away with COVID-19 related absence: 224
- › Total cases reported in Canterbury during the pandemic: 216,733
- › Number of people with COVID-19 in our hospitals today: 138, with five in the Intensive Care Unit
- › Occupancy of Christchurch Hospital today: 108 percent

I think we can all start to breathe a little easier as we see the number of cases start to track down, however as I highlighted last week, there's always a 10-day lag from the time community cases start to reduce until the time we see case numbers in our hospitals start to drop.

Stick it to hep C campaign to mark World Hepatitis Day last Thursday

Last Thursday was an extra special day in Canterbury when we launched a new mobile hepatitis testing clinic. Check out this beauty, that's been converted to enable us to operate it as a mobile clinic which will tour the South Island raising awareness about hepatitis C and providing testing on board. It's the first of its type in the South Island and has been funded by the Ministry of Health as part of its action plan to raise awareness and improve access to treatment. You can read more about it on [page 14](#).



Chairperson of the South Island Alliance Hepatitis C Workstream Catherine Steadman standing by the new mobile hepatitis testing van



Peter's video thank you to all Canterbury Health System staff is here

Thanks again, and remember to keep masking up: at work, and when you're out in the community, especially indoors. If you have school age children, please encourage them to do the same, and remember free masks (and RAT kits) are now available at all of our community testing centres and participating pharmacies throughout Canterbury. A full list of locations is [available here](#).



Click [here](#) to watch the This week with Peter video

Kia pai tō koutou rā

A handwritten signature in black ink, appearing to read 'P M Bramley'.

Peter Bramley

Interim Regional Director Te Wai Pounamu

Interim District Director Waitaha Canterbury and Te Tai o Poutini West Coast



QUIZ – 1980s music

The decade when greed was good, the fashion awful and the hair inexcusable... but the music was awesome! Test your knowledge on music from the 1980s with this quiz.

1. Who had the biggest selling album of the 1980s?

- a. Whitney Houston
- b. Michael Jackson
- c. Bruce Springsteen
- d. Guns 'n Roses

2. What was the first song, sung completely in Te Reo, to top the New Zealand music charts in the 1980s?

- a. Poi-E by the Patea Māori Club
- b. E-Ipo by Prince Tui Tekā
- c. The Bridge by Deane Waretini
- d. E Papa by Herbs

3. Match the 80s song (left) with the movie (right).

- | | |
|------------------------|-----------------------|
| a. Eye of the Tiger | 1. Top Gun |
| b. The Heat is On | 2. Rocky III |
| c. Hungry Eyes | 3. Back to the Future |
| d. The Power of Love | 4. Beverly Hills Cop |
| e. Take my Breath Away | 5. Dirty Dancing |

4. Paul Young had a big hit with Every Time You Go Away in 1985, but who wrote it and released it first, in 1980?

- a. Hall and Oates
- b. Phil Collins
- c. Elton John
- d. Simply Red

5. What's the next line of this classic 80s song? "She says, we've got to hold on to what we've got..."

- a. It doesn't make a difference if we're naked or not
- b. It doesn't make a difference I get that a lot
- c. It doesn't make a difference if we make up or not
- d. It doesn't make a difference if we make it or not

6. Which of these popular 80s songs was written by Prince?

- a. She Bop (sung by Cyndi Lauper)
- b. Manic Monday (sung by The Bangles)
- c. Father Figure (sung by George Michael)
- d. Love in the First Degree (sung by Bananarama)

7. Who sang: "You were working as a waitress in a cocktail bar, when I met you..."?

- a. Queen
- b. Human League
- c. Wham
- d. Depeche Mode

8. The music event of the decade was Live Aid which raised approximately \$127 million for what cause?

- a. Refugee support
- b. Drought relief in Africa
- c. Famine relief in Africa
- d. AIDS research

9. Who did NOT perform in the USA for Africa song 'We Are the World'?

- a. Madonna
- b. Billy Joel
- c. Stevie Wonder
- d. Tina Turner

10. Name this popular 80s band



- a. New Order
- b. Sonic Youth
- c. Siouxsie and the Banshees
- d. The Thompson Twins

Check your answers on [page 25](#).

Ā mātou tāngata – Our people

Cook Islands Language Week – let's celebrate!

'Epetoma o te reo Māori Kūki 'Āirani (Cook Islands Language Week) kicked off yesterday, one of the many languages to be celebrated as part of Pacific Language Weeks 2022.

The theme for this year is 'Ātuitui'ia au ki te Oneone o tōku 'Ui Tupuna' which means, 'Connect me to the soil of my ancestors'. The theme reflects the overarching 2022 Pacific Language Week theme of sustainability, which refers to the importance of language sharing and cultural heritage being handed down over generations.

This reflects the journey of the Cook Islands peoples in New Zealand, as well as the longing of young Cook Islanders to connect with their language, culture, and identity. Acknowledging that while community elders are fundamental to the teaching and sharing of Cook Islands language, the leadership of young people as the next wave of cultural and language experts is also critical in keeping the connection to their homeland alive.

For many of our Cook Island kaimahi (staff) here at Te Whatu Ora Waitaha Canterbury, the connection to culture and land is very important. That connection is strengthened by language. To be able to speak and celebrate it allows all Pasifika to be their authentic selves both at home and at mahi (work).

By celebrating our Pasifika Language Weeks we support many of our Pasifika kaimahi who may be the only Pasifika members in their departments.

"It's an opportunity to celebrate mine and my mother's culture and spread the language, just like I celebrate my father's culture on St Patrick's Day," says Personal Assistant working at the Canterbury Hauora Community Hub Theresa McMaster.

"I'll be celebrating Cook Island Language Week by wearing Cook Island clothing to work with a flower in my ear, putting up posters, greeting/signing off emails in Cook Island all week and opening meetings with a Cook Island karakia. Also I'll attend events and performances with my cousin."

It is important to celebrate as language and song are most important in keeping different cultures alive and thriving, she says.

Hospital Aide Fiona Oloi says for her Cook Island Language week means celebrating where she has come from and her culture, in song, dance and food, and maybe attending a community event.

