

# Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

Issue No.20 | 28 November 2022 | 28 Whiringa-ā -rangi 2022



**Te Whatu Ora**  
Health New Zealand  
Waitaha Canterbury





## In this issue

**Kupu Arataki – Introduction... pg 3-6**

**Ā mātou tāngata – Our people**

- › Plants, books and learning to read... pg 7-8
- › Providing timely patient care satisfying... pg 9
- › Building connections and sharing innovations towards a Smokefree Aotearoa 2025... pg 10
- › Meet my pet... pg 11-12
- › Te Reo Māori Akoranga #12 – Lesson #12 Everyday Words and Phrases... pg 13
- › One minute with... Riana Chemaly, Administration Team Leader, Child Health ... pg 14

**Whakamihi – Bouquets ...pg 15-16**

**Ā mātou korero – Our stories**

- › Celebrating International Day of People with Disabilities 2022... pg 17
- › Christmas gift drive for Ranui... pg 18
- › Volunteers donate chairs... pg 19
- › White Ribbon Day... pg 19

**Pānui – Notices ...pg 20-23**

Cover photo: Christchurch Campus Gardener Michael Marquet tending to a mass planting of *Arthropodium cirratum* (known as New Zealand Rock Lily or New Zealand Renga Renga Lily) outside the Christchurch Outpatients building

# Kupu Arataki – Introduction

## Inspirational gardener

Christchurch Campus gardener Michael Marquet is featured on the cover and in this week's pānui and deservedly so. Not only does he go above and beyond to keep our grounds beautiful, but he is a

four-time published author with a story to inspire us all. We love your work Michael and are so happy to have you as part of our team! You can read more about him on [page 7](#).

## Ngātahitanga Pulse Survey for staff, students and contractors to go live on 30 November

The first of three short, sharp Ngātahitanga (team of teams) Pulse Surveys for kaimahi will open on **Wednesday 30 November** and be accessible until Wednesday 14 December.

In line with Pae Ora, we're taking the opportunity to look inward and check our own Mauri Ora – individual wellbeing, Whānau Ora – team/system wellbeing and Wai Ora – work environment.

These surveys allow us to obtain a real-time understanding of employee engagement and are quick and easy to complete. The link to the first survey will be available on Wednesday or you can scan the QR code on the posters that will go up this week. Check the Daily Global email for more details.



## Proposed changes to financial delegations at Te Whatu Ora

A consultation on the changes to develop a common, harmonised approach to delegations across Te Whatu Ora opened for feedback on Friday 25 November and will remain so until 5pm, 16 December. This important policy provides guidance about who can make financial decisions, what they should consider, and how to ensure that decision-makers are protected by providing clear guidance about what is permissible when they spend public funds.

The changes that would occur if the new policy is adopted will not result in any substantive change to your role or responsibilities. Rather, the policy provides guidance and a structure for approaching a function – financial decision making – that is a part of some staff members' duties.

## How to have your say

If you would like to read the discussion document and have your say on the changes proposed, please visit our [new Consultation Hub](#). From here, you'll be able to register to take part in the consultation using our online tool 'What Say You'.

## What Say You lets you:

- › read what's proposed in the discussion document
- › ask questions
- › say what you think about the proposal
- › read previous feedback and take part in interactive discussions within the relevant sections of the document.

# International Day of People with Disabilities

The International Day of People with Disabilities is this Saturday 3 December and aims to promote an understanding of disability issues as well as mobilise support for the dignity, rights and wellbeing of those with disabilities.

It has been estimated that around one third of the people using Te Whatu Ora services have a temporary or permanent disability which can affect their access to treatment and support. You can read about Disability Equity Training, now available on healthLearn, on [page 16](#).

This training aims to ensure that Te Whatu Ora kaimahi understand the health-related needs of disabled people, the Deaf community, and their whānau.



## Regional and District Director roles to end

I announced last week that my current roles as Interim District Director and Interim Regional Director will end on 31 December 2022, and I will move on a temporary basis into a new role as the Interim Lead – Hospital and Specialist Services for Canterbury and West Coast for the month of January.

Expressions of Interest for the period from February until June 2023 are now being sought from within Te Whatu Ora. Anyone interested can find more information [here](#).

Have a great week.  
Kia pai tō koutou rā

*Peter Bramley*  
Interim Regional Director Te Wai Pounamu  
Interim District Director Waitaha Canterbury  
and Te Tai o Poutini West Coast

This new TransAlpine Interim Lead– Hospital and Specialist Services role will report to the soon-to-be-appointed Regional Lead – Hospital and Specialist Services.

Once our Hospital and Specialist Services operating models and organisation design work is completed next year, and roles identified, permanent appointments will be made to positions in the new structure.