"I think it is important to be aware of the diversity of Pacific languages because it is the foundation of the health and well-being of the Pacific people. A loss of language or mother tongue, can have a huge impact on one's one culture and identity."

For more information and resources about Cook Island Language Week, including some words and phrases you could learn visit the Ministry for Pacific Peoples [here](#) or see some resources on [PRISM here](#).



Front row, left, (wearing green) Personal Assistant working at the Canterbury Hauora Community Hub Theresa McMaster surrounded by her colleagues as they help her celebrate Cook Islands Language Week

Boost your wellbeing with Mindfulness Month

Over 1600 people across Aotearoa have already pledged to take charge of their wellbeing and fundraise for mental health by participating in Mindfulness Month, launched by the Mental Health Foundation in partnership with The Kindness Institute.

Mindfulness Month is an initiative that encourages participants to prioritise a mindful moment during each day of August while raising money for the Mental Health Foundation.

There are a variety of tools on offer to support participants; daily guided mindfulness podcasts, a mindfulness journal and daily mindfulness activities to weave into everyday life.

Mindfulness has been linked to a reduction in anxiety and stress, a boost in mood, and enhanced relationships, sleep and general wellbeing.

The money raised by participants in Mindfulness Month goes towards supporting the work of the Mental Health Foundation to promote mental wellbeing and fund policy and advocacy work to transform the mental health system, engage with tāngata whaiora (people with lived experience of mental distress) and advocate for systemic change to improve social, economic and cultural determinants of mental health and wellbeing.

Mental Health Foundation Fundraising Manager Chris Taylor says it's awesome to see so many people take up the challenge so far and he is personally looking forward to being more mindful in August.

To register for the challenge and receive the free journal, visit mindfulnessmonth.co.nz

A reminder for all staff who get COVID-19 or who need to isolate as a household contact, the Return to Work (RTW) team is here to help

Contact the RTW team on 0800 662 300. If you prefer to text, you can text the team on 021 539 189.

Some changes have been made to the RTW flowcharts – the links (as below) are still valid and will take you to the most up-to-date version. To summarise the changes:

- › Household Contacts: If you've recovered from COVID-19 in the past 28 days and a household member becomes positive, you can come to work with an N-95 mask, and you don't have to RAT test.
- › Staff who develop COVID-19 symptoms and have had two negative RAT tests, but still have symptoms are able to be referred for a PCR test by contacting Staff.Testing@cdhb.health.nz. The PCR will then be done at either Orchard Road or Pages Road testing sites. Please remember to take your staff ID.

Here are the links you will need for more information: [return to work process](#), [RATs access](#), the [risk exposure matrix](#) and the [return to work register](#).

If you cannot access any of these links, please call one of the numbers listed above.

Our [Return to Work Team](#) and our Illness Management team collaborate closely to support our Covid+ kaimahi and their managers.

The RTW team are the primary contact until the kaimahi is well enough to RTW or it is Day 30. For the small number of kaimahi who take a bit longer to recover (inclusive of staff on a graduated return to work plan or who have returned and are off again who are greater than 30 days in their COVID journey), a manager and kaimahi jointly submit a [health and wellbeing assessment](#) to request support from the Illness Management team.

To read more, see [Health and Wellbeing Referral: Guidance for Managers](#) and [My manager and I have initiated a health and wellbeing referral](#).

What do you do when you're not at work?

Our people are sharing the hobbies and activities that bring them joy when they're not at work.

Jane Rickerby, Hospital Aide

"My dog sport agility hobby keeps me sane! Handlers train their dogs to correctly negotiate a variety of different pieces of equipment from jumps and tunnels, to weave poles and contact equipment. Agility is an active sport, and a very social weekend activity for many people in New Zealand. I've also been training my dog to learn scent detection".



Lauren Moore, Medical Secretary

"When I am not at work, my life revolves around community theatre. I do at least one show a year, and I am currently playing a lead role as Lady Marmalade in Halswell Drama Group's production of Disco Inferno. It keeps me active, creates amazing friendships and helps me embrace my creative side".



So, what do you do when you're not at work?

Do you have a hobby, sport or activity that is important to you? Something that helps you relax, stay fit or challenges you when you're not at work? We would love to hear about it!

Send a photo and brief description of your hobby, sport or activity and why it is important in your life to us and we will share it in an upcoming Pānui.

- › Please keep submissions to 50 words or less and provide high resolution images (1MB + is preferable).
- › Email any submissions to communications@cdhb.health.nz By emailing your submission(s) you agree to have them published in the Te Whatu Ora Waitaha | Canterbury Pānui.

One minute with...

Dave Monk, Registered Nurse (RN)



Registered Nurse David Monk on the Chatham Islands

What does your job involve?

Casual roles as rural nurse specialist on the West Coast, RN on the Chatham Islands, and I am about to start as a casual duty nurse manager in Ashburton.

I choose to work casually because it offers the stimulation of jobs in diverse locations and roles, as well as drawing on skills and knowledge from these areas to add value to my practice. Being casual also means I can work around the school holidays which is important for creating family time with teenage boys in the house!

The Chatham Islands are New Zealand's most remote location and somewhere I've nursed on and off since 2005. The staff are great to work with and owing to the geographical isolation there's a sense resilience and adaptability within the community.

Another role I have is as a casual rural nurse specialist on the West Coast. A typical day involves morning clinics and visits to patients' homes' in the afternoon. In and around this, rural nurses are Primary Response in Medical Emergencies trained, allowing them to respond to emergencies in the community.

Up until recently, I had the privilege of working with an exceptional group of staff as an associate charge nurse manager in Managed Isolation and Quarantine Facilities. This was a dynamic role which involved buying time to keep New Zealand free from COVID-19 so the nation could build up immunity prior to the virus arriving.

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

Work hard to understand your own personal strengths and find a role that suits who you are. This creates job satisfaction which is ultimately a win/win for yourself, your colleagues, and the patients. Strive to help create a work environment that is happy and creates this job satisfaction. No one thrives in a toxic workplace.

Oh, one last thing, speak to the cleaners the same way you would address the general manager. Everyone plays a crucial role.

Who inspires you and why?

I could pay lip service to someone famous here, but ultimately I'd be awarding credit to someone I didn't know. I take inspiration from those who invest in working as a team through sharing their knowledge and doing the mahi. Spinning a good yarn is an added extra.

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

We work in challenging times. Fatigue and burnout, like COVID-19, are everywhere! Avoid blaming others. It's an easy thing to do, but we miss out on some of the greatest learning opportunities life offers. Each day we arrive to work we have a chance to role model the behaviour and person we know we should be.

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

Anywhere, so long as it is with my family bike-packing or tour-cycling. In 2016 my wife and I cycled by tandem bike from Morocco to Scotland with our two boys – take me back to anywhere on that route and I'm a happy man! I have a website to promote outdoor living and family pursuits with some articles I've written about travelling and enjoying the outdoors as a family – www.poppingthebubble.com

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

Jim Carrey, he's goofy and doesn't take himself too seriously. A perfect fit.

What are your hobbies/interests outside of work?

Did I mention bike holidays?!

Whakamihi – Bouquets



Ward B5, Christchurch Hospital

The family of [patient name] are full of gratitude to all the thoughtful and attentive staff of Ward B5. Without exception our family member has received compassionate care hour after hour.

Ward B6, Christchurch Hospital

The treatment provided for my brother has been outstanding in every way. Both the nursing staff and the doctors are so professional and kind. Having had a lot to do with hospitals over the years (my father and other brother had cancer), it is so heartening to know there are caring places like this available. Thank you so very much. Keep up the good work and know you are appreciated.

Ward B8, Christchurch Hospital

Thank you for the excellent care you gave my daughter.

Ward AG, Older Persons Mental Health, Burwood Hospital

All the staff, from the psychiatrist to the cleaner treated me with the most love and affection. Well done. I hope I don't need you all again.

Cardiac Care Unit, Christchurch Hospital

All the staff in this ward are brilliant and caring.

Parkside Ground Medical (PGM), Christchurch Hospital

I had an overnight stay in PGM and want to say how amazing all the staff were, including the WellFood staff and cleaners. I am heavily pregnant, and everyone went out of their way to make sure I was fed well and comfortable. As a nurse myself and knowing how stretched everyone is with workloads

it did not go unmissed, especially the small things. Thanks so much for making a challenging time bearable!

Ward AG, Older Persons Mental Health, Burwood Hospital

I have been looked after superbly while I have been in here. It's now time for me to fly. The occupational therapists and physiotherapists are great and have made the difference for me. I have also enjoyed the trainee nurses, the 5th year medical students and the psychologists.

Plastics, Christchurch Hospital

Plastics are awesome!

Hospital Aide, Ward B5, Christchurch Hospital

I am writing regarding a Hospital Aide in Waipapa, Ward B5 (Oncology) who was on duty in the early hours of 27 July 2022. Unfortunately, I do not know her name, however, she will know who she is. I was part of [patient name's] family and was present when he unfortunately passed away. I needed to take the time to remove myself from his room and just gather myself. As I was walking down the corridor this Hospital Aide asked if I was OK and I just burst into tears. She comforted me, and we had a really good conversation about what happened, what happens moving forward and reassured me. I cannot thank her enough for this. That moment will stick with me for the rest of my life. She is an absolute asset to the hospital service. Please pass this on to the appropriate people as I cannot thank her enough and am of the view that this needs to be recognised.

Ward B6 and Haematology, Christchurch Hospital

Always the most amazing care is shown. Thank you to all the Haematology team. You are awesome

Carlo, Emergency Department (ED), Christchurch Hospital

I would to pass on high compliments to and about Registered Nurse Carlo Rufin. I started to feel overwhelmed. After handover, he came to talk to me. Carlo fully explained to me what was happening, apologised for my wait. When I said I was also a nurse, Carlo explained to me in medical terms what my repeat bloods were for and what investigations the team were doing. Carlo also spent a few minutes just chatting to me about my job, reassured me and offered to make me a coffee. I found his care thorough, informative and respectful and he was very kind. He made me feel a lot more supported and at ease.

Ward B6, Christchurch Hospital

The best staff – cleaners, hospital aides, nurses, doctors, specialists etc. Very kind and caring. Bouquets (virtual) all round. Thank you!

Radiology, Christchurch Hospital

Ben and Basil were fabulous! Patient care was out of this world and made my nervous mum feel at ease. 150/10! We love them!

Jessica, Urology Outpatients

Thanks lovely lady.

Chemotherapy Suite, Christchurch Hospital

I have recently completed four months of chemo. Although this was a reasonably difficult time for me it was made so much more bearable by everyone I came in contact with in the department. Every person, from the WellFood staff who brought the lunch and morning tea, to the reception staff and the nurses, were friendly, professional and caring. The nursing staff never failed to stop and answer questions, they fully explained the process and were always kind and compassionate. I cannot speak highly enough of all involved. Thank you for you being wonderful.

Ward B1, Christchurch Hospital

Recently our elderly mother was referred to Burwood from Christchurch Hospital for rehabilitation. We would like to send our heartfelt warmest regards to the team for the quality of care she received. We understand that during this unusual time of COVID-19 everyone is very busy and stretched, and we were concerned this would impact her care, but we need not worry as everyone was lovely and professional. The care she received was exceptional and she was able to return home to continue her rehabilitation with some further assistance. Often the care of our elderly and of the stress of health services is in the news for the wrong reasons and this can be concerning for families. The care you have provided demonstrates and reassures us that the best hands are available and restores our faith in humanity and our community. Thank you all so much for all you do.

Ophthalmology, Christchurch Hospital

I really feel the service/appointment today was impeccable. First class. Seen within the appointment time very swiftly. Great staff, very welcoming and efficient. A real credit to the hospital in these very difficult times. It's rare for me to write such a statement as this but I feel highly motivated to credit where credit is due. Very well done thank you.