I'm around until the end of January and look forward to catching up with as many of you as possible before I depart.



## Webinar to address vaccine hesitancy and disinformation

If you spend any time on social media you will be acutely aware of the growing problem of misinformation and disinformation surrounding vaccines.

Professor of Nursing and Health Policy, the Silverstein Endowed Term Chair in Global Women's Health, and Scientific Director of the Center for Health Incentives and Behavioral Economics at the University of Pennsylvania, Alison Buttenheim, is hosting a webinar to help address these issues.

She will speak directly about behavioural science approaches to addressing vaccine hesitancy and disinformation on **Friday 2 December 2022 from 12.30pm to 1.30pm**.

## To join the vaccine hesitancy webinar

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 422 421 309 671

Passcode: 6rMt9U

[Download Teams](#) | [Join on the web](#)

## Share your Christmas photos

Now that you have started decorating your workspaces and homes, we would love to see your creative efforts. Get out the lights, the tinsel, the inflatable Santa and all your holiday baubles!

This year's Christmas Pānui will be published on 12 December and it would be great to include images of our decorated offices, wards and work areas. If you're particularly proud of your domestic efforts, we would love to see your homes as well.

We will be accepting photo submissions up until 12pm on Thursday 8 December. [Click on this link](#) to share your photo(s). You must do this from your work email address.

If you have any issues accessing this form, please email: [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz)

Can't wait to see your handiwork!



# Quiz – How many?

Test your knowledge of these famous people, places, statistics and events... by the numbers.

**1. How many space missions successfully landed men on the moon?**

- a. One
- b. Three
- c. Six
- d. Eight

**2. How many years did Nelson Mandela spend in prison?**

- a. 19
- b. 27
- c. 31
- d. 33

**3. How many active monthly users are there on Facebook, the world's largest social media platform?**

- a. 1.5 billion
- b. 1.85 billion
- c. 2.25 billion
- d. 2.85 billion

**4. How many complete novels did Jane Austen write?**

- a. Six
- b. Nine
- c. 16
- d. 19

**5. How many times have the All Blacks beaten Australia in 152 Bledisloe Cup rugby tests?**

- a. 99
- b. 108
- c. 116
- d. 131

**6. How many years have the Rolling Stones been together?**

- a. 45
- b. 50
- c. 55
- d. 60

**7. How many litres of ice cream are eaten (per capita) in New Zealand each year?**

- a. 15.7 litres
- b. 24.3 litres
- c. 28.4 litres
- d. 31.1 litres

**8. How many people attended the largest concert performance ever on Copacabana Beach in Brazil, New Year's Eve 1994?**

- a. 3 million
- b. 3.5 million
- c. 4 million
- d. 4.5 million

**9. How many countries are currently in the Commonwealth?**

- a. 54
- b. 55
- c. 56
- d. 57

**10. How many years did New Zealand's longest serving Prime Minister hold the top job?**

- a. 11
- b. 12
- c. 13
- d. 14

[Check your answers on page 21.](#)



# Ā mātou tāngata – Our people

## Plants, books and learning to read

Christchurch Campus Gardener Michael Marquet is a living example of perseverance overcoming obstacles.

Born with a severe language disorder and other learning disabilities, he didn't speak until the age of four and after years of frustration and failure, left school at 15 unable to spell his own name or pronounce many common words.

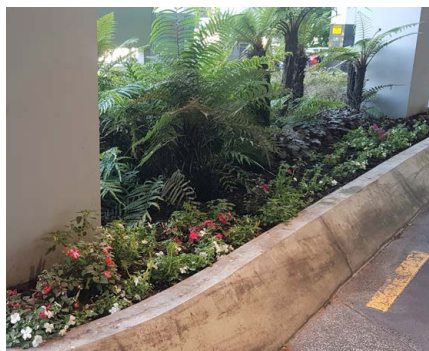
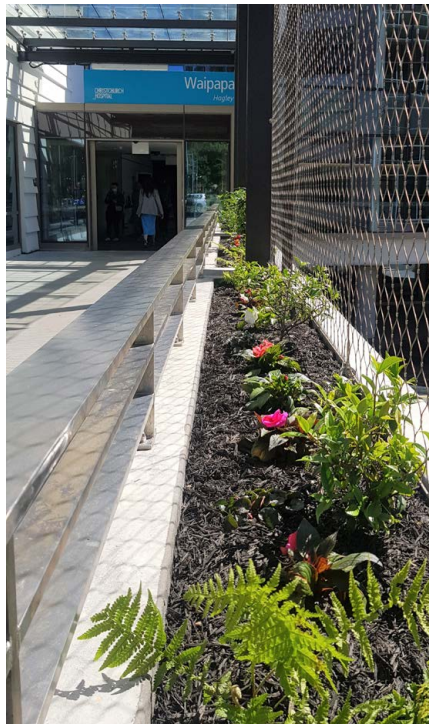
"I was illiterate. I couldn't even fill out a withdrawal slip at the bank. My parents didn't know what to do with me, there was little help available back then," he says.