Big Shout Out

To: Hillmorton Hospital Security team

A big thank you to the Hillmorton Security team. They always come when we call them and often at very short notice. They provide a sense of safety for our staff, clients and their families. Their calm and professional manner is very much appreciated. We also appreciate their regular visits to our site just to see if we are all ok. Thanks again to Chris Pope and the Security Team, you are awesome.

From: The Child, Adolescent and Family service North team

#carestartshere

Ā mātou kōrero – Our stories

Mobile testing for hepatitis C will improve access

A mobile van will soon be travelling the length and breadth of the South Island raising awareness about hepatitis C and offering testing.

Known as the Southern Region Mobile Hepatitis C Service, it was launched at an event at He Waka Tapu in Christchurch last Thursday on World Hepatitis Day.

The Volkswagon Grand California van has been converted to operate as a mobile clinic and is the first of its type in the South Island. It has been funded by the Ministry of Health as part of a National Action Plan to raise awareness and improve access to treatment for hepatitis C.

Clinical Nurse Specialist Hepatology Judith McLaughlin says the long-term aim is a single 'visit and treat' model where a person can walk in not knowing whether they have hepatitis C and walk out with medication if they test positive.

"The mobile nature of the clinic will enable us to reach populations that don't have easy access to general practices and tertiary hospitals, where expertise in diagnosing and treating hepatitis C has historically been.

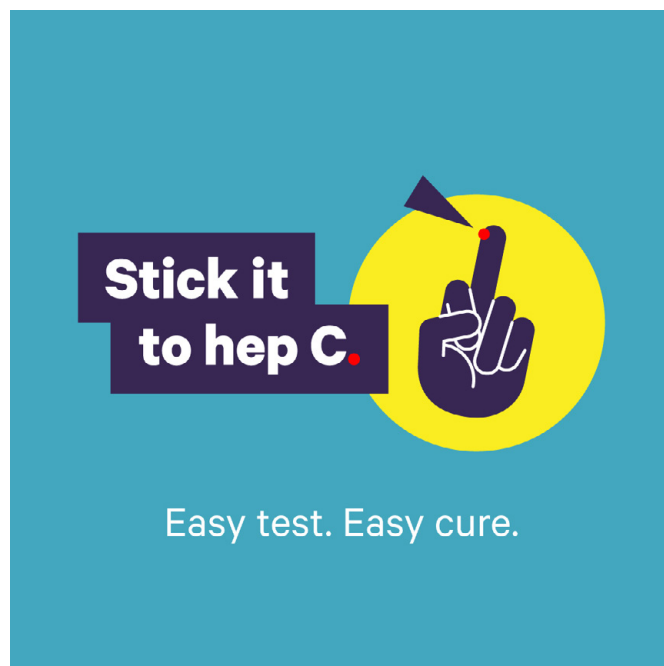
"The van will be staffed by nurses, with specialty knowledge and skills in hepatitis C management and New Zealand Needle Exchange peer workers with hepatitis C knowledge and the ability to provide harm reduction equipment, support, and information."

The first Hepatitis C tests in the van were carried out on Thursday afternoon at He Waka Tapu following the official launch function, which also included the regional launch of the National Hepatitis C Awareness Campaign.

This calls on Kiwis to 'Stick it to hep C' – 'Werohia te Ateakā C' – because all it takes to find out whether you've been exposed to hepatitis C is a quick and easy finger-prick test.



The regional launch of the new mobile hepatitis testing van and testing campaign



The national campaign was launched by Associate Health Minister Ayesha Verrall. The awareness campaign is part of the National Hepatitis C Action Plan for Aotearoa New Zealand, which was launched a year ago, with the goal of eliminating hepatitis C as a major public health threat by 2030.

New Zealanders at risk of hepatitis C should make sure to get a quick and easy finger-prick test, says National Director of Te Whatu Ora – Health New Zealand National Public Health Service Nick Chamberlain.

“Test results are available within minutes and they’re 100 percent confidential – no questions asked. If the result is positive, most people can be cured by a simple oral treatment that is free with just a prescription.”

Around 40,000–45,000 New Zealanders are living with chronic hepatitis C. While some people with hepatitis C experience unusual tiredness, joint pain, loss of appetite, nausea and abdominal pain, many people don’t notice any symptoms until irreparable liver damage has occurred, he says.

If left untreated, up to a quarter of people with hepatitis C will develop cirrhosis, which can progress to life-threatening liver cancer or liver failure, says Chair of the South Island Hepatitis C Alliance Catherine Stedman.

“However, antiviral therapy is now highly effective, resulting in a 98 percent cure rate with just eight weeks of tablet therapy, so we see it as a huge priority to diagnose and treat everyone with hepatitis C in New Zealand.”

Aside from the mobile van, finger prick testing is available at some pharmacies, community services, Kaupapa Māori health providers and needle exchanges.

In other hepatitis news, new testing is speeding up results for identifying Hepatitis B. The Hepatitis Foundation has introduced a new point of care (POC) finger prick test – the test is the first of its type to be introduced into New Zealand for hepatitis B testing.

The finger prick is easy to use, a less invasive procedure compared to a blood test, and gives results in just 15 minutes. Helping to identify more patients with chronic hepatitis B, it is highly accurate and compliments the hepatitis C POC test that is widely available.



Clinical Nurse Specialist Hepatology Judith McLaughlin getting a finger prick test, administered by Hepatitis C Peer Support Worker from the Hepatitis C Community Clinic, Patchz

World Hepatitis Day on July 28 is a global annual event which educates people about hepatitis and the importance of getting tested if they think they may be at risk. Anyone over the age of 30 years of age who is not vaccinated against Hepatitis B should have a POC as an initial test.

High-risk groups include people of Māori, Pacific Island or east Asian ethnicity, anyone with a mother or close family member who has the virus or who shares a household with someone who has it, anyone who has ever injected drugs or received a tattoo or body piercing using unsterile equipment.

Hepatitis B and C are the main causes of liver cancer in New Zealand. About 100,000 New Zealanders live with chronic hepatitis B, and 50,000 with chronic hepatitis C. Most are unaware they have it because there are often no symptoms. People can therefore have severe liver damage before they start to feel ill and are diagnosed.