However, armed with the desire to get his driver's licence and do a horticultural course, he enrolled in free one-to-one tutoring with the Adult Literacy Assistance Programme (now Literacy Aotearoa).

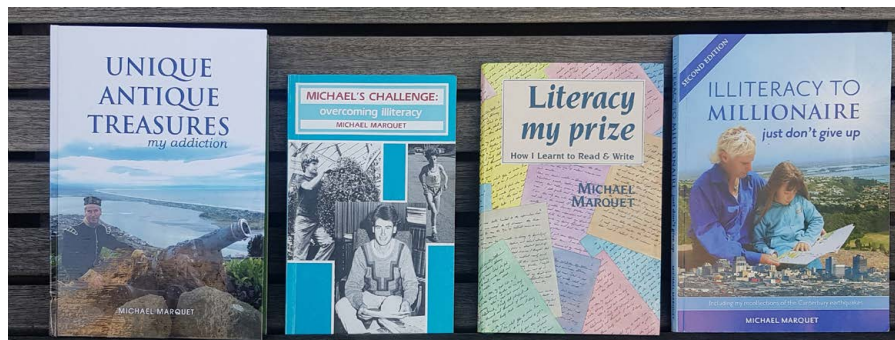
Slowly but surely, Michael's reading and writing significantly improved. He is still on his learning journey today.

"I used to do a lot of running with my father when I was a child, and this is like running a marathon – it takes practice and perseverance," he says.

Michael has gone on to write four books, all by hand. His first, in 1988, 'Michael's challenge: overcoming illiteracy' is the story of his long struggle to learn to read and write. It won a prestigious UNESCO Literacy Award which he travelled to Paris to receive.



Some of the areas around the grounds that Christchurch Campus Gardener Michael Marquet has freshened up with new plants



Books written by Christchurch Campus Gardener Michael Marquet



"I know what it's like to not be able to read and write and I wanted to talk about my own personal experience and inspire and encourage people of all ages that they can achieve their goals and dreams."

In 1991 Michael wrote another book, 'Literacy my prize: how I learnt to read and write'. His third book, in 2011, 'Illiteracy to millionaire, just don't give up' tells the story of how Michael overcame adversity and built up a small property portfolio on low gardener's wages.

His latest book, published in 2019, is 'Unique antique treasures: my addiction', about his love of collecting antiques. Michael's next goal is to write a book on plants.

Last week, Michael, who is responsible for the Christchurch campus grounds and several small Te Whatu Ora Waitaha sites in the central city, was busy pulling out thistles and convolvulus from a garden bed outside the hospital on Oxford Terrace.

He was also planting about 20 yuccas that he propagated himself.

"I had them at home and thought I'd bring them in to add some nice sculpture to the garden beds outside the hospital."

Michael's many recent garden improvements include the planter boxes outside Waipapa where he has placed colourful impatiens (native to Papua New Guinea and the Solomon Islands) and added some *Trachelospermum jasminoides* (Chinese star jasmine) to climb on wire trellis behind them.

"Impatiens are a tropical plant, but they'll do well there because of the warmth from the overhang at the entrance to this part of the hospital," Michael says.

All his jobs since leaving school have been in horticulture and gardening. Before taking up the position at Christchurch Campus earlier this year Michael worked as a gardener for Canterbury Memorial Gardens and Crematorium in Linwood taking care of 15,000 roses.

"I am enjoying working at the hospital, being able to put my own touch on the place and improve it, especially with adding more colour. It gives me a chance to make a beautiful environment for patients, their families and staff to enjoy. I believe it's an important part of healing for the patients too."

Another benefit of this job is it's close to the Botanic Gardens where he used to be employed.

"I can go there after work on a Friday and catch up on my plant names," he says.



Christchurch Campus Gardener Michael Marquet at work



# Providing timely patient care satisfying

If you have ever worked in Christchurch Hospital after hours, you'll know 'Mac' – Clinical Team Coordinator Maureen Maclean.

Well regarded throughout the Christchurch campus, Mac retires from nursing on Friday after 57 years.

Mac trained as an Enrolled Nurse in Mearns Kirk (Glasgow) in 1965. She worked at Stobhill Hospital, the largest training hospital in Scotland at the time, to complete her Registered General Nurse training.

Mac became the first senior sister to amalgamate and run two surgical wards to create a 56-bed General Surgical ward in Stobhill. She moved to England in 1980 with her family, which included two toddlers, where she ran Cirencester Hospital, a small acute hospital known to be frequented by the Royal Family.

In 1990 when Prince Charles broke his arm in a polo accident, Mac had the privilege of nursing him, meeting his then wife Princess Diana, and talking on the phone to his mother, Her Majesty Queen Elizabeth.

Mac moved to Christchurch in 2004 where she was a staff nurse in Ward 23, then Ward 24, to help with setting up the Acute Medical Assessment Unit. The Clinical Team Coordinator (CTC) role was created in 2008 and Mac started on a casual basis before taking on a permanent position.

She says her favourite thing about the role is the autonomy.

"Working as a team with the nurses and doctors and other CTC colleagues to provide timely patient care gives me great satisfaction.



Clinical Team Coordinator Mac Maclean

There is never a dull moment, you are always in the thick of it and never know what is going to happen next, it is completely unpredictable but satisfying.

"I enjoy supporting and guiding both nurses and doctors when needed and being of assistance."

Her advice for a future CTC is:

"One of the most important things in nursing is you need to enjoy helping people and need to respect one another, it is a caring profession. We all do things differently but always remember, we need to show respect for one another."

Mac says she has loved being a nurse and wouldn't change her profession for anything. In her retirement she plans to return to Scotland to visit her grandsons and she is considering returning to playing badminton and getting a dog.

There is a farewell afternoon tea for Mac at the Great Escape café at 2pm on Friday 2 December.

# Building connections and sharing innovations towards a Smokefree Aotearoa 2025

Members of Canterbury's Te Hā - Waitaha - Smokefree Support team visited Nelson recently for refresher training to help them stay up to date on the latest information about how best to support people attempting to go SmokeFree.

Over the two-day National Training Service (NTS) course, a whanaungatanga (relationship) was built between kaimahi from Canterbury, West Coast, Nelson/ Marlborough and Hawke's Bay.

"It has been a long time since Smokefree kaimahi from outside the district have been able to get together, so building relationships and sharing innovations with others was just as valuable as the course learnings" says Smokefree Kaiwhakahaere (manager) Hayley Cooper.

"We're all still buzzing from the richness of the connection with our regional as well as North Island colleagues and there has been a lot more sharing between us since the hui."

The kaupapa (idea/action) over the two days was passionate and all about Auahi kore (Smokefree) and how we can work together better to achieve Smokefree Aotearoa 2025. Day one was a refresher covering everything from myths, nicotine replacement therapy and vaping. Day two was on group-based therapy and how sessions can be run with larger groups of people who are wanting to go Smokefree.

Stop Smoking Practitioner Ella Newey says it was a valuable experience.

"Not only did it update my knowledge on all things Smokefree and working within the community, it also helped to improve my connection with other kaimahi.

"I got to learn more about my colleagues and their mahi and we all got to connect with other regions and hear about what they do and their passions in the area of Smokefree".



Smokefree staff from around the country at the recent training in Nelson



# Meet my pet

## Chuckles, Fern, and Willaby

---

### **Barred Rock Chickens, a few months old**

Our tiny flock of hens joined our backyard about a month ago and have already provided lots of laughs, eggs and... poop. Chickens poop a LOT. Thankfully it makes good fertilizer for the garden! Each hen lays an egg every day or two, so we won't have to buy eggs any more, but most importantly, we have three new beloved pets to keep us entertained with their surprisingly big personalities!

**Leslie Anderson, Forensic Pathologist**



## Digby Doggo and Fergus the Ferginator

---

### **Cavoodle (Digby), 20 months old and Oriental Cat (Fergus) 27 months old**

*Digby has a blog on Facebook: 'Der True Aventuras of Supr Secrit Agent Doggo Digby'. He likes walks in the rain, walks in the sun, walks at night, and in the day. He'd prefer to walk than eat. He is a professional pre-wash cycle installation, ensuring that all plates are licked clean before the dishwasher is put on.*

*Fergus has three legs, thanks to an unfortunate tangle with a large car on a busy road and he rules the house. He once broke into a neighbour's house and ate the entire contents of their gravity feeder (which held a week's worth of their cat's food).*

**Dr Lloyd Carpenter, Kaiwhakaako (Educator – Māori and Equity), Equity Team, People and Capability**





## Greta and Misty

**German Shepherd (Greta) almost 8 years old and Blue Tortoiseshell Cat (Misty) 5 years old**

We got Greta in the UK and transported her back to New Zealand when she was about three. Her flights were way more expensive than ours. She is the best dog ever, so placid, even the vet said she is the best German Shepherd they've treated. Misty rules of course and takes over Greta's bed. I wouldn't be without my fur babies.