For more information phone 0800 33 20 10 or visit the [Hepatitis Foundation website here](#) or the [Stick it to Hep C website here](#).

South Island links into national image exchange solution

Four South Island (SI) districts have gone live with PACSLink, providing staff with easier access to radiology images and reports from around the country.

More than 30 radiology providers nationwide are now using the service, which means staff can pull radiology images and reports from other services automatically.

Canterbury, West Coast, South Canterbury and Nelson Marlborough districts of Te Whatu Ora (previously DHBs) went live with the system in February 2022.

These four regions already share a regional Picture Archiving and Communication System (PACS).

SI Regional Radiology Systems Manager Hayley Stewart says that previously, staff would have to spend time sending emails and placing phone calls to other districts or providers to request images or reports be transferred.

This process was hugely time-consuming, taking up to ten minutes per request and some patients might need images for up to ten studies and/ or reports to be transferred.

"Radiology images are sent around the country, all day, every day," she says.

"This enables us to securely retrieve image studies and reports from other radiology PACS and we don't have to email or phone them, we just log into PACSLink. There's an audit trail showing what users have pulled which studies and when, which is really important for ensuring patient privacy is protected."

The whole process now takes less than a minute.

"The staff members love it and now have a lot more time to do other important tasks: it saves them hours."

In one case a doctor requested a radiology image study while in the operating theatre and it was available within the PACS before they got off the phone, something that would previously have been impossible.

Another benefit is that the reports are now presented alongside the images in the PACS viewer, rather than separately in the Radiology Information System, which clinicians find really useful, Hayley says.



PACSLink was launched in March 2018 with a number of radiology providers in Auckland and was initially only able to access radiology images. In June 2020, access was provided to the radiology reports as well.

In March 2018, PACSlink conducted around 6500 searches and moved 1700 studies from one PACS system to another. Four years later that number had increased to more than 1.3 million searches and moving nearly 80,000 studies from one PACS to another.

PACSLink founder Michael Stanger says it was created out of a need to have easier access to patient images and reports.

"Prior to PACSLink, your only option to access images was to log into other private providers PACS systems and search each PACS system individually for relevant patient images and reports.

"We did not have the ability to search DHB PACS systems so would either have to email or phone through requests. Tracking down prior images and reports was hugely time consuming and cumbersome."

A monthly calculation of time saved at the four Northern districts showed more than 1000 hours of staff time saved every month using the system.

He says the PACSLink API also means providers can send a list of patients booked for the following day and the system automatically requests relevant prior studies to be sent back to the requestors PACS, automating the entire process.

Watch the webinar presentation, Imaging Informatics in [Aotearoa NZ here](#).

Story by eHealthNews.nz editor Rebecca McBeth

Chair will make hair appointments safer and easier

There's nothing like having your hair done to make you feel good, and clients of the Burwood Hospital hair salon will soon be able to book their appointment knowing they will be properly supported for any injury.

That's thanks to a donation from the Rotary Club of Avonhead who have funded the purchase of a 'Tilt In Space' chair. The company that supplied it, Permobil, provided the chair at cost.

This chair is capable of moving within its own footprint to allow a person to be lowered/tilted into a reclining position whilst still retaining their back/leg position and hip/knee angles.

It means someone can sit in the chair and be positioned over a standard hairdressing wash basin, says New Zealand Spinal Trust National Fundraising Manager Su Marshall.

"The chair is relatively light and easily manoeuvrable and is covered in a waterproof material. A person can be safely supported and positioned for a full hairdressing experience without worrying about jiggling an injury."

This is particularly important for someone with a spinal cord impairment, but also helpful for someone with head injury or stroke who can't always control their balance or limbs. It eliminates the need to be able to transfer from a person's own chair and into the hairdresser's chair.

Although this chair has been facilitated by the New Zealand Spinal Trust to ensure inpatients in the Burwood Spinal Unit can safely have a trip to the hairdresser, it will be available for anyone who needs it during their Burwood Hospital stay.

"The chair will be in use before too long and we expect it will be very popular – there's nothing like having your hair done to make you feel 'human' again after all," she says.



Improving community health for prison leavers

A partnership between Canterbury health providers, social agencies and Ara Poutama Aotearoa has resulted in Te Whatu Ora – Health New Zealand Waitaha Canterbury funding three free GP visits for all people leaving prisons in Canterbury.

The programme includes an extended first consult with a GP and includes people who have been in prison on remand or returning from Australia to Canterbury on a Section 501 order.

The programme, named Te Ara Whakapuāwai, aims to address obstacles of enrolment, cost, discomfort and potential whakamā (embarrassment or shame) which can be barriers to engagement with GP services. Previously available only for people who have served a prison sentence of more than two years and for Australian returnees, the extension of this initiative will support a much larger group of people into community-based health care.

“We know that people in our services are amongst the least health-connected in our community,” says Southern Region Operations Director Health Jill Thomson.

Te Ara Whakapuāwai will encourage and support prison leavers to maintain the health gains they have made in prison and, most importantly, to continue to access their essential medications and further mental and physical health care.

People will be able to access a voucher for the service through their probation officer, case manager, the Court team or prison health services. While people don’t need a voucher to access the service, the group believe having this will increase people’s comfort and reduce any concerns they may have about difficult conversations or unexpected charge in the reception area.

“Most people will have a probation officer and will be provided with information and a voucher at their first meeting,” says Jill.

For people leaving prison without the need for Community Corrections services, a voucher will be issued at, or just prior, to release by prison staff connecting with our community team.



Health providers hear from a woman in Christchurch Women's Prison about the challenges accessing health services in the community. (Image taken in 2020)

The Canterbury Clinical Network Coordinated Access on Release Group, which is behind the initiative, has been meeting for several years and is made up of representatives of health and social services from across Canterbury.

These include Te Whatu Ora Health New Zealand Waitaha Canterbury, Christchurch Primary Health Organisation, Pegasus Health, Waitaha Primary Health, He Waka Tapu, ACC, the Ministry of Social Development, the Laura Fergusson Trust, and other community health organisations.

“The organisations in this group all have a goal to improve health equity and outcomes in the community, and this has led to us exploring a wide range of initiatives including eradicating Hep C in prisons, improving ACC reporting and referrals,” she says.

The group recognises that the challenges to health services often begin before the person reaches a GP.

“Many general practices are full, some people we work with will have challenges accessing GP services, or may have burned bridges with their GP through previous behaviour, including bad debts. People having difficulty finding a GP can be helped to enrol through the Partnership Community Workers service.”

Acting Chair of the Coordinated Access on Release Working Group, Laila Cooper, says she welcomes the introduction of the revamped Te Ara Whakapuāwai service. She says it has been very encouraging to work with colleagues from other sectors to develop this initiative designed to help address gaps in the health system for this population.

“I have been impressed by the dedication and commitment of the Working Group members to work collaboratively and problem solve, and hope that this will be an ongoing process,” says Laila.

Happy Hijri Islamic New Year

Many of our kaimahi (staff) are from diverse cultures, and among the events of significant importance for them, New Year is a particularly special time.

Last Friday many of our Muslim colleagues will have celebrated Hijri New Year, also known as Islamic New Year or Arabic New Year. Hijri is celebrated by Muslims as the start of the Islamic year and like many cultures this is based on a Lunar calendar and has been observed for over 1,440 years.

Uniquely, the Islamic Calendar is based on the orbit of the moon rather than the sun, which interestingly makes the calendar shorter than the Gregorian calendar by around 11 days. The word Hijri comes from the word Hijra meaning 'migration' and acknowledges the starting point of when Prophet Muhammad emigrated from Mecca to Medina on the first day of Muharram in 622AD.

Hijri is observed as a public holiday in most Islamic countries and is usually a quiet and sacred time to Muslims around the world. Like many cultures celebrating New Year, it is a time to reflect on the passing of time and one's mortality with time dedicated to hold special prayers and sermons at mosques. It is important that we acknowledge all our diverse communities working at Te Whatu Ora and these special times.



Like any New Year celebrations, we hope it is a time of great reflection and welcomes a healthy, happy and safe year.

You can find more information about [Hijri here](#).



**Stop the flu
before it stops you**

**Free staff flu vaccinations
available now**

Check PRISM for details

Photo exhibition for World Breastfeeding Week

To celebrate World Breastfeeding Week, the Canterbury Breastfeeding Advocacy Service as part of Te Puawaitanga ki Ōtautahi Trust, introduces Kōrero Whāngai Ū, a photography exhibit that showcases the extraordinary challenge of nurturing babies.

For the first time, the images will be a physical exhibit at Tūranga Library, and a complementary digital exhibit at five other Christchurch city libraries. The exhibit highlights the importance of breastfeeding for babies, breastfeeding parents, families, and communities.

Almost all families intend to breastfeed their babies in Aotearoa, but many face considerable barriers, resulting in a steep drop off over the first days, weeks, and months, says Health Justice Advocate for the Canterbury Breastfeeding Advocacy Service situated at Te Puawaitanga ki Ōtautahi Trust Kelly Dorgan.

"The challenge for us all is to consider how we create a society that honours the relationships that nurture and protect our pēpi."

Mō tātou, ā, mō ngā uri ā muri ake nei – For us and for those who will come after us

The physical exhibition will run from 3 August to 28 August 2022.

World Breastfeeding Week (WBW), runs from 1-7 August, and aims to highlight the huge benefits that breastfeeding can bring to both the health and welfare of babies, as well as a wider impact on maternal health, focusing on good nutrition, poverty reduction, sustainability and food security.

The theme of this year's World Breastfeeding Week 2022 is Step Up for Breastfeeding. This is a call for government accountability and the need to strengthen the capacity of health systems, workplaces and communities to protect, promote and support breastfeeding across all levels of society through a Warm Chain of Support for Breastfeeding.

You can [read more here](#).



WABA | WORLD BREASTFEEDING WEEK 2022

KŌRERO WHĀNGAI Ū
PHOTOGRAPHY EXHIBITION

THE EXTRAORDINARY CHALLENGE
OF NURTURING BABIES

◆◆◆◆◆◆◆◆

3-28 AUG 2022 | GROUND LEVEL
TŪRANGA LIBRARY

Te Puawaitanga
ki Ōtautahi Trust

Canterbury Breastfeeding
Advocacy Service

Christchurch
City Council

New CEO takes the helm as Bone Marrow Cancer Trust prepares for expansion

The Bone Marrow Cancer Trust has appointed experienced health charity boss Mandy Kennedy as CEO, as the organisation embarks on its largest building project to date.

The Trust funds life-saving world class cancer research and provides patient and family accommodation. Patients and families can stay at its 26-apartment complex, Ranui House, with plans to more than double its accommodation capacity in the next two years.

Trust Chairman Max Bremner says they're delighted to have attracted someone of Mandy's calibre to lead the organisation as it enters the most exciting period of growth since opening Ranui House 30 years ago.

"Mandy is an exceptional talent, with strong strategic and financial capabilities sitting alongside an incredible empathy and compassion for the people who walk through our doors every day. She has an infectious energy and enthusiasm and is strongly connected to the Trust's mission. We're incredibly privileged to have her lead our team into what will be very exciting years ahead."

Mandy Kennedy comes to the Trust from her previous roles leading Ronald McDonald House South Island and, before that, the Queenstown Trails Trust.

Mandy says it's a privilege to take the helm of such a courageous, pioneering organisation.

"The Bone Marrow Cancer Trust's mission is close to my heart, as the Bone Marrow Transplant Unit they created supported my dad through his illness 16 years ago. I know first-hand just how meaningful the Trust's mahi is and what a difference it makes to individuals, families and communities.

"I'm looking forward to meeting the donors and supporters whose passion has taken the organisation to where it is today, and I'm honoured to lead the Trust into the future as we strive to ensure we provide the very best accommodation and support to every individual and family in need," says Mandy.



Bone Marrow Cancer Trust CEO Mandy Kennedy

The Bone Marrow Cancer Trust owns and runs Ranui House, a home away from home for patients and their families receiving medical treatment at Christchurch hospitals. Patients of any age, and with any medical condition, can receive the accommodation and support the House provides.