**Karyn Marshall, Chronic Kidney Disease Nurse Coordinator**

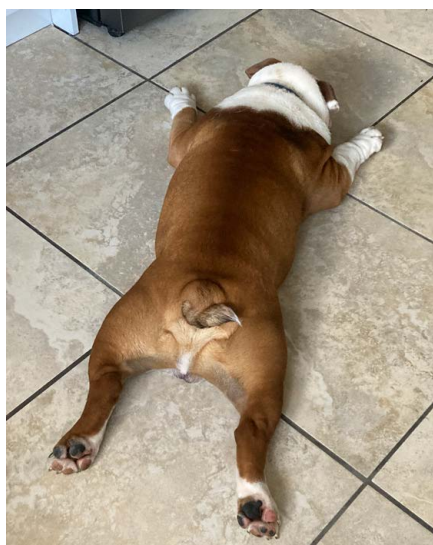


## Governor (aka 'Gov')

**English Bulldog, 18 months old**

The saying "as stubborn as a bulldog" is a real thing, Gov loves a cuddle, bottom scratch and a van ride with Dad. He dislikes wearing his harness on walks and cannot walk for more than 30 minutes before laying down on cold kitchen tiles, splayed like a turkey.

**Shelley Higgins, Charge Nurse Manager, Kennedy Detoxification Unit**



## Leo

**Shih Tzu, 4 years old**

My dog Leo thinks he is a human. He loves long walks on the beach and really likes chicken nuggets. He will sit and guard his nugget for hours on end. Everyone needs a Leo in their life.

**Jo Bills, Hospital Aide**



Due to overwhelming interest, we can't accept any more 'meet my pet' submissions. All pet introductions already received will feature in upcoming pānui.



# Te Reo Māori Akoranga #12 – Lesson #12

## Everyday Words and Phrases

**E te tī, e te tā, tēnā koutou.**

**Greetings to you who are from all over the place.**

This lesson is going to focus on some everyday words and phrases that we can begin to incorporate into our everyday conversations.

Āe	Yes
Kāo	No
Tēnā pea	Maybe/perhaps
Ko wai tō ingoa?	What is your name?
Ko _____ tōku ingoa, or	My name is _____
Ko _____ ahau	Im _____
Nō hea koe?	Where are you from?
Nō _____ ahau	I am from _____
Kei te pēhea koe?	How are you (1 person)?
Kei te pēhea kōrua?	How are you (2 people)?
Kei te pēhea koutou?	How are you (3 or more)?
Kei te pai ahau.	I am fine/good.
Kei te ora ahau.	I am well.
Kei te ngenge ahau.	I am tired.
Kei te hōhā ahau.	I am bored/over it.
Kei te māuiui ahau.	I am sick.

### He Whakapātaritari – A Challenge

Find a buddy in your work area and practice your conversational skills together by asking and answering some of these questions. I imagine we have all become very familiar with the feelings of being ngenge and a bit hōhā of late. Instead of answering questions with simply “yes” or “no”, try “āe” or “kāo”. If you add a nod or a shake of the head as you speak, you likely will not even need to translate.

**E mihi ana ki a koutou, mā tātou katoa te reo e whakapakari.**

**Thank you, together, we will all strengthen the language.**

If you have any questions or feedback, please make contact via the email below.

[Hauora.Maori@cdhb.health.nz](mailto:Hauora.Maori@cdhb.health.nz)

### I mōhio rānei koe? Did you know?

On 29 November 1949 Iriaka Matiu Rātana became the first wahine Māori (Māori woman) Member of Parliament (MP).



Also, on 29 November but in 1998, Ngāi Tahu received a formal apology from the Crown as part of the Deed of Settlement which sought to address the injustices that had been suffered by the iwi at the hands of the Crown.



# One minute with... **Riana Chemaly,** **Administration Team Leader, Child Health**

## **What does your job involve?**

I happily look after the administration staff, as well as the administrative functions for Child Health. There are many different services under the one umbrella of Child Health. These include Paediatric Outpatients, Children's Day Stay, the Child Development Service – Christchurch, Children's Emergency Centre, Tiaki Whānau, Neonatal and Children's Haematology Oncology Centre (CHOC). As the Administration Team Leader, I provide support to the Child Health Service Manager, Chief of Child Health, clinical directors and many other managers. I also provide leadership for the Child Health Administration staff team by ensuring all administrative work is prioritised, allocated and completed to required standards and within agreed timeframes.

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

To be a good listener, be creative, resourceful and to lead by example. Have lots of dedication, patience, determination and a vision for your service with a can-do attitude.