The Trust has also recently begun construction of Ranui Apartments, a 43-unit apartment complex on Selwyn Street due to be completed in early 2024.

In the last 12 months, the Trust has supported more than 1080 patients and their families as they've received medical treatment, with demand for their accommodation services increasing. The development of Ranui Apartments will see the Bone Marrow Cancer Trust become the largest provider in the South Island of accommodation for patients and families receiving medical treatment.

The Bone Marrow Cancer Trust is aiming to secure 100 percent of the funding for the build and fit-out costs of Ranui Apartments, so no lending will be required to complete the \$18m development.

As well as its Ranui Apartments development, the Bone Marrow Cancer Trust is planning a refurbishment of the interior and exterior of the nine-room 'Little Ranui' – one of its two existing complexes on Cambridge Terrace.

News anchor joins campaign for new youth mental health facility

One of New Zealand's favourite news anchors and Cantabrian-at-heart Mike McRoberts has joined Māia Health Foundation's campaign to raise \$6-million dollars for a new child and youth mental health outpatient facility in Christchurch.

Mike has been a quiet supporter of Māia for a number of years and has just been appointed as an ambassador for the charity. He grew up in Christchurch and attended the New Zealand Broadcasting School in the city.

It's a position he is honoured to hold, as it enables him to connect with his hometown while supporting the region's youth, Mike says.

"I've been impressed by what Māia's achieved for Canterbury but it's their latest project focusing on child and youth mental health that made me want to step up and do more."

Since its inception six years ago Māia Health Foundation has raised more than \$13 million for projects within Canterbury's health system. Māia's latest major mission is to create a modern, fit-for-purpose outpatient facility for child and youth mental health in Canterbury. It will replace the current old, outdated facilities at The Princess Margaret Hospital and Hillmorton campus.

Mike says he's seen the current mental health outpatient facilities and he finds it incredible that staff achieve the results they do.

"The current facilities are unacceptable – it's a rundown, drab and depressing space that doesn't inspire anyone to feel well. They need to change. I'm acutely aware of the challenges our youth face today. The young people having mental health troubles today will be the leaders of tomorrow, they just need a bit of a hand.

"I'm really proud of what Māia is doing to raise the standard of mental health facilities in Canterbury. If we can get this right, the whole country will benefit from the positive spin-offs it will create."

Canterbury has experienced a 140 percent increase in demand for its Child, Adolescent and Family mental health services since January 2018. The new outpatient facility for youth mental health, being developed by Māia in partnership with the Te Whatu Ora Health NZ Waitaha Canterbury will better support those young people and their whānau by enabling individualised treatments, providing specialist spaces designed for modern-day treatment methods and utilising technologies that will give the service greater reach.

Māia Health Foundation Chief Executive Michael Flatman says it's an honour to have Mike on board to support the work of the Foundation.



Māia
Health
Foundation



Mike McRoberts

"Mike's mana and lived experiences professionally and personally add enormous weight to Māia's mahi. We know his passion for the region runs deep and his yearning to support our young people comes from a place of real authenticity and heart.

"We're excited about working with him and are so grateful he's joining our mission of taking Canterbury's health services from good to great."

You can donate to [Māia's child and youth mental health project here](#).

Pānui – Notices

Something For You



Something for You is the Te Whatu Ora – Waitaha Canterbury employee benefits programme. The deals offered are from the New Zealand business community to say thank you for all that you do.

Please see below some of the offers related to transport and auto services. You can find [similar offers here](#).



Academy Gold cinema

– 363 Colombo Street, Sydenham

\$15 tickets for all screenings from Monday to Thursday – show your staff ID to redeem.



Adventure South NZ

Get \$200 off any cycling tour listed on the [Adventure South NZ website](#) and free standard bike hire (valued at \$180). Quote Te Whatu Ora Health NZ Waitaha Canterbury when enquiring.



Black Cat Cruises

– Akaroa Main Wharf, Akaroa

Get 50 percent off the Akaroa Harbour Nature Cruise. Note you must pre-book as the cruises are running at reduced capacity, use the discount code when booking online (limit two people) and ensure you take your staff ID with you on the day. Visit the [Something For you page](#) to get the discount code.



Christchurch Adventure Park

225 Worsleys Road, Cracroft

Get 25 percent off day passes, five uplift passes and sightseeing. Show your staff ID to redeem.



Inflite Charters

Get 30 percent off all purchases made on full price experiences with Inflite's New Zealand bases. This includes Skydive Franz Josef, Mt Cook Ski Planes and Helicopters, Skydive Mt Cook and Skydive Abel Tasman. See the [website](#) for more information. Visit the [Something For you page](#) to get the discount code.



Ōpuke Thermal Pools and Spa

– 47 Mount Hutt Station Road, Methven

Get 20 per cent off all experiences (Tranquillity pools, Discovery pools and Ōpuke Spa). Visit the [Something For you page](#) to get the discount code. All bookings can be made [online here](#). You can see the information brochure [here](#).



Packrafting Queenstown

– 142b Fernhill Road, Queenstown

Get 30 percent off any of the guided adventures or courses– show your staff ID to redeem.

Several hotel chains such as CPG, Millennium, Swiss-Belhotel, Heritage and Mi-Pad (in Queenstown) offering discounted accommodation for Canterbury and West Coast staff. Visit the [Something for you page](#) to get the discount codes.



Chronic Pain Model of Care Consumer Advisory Group

We are seeking people living in Canterbury with a lived experience of chronic pain or people who have been a carer or parent of a person with a lived experience of chronic pain to be part of a consumer group. The consumer group will help develop an integrated model of care to improve access and support for people living with chronic pain in Canterbury. We need a diversity of perspectives, connections, knowledge, and skills so welcome applications from people:

- › From a range of different age groups
- › From diverse cultural backgrounds, including Māori, Pasifika, and migrant communities
- › With a lived experience of disabilities
- › Who have a lived experience of serious mental illness.