## **Who inspires you and why?**

Nelson Mandela. Madiba, as we South Africans refer to him, was an iconic leader. He provided inspiration and hope to many in the way he lived his life and the way he led his country. The leadership he believed in, and has taught me, is to have passion, adapt your strategies and tactics, but remain faithful to the cause. Change can be difficult and messy but is almost always possible and starts from the inside.

Mandela said: "Together we will work to support courage where there is fear, foster agreement where there is conflict and inspire hope where there is despair."

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

To always be respectful to others in the way you treat them and to have integrity in everything that you do as well as taking responsibility as a manager for your own mistakes and showing humility and having empathy towards others.



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

South Africa, visiting my friends and family I haven't seen in seven years.

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

Dakota Johnson.

## **What are your hobbies/interests outside of work?**

I love spending quality time with my family. My hobbies are reading, doing my own nails, creating mosaic art pieces and a variety of art projects for the garden and painting them.

 **2023 PUBLIC HEALTH  
SUMMER SCHOOL**



W E L L I N G T O N



# Whakamihi – Bouquets



## **Children's Health Services, Christchurch Hospital**

The nurses and doctors are so hospitable and explained the process very well. Put my boy at ease. Thank you so much!

## **Ward B4, Christchurch Hospital**

Thank you for the excellent care of Mum. Facilities and staff are top notch. Our mother was very well cared for.

## **Ward 12, Cardiology, Christchurch Hospital**

I was admitted to Ward 12 from the Chatham Islands and would like to pass on my sincere gratitude to the doctors and nurses in the Cardiology team, in Ward 12 and the follow-up care team. I was impressed with the professionalism of the whole team. I want you all to know that I have made some life changes for the better and am determined that the work you put in to my health and care was not in vain. Again, thank you.

## **Gynaecology Ward, Christchurch Women's Hospital**

Maree is so lovely. All the people are so lovely. Jill Lamb is awesome. Really appreciate everyone and all their support.

## **Rangiora Community Maternity Unit**

As a grandmother I would like to say how outstanding Rangiora Maternity is. Very welcoming and caring staff, in particular, Suzanne, Anna, Gill, Eve, and Rachel. They provide the very necessary care to mothers and babies in a caring and professional way. The midwives are so calm, reassuring and even help with bathing the baby. Nicky is an excellent chef, the food looked lovely. Rangiora Hospital is amazing.

## **Christchurch Hospital**

I wish to thank most sincerely the doctors and nurses who attended to me on my recent visit. We are blessed with our doctors and nurses who work so hard and put in so much attention, time and loving care towards their patients. Bless you all.

## **Ward A7, Christchurch Hospital**

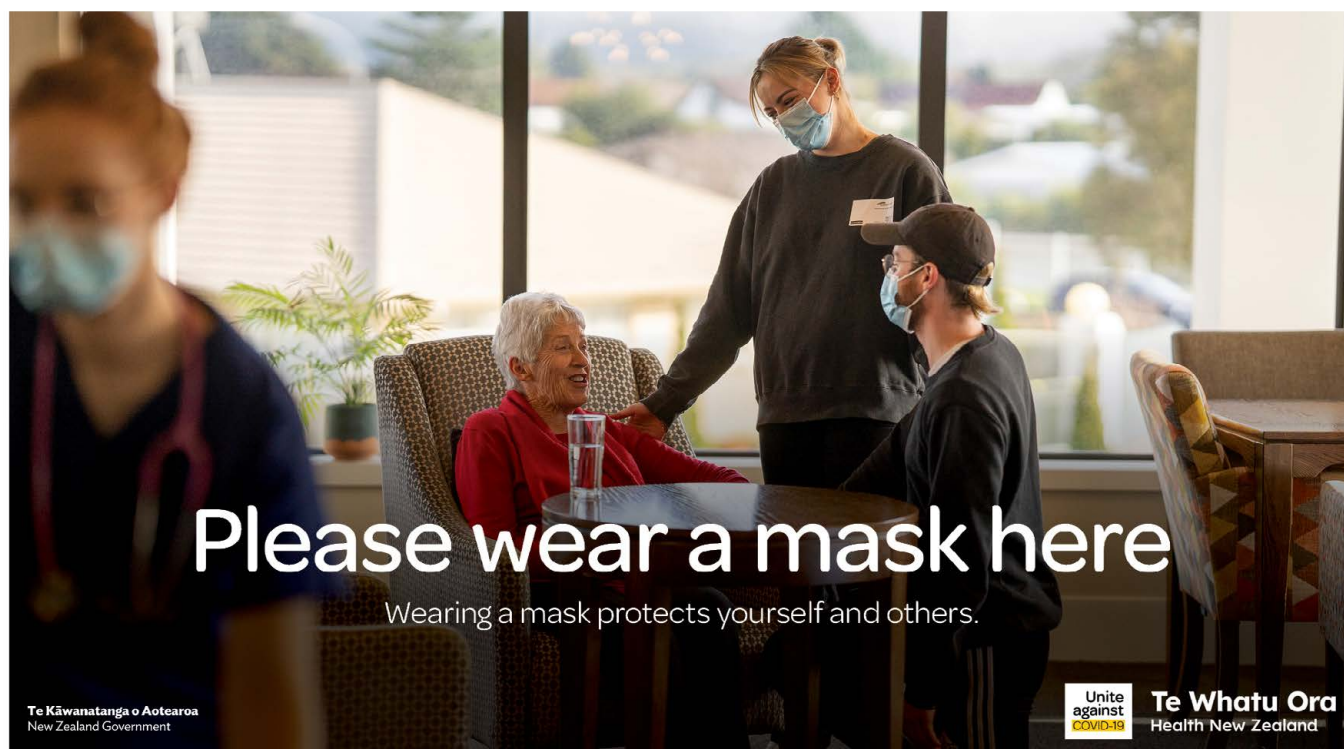
A huge thank you to all the nurses, doctors and all staff on Ward A7. You all have been wonderful in treating and looking after my son over the last two weeks in what has been a difficult time for my family outside of hospital as well. The level of care and attention to detail of all the staff is amazing and even though no-one wishes to have a stay in hospital, it has been a rather special time for my son and myself. Thank you.