Prospective members should be well-connected to the community, reliable, and able to actively contribute to a group environment and work constructively with others. We expect the group to meet monthly (for approximately 1.5 hours), either in person or online. Members will be compensated for their time as set out in the CCN remuneration policy, [available here](#).

Please get in touch with Gareth Frew via email at gareth.frew@ccn.health.nz or on 021 826 101 if you have any questions about the role or the initiative.

If you would like to express your interest in participating or nominate a peer, please provide the details requested below and return via email to gareth.frew@ccn.health.nz by Friday, 5th August 2022.

If you would like to take part or nominate someone else, please contact the Chair of the Canterbury DHB Youth Advisory Council Chelsea Skinner for the nomination form on cdhbyouth@gmail.com

**Keep everyone
safe this winter**

**Kōrero with whānau and
check your vaccinations
are up to date.**

See your GP, or find
your local COVID
vaccination clinic here.

**STAY WELL
THIS WINTER**

A photograph of three people, two women and one man, sitting on a wooden bench outdoors. They are all wearing winter clothing like jackets and scarves. The background shows trees and a playground.



News from the Health Quality & Safety Commission

The latest news from the Health Quality & Safety Commission is out now.

Read about a new [e-learning course](#) 'Co-design in health: an introduction'; making Te Tiriti the backbone of every mental health and addiction programme and [much more here](#).

QUIZ ANSWERS – 1980s music

- | | |
|---|--|
| 1. b. Michael Jackson (Thriller) | 6. b. Manic Monday (sung by The Bangles) |
| 2. c. The Bridge by Deane Waretini | 7. b. Human League |
| 3. a & 2, b & 4, c & 5, d & 3, e & 1 | 8. c. Famine relief in Africa |
| 4. a. Hall and Oates | 9. a. Madonna |
| 5. d. It doesn't make a difference if we make it or not | 10. d. The Thompson Twins |



WINTER RESEARCH SERIES

Seminar 3 – 17th August

Sustainable Research in Healthcare

Come and hear some of the latest research findings, and meet our researchers over tea and coffee. Held every three weeks at Manawa, Wednesday 4-5pm.

For more info: healthprecinct.org.nz





Brought to you by Te Papa Hauora and its partners






Te Papa Hauora's partners are coming together to co-host a series of research seminars.

Researchers from across the partnership will be presenting their research in five seminars, taking place every 3 weeks on Wednesdays 4-5pm in Manawa.

The third seminar 'Sustainable Research in Healthcare' is taking place Wednesday 17 August in Room HP108 Manawa.

Format: 3 -4 x 5-7 min presentations, 15-20 min Q&A, 15-20 min networking over refreshments.

Audience: Open to researchers, students and interested health professionals.

For more information, [please click here](#).

Nursing Education Fairs

Interested in Graduate or Postgraduate level education in 2023?
Would you like to know what funding is available?

Come along and meet our Education Providers and Te Whatu Ora Postgraduate Coordinator.

<u>Date</u>	<u>Location</u>	<u>Time</u>
Monday 8th August	Burwood Hospital Foyer of Main Entrance	1130-1330hrs
Tuesday 9th August	Christchurch Hospital University of Otago Foyer (Medici Entrance)	1330-1600hrs
Wednesday 10th August	Manawa Campus 276 Antigua Street (Christchurch Central) (Main foyer, ground floor)	1400-1600hrs
Thursday 11th August	Hillmorton Hospital Fountain Meeting Room	1200-1400hrs

We look forward to seeing you!

Te Whatu Ora – Health New Zealand
 Postgraduate Nursing Education Office
PostGraduateNursingOffice@cdhb.health.nz

You are invited to a Waka Toa Ora webinar:

Pathways to Home Ownership

*Hosted by Losana Korovulavula and Harata Franks,
Te Mana Ora | Community and Public Health*

*If you ever think "housing is an impossible dream",
come listen to this webinar with organisations who
specialise in financial literacy and pathways to
homeownership for Māori and Pasifika.*

Speakers from:

- ❖ **Te Rūnanga o Ngā Maata Waka Inc**
- ❖ **Vaka Tautua**
- ❖ **Tangata Atumotu Trust**
- ❖ **Mokowhiti**
- ❖ **Kāinga Ora**

Details:

- ❖ **Tuesday 9 August 2022**
- ❖ **12:00 noon to 1:00 pm**
- ❖ **Online via Zoom Webinar**

Register here

*An Outlook invitation will be sent after registration and the recording link will
be circulated after the live session. If you have any questions please email
healthychristchurch@cdhb.health.nz*

Te Whatu Ora
Health New Zealand



Waka Toa Ora
Healthy Greater Christchurch

Let's Play

WELLBEING bingo

Move More!
Feel Great!

active
CANTERBURY

INFORMATION FOR PARTNERS & SUPPORTERS

Wellbeing Bingo is a fun activation developed by the Active Canterbury Network to encourage Cantabrians to re-establish and develop new activity habits. The last couple of years have seen some real changes in how we do (and don't) move thanks to COVID-19. This initiative is designed to help us Push Play (get moving) again!

How it Works

- Starts Monday 1 August 2022 and runs for 5 weeks, until Sunday 4 September 2022.
- There are two cards to choose from: The Families/Whānau Card OR The Individual Card
- Each card has 25 activities to complete. There is a focus on trying new activities, exploring nature, visiting new places and easy ways to move. The Winning Ways to Wellbeing are woven through the activities.
- Cards will be available from various locations across Christchurch, Selwyn and Waimakariri **from Monday 18 July** - a full list of locations will be available on the Active Canterbury website from this date.
- The cards can also be downloaded from the Active Canterbury website at: www.activecanterbury.org.nz/being-active/wellbeing-bingo
- The cards are editable so you can still play if you don't have access to a printer

How to Play

Each card has five rows of five activities. The aim is to complete a row (in any order) each week and then send in a photo of the card to enter the weekly prize draw (via Facebook, Instagram or email). All the prize draw information is on the card.

Giveaway prizes include gym vouchers, free classes, pool passes, outdoor experiences, sports gear and sport prizes! The full Terms and Conditions for the prize draws are available on the Active Canterbury website. There will be five weekly prize draws, and a final prize draw.