### **Emergency Department (ED) and Surgical Assessment and Review Area (SARA), Christchurch Hospital**

Driving Mum to ED I was not at all looking forward to the likelihood of a very, very, long wait and Mum was uncomfortable sitting, so in my mind I was planning for the worst. We arrived, and the waiting room was very full, confirming my worries. I went up to the triage desk and the nurse there noted that Mum looked uncomfortable. Within 10 minutes we were through the doors and into a cubicle. Mum had a doctor visit and was off for X-rays within 45 minutes. The staff were constantly updating us and checking in. I was pretty impressed by this stage and very grateful.

A while later Mum was off for a CT scan and about an hour later it was confirmed that surgery was needed. Off we went to SARA with the same orderly – Sammi – who had taken Mum on all her transfers, so Mum felt safe. She was quickly seen in SARA and everything was explained. All the staff were just divine, no one rushed us or made us feel that we were just another patient on a busy day, which I'm sure it was.

Thank you everyone from triaging to waking up in a much better space. We are more than aware of how hard you all work and how it's relentless. We just wanted to say how grateful we were and are. For all the people who may not be kind or grateful for what you do, we hope that you know that we certainly were, and I have no idea how you manage that pressure on a daily basis.





# Ā mātou kōrero – Our stories

## Celebrating International Day of People with Disabilities 2022

International Day of People with Disabilities (3 December) is hosted annually by the United Nations to encourage employers and business leaders to value the unique contributions of disabled people.

This day recognises visible and invisible disabilities and promotes inclusivity in life and the workplace.

This year's theme is *'Transformative solutions for inclusive development: the role of innovation in fuelling an accessible and equitable world'*.

According to the New Zealand Disability Strategy, disabled people can include those with permanent impairments, impairments resulting from long or short-term injury or illness, the Deaf community, and those with a learning disability, neurodiversity, mental health conditions, and hidden impairments.

These disabilities often last for six months or more and people can be 'disabled by their environment' through inaccessible information, communication, physical access, and attitudes.

According to Stats NZ, approximately 25 percent of the New Zealand population live with a disability or disabilities and at least one-third of people using Te Whatu Ora services have an impairment. Disabled people and their whānau who access the health system often face barriers to the services they receive.

In line with this, the Transalpine Health and Disability Action Plan 2020–2030 has been developed to improve the experience of the health system for disabled people and their whānau. The Waitaha Canterbury Disability Steering Group believes that Disability Equity Training is a key action within this plan.

More than 1200 Te Whatu Ora kaimahi (staff) across the Southern region have completed the Disability Equity Training developed by the Capital and Coast Disability Strategy Team and our Waitaha whānau are encouraged to do the same.



INTERNATIONAL DAY OF  
PEOPLE WITH DISABILITIES

This training aims to ensure that staff understand the health-related needs of disabled people, the Deaf community, and their whānau says Independent Chair of the Disability Steering Group Grant Cleland.

"It will also assist you in understanding your obligations under the Human Rights Act, Health and Safety Act, and the Health and Disability Sector Standards."

The module is already available in [HealthLearn](#) for staff and takes 30 minutes to complete," says Te Whatu Ora Waitaha Senior Advisor – Disability Communications Engagement, Paul Barclay.

The Steering Group is keen for this training to be mandatory for all clinical and allied health kaimahi in primary and secondary healthcare settings since they frequently interact with disabled people and their whānau. Reception, administration and other support staff would also benefit from it.

There may be more specific disability-related training offered in the future as a follow-up. More of our kaimahi completing this training and building their 'disability confidence' is one way to show our commitment to the disability and Deaf community and celebrate International Day of People with Disabilities.

# Christmas gift drive for Ranui

Te Whatu Ora Waitaha Youth Advisory Council (YAC) is giving back to the community this Christmas and hope that you may be able to help out!

YAC is running a Christmas gift drive for Ranui House – a wonderful organisation that provides a home away from home for individuals and their whānau who are undergoing treatment for cancer, accidents, or life-threatening illnesses.

YAC is asking the community to help by dropping off brand new donations to collection points across the city so that they can bring some Christmas cheer to the young people and their whānau who will be at Ranui House this Christmas.

***All donations must be received at the collection points by Thursday 15 December.***

There are various donation points currently being set up across the city. Keep an eye on the updated post on YAC's social media (Facebook: [Te Whatu Ora Waitaha Youth Advisory Council](#) & Instagram: [@tewhatuorawaitahayac](#)) for a collection point near you!



Current list of collection points:

- › Paediatric Outpatients, Lower Ground Floor, Christchurch Hospital. Ask for our staff rep Nikki who will happily receive donations
- › Flowers By Jasmine/Booteek, 266 St Asaph Street, Christchurch Central City/Switch New Brighton, 7/78 Brighton Mall, New Brighton
- › The Waiting Room Cafe, 30 Lincoln Road, Spreydon
- › Saturdays, 195 Marine Parade, New Brighton
- › CodeBreakers, 166 St Asaph Street, Christchurch Central City
- › Connect Chiropractic, 6/1105 Ferry Road, Ferrymead.

YAC is still in need of more collection points so if you know of any local businesses/workplaces that would like to host a public collection point, or you would like to collect donations internally as a team, please get in touch with YAC's Chairperson Chelsea Skinner at [cdhbyouth@gmail.com](mailto:cdhbyouth@gmail.com).

See the notice on [page 21](#) for more details.



# Volunteers donate chairs

Patients and visitors to Parkside Ground Medical ward in Christchurch Hospital will benefit from some comfortable new chairs donated by our dedicated volunteers.

Christchurch Hospital Volunteers recently funded 13 of the chairs to be used at the bedside. The chairs are height adjustable making them great for those with long legs or not so long legs!



# White Ribbon Day

Family Protection Specialist Diane Ries at a table set up in Waipapa to promote White Ribbon Day last Friday.

White Ribbon Day on Friday 25 November is the United Nations International Day for the elimination of violence against women.

Diane had free resources to give away as well as a prize draw gift basket and cake. There was great support by the community and staff and the white ribbons could be seen throughout the hospital. Diane is looking forward to the event next year and hopes to bring even more awareness to the day.



# 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 offers for you.



**The Frontrunner Colombo** – Shop 4a, The Colombo, 363 Colombo St. Sydenham, Christchurch

Get 10 percent off full priced and sale priced items instore and online – show your staff ID instore to redeem. Visit [Something For you](#) page to get the discount code for the [online store](#).



**Macpac** – Christchurch Central, Riccarton, Tower Junction, Northlands, Hornby

Get 30 percent off Macpac branded items (sale items with less than 30 percent discount will be bumped up to 30 percent) – show your staff ID instore to redeem.



**Issue Clothing**

Get 15 percent off full priced items. Visit the [Something For you](#) page to get the discount code for the [online store](#). Please contact them at [info@issueclothing.com](mailto:info@issueclothing.com) if you have any questions.



**Kjole Style** – 6/7 Conical Hill Road, Hanmer Springs 7334

Get 15 percent off full priced and sale priced items instore and online – show your staff ID instore to redeem. Visit the [Something For you](#) page to get the discount code for the [online store](#).



**Quick Fit Alterations** – 220 Westfield Riccarton Mall Christchurch

Receive 15 percent off for all alterations and an exclusive price of \$18 for trousers and skirts shortening. Note this is not just for work uniforms. To claim for all alterations you need, show your staff ID instore to redeem. Contact information – 03 348 4924/ 021 02279418.



**Mia & Co.**

Get 15 percent off all items. Visit the [Something For you](#) page to get the discount code for the [online store here](#). If you have any questions you can contact the owners at [miaandco@gmail.com](mailto:miaandco@gmail.com).





## CCN Leadership Team key messages

Please use [this link](#) to read the key messages from the recent CCN Leadership Team meeting.

### QUIZ ANSWERS – How many?

- |   |   |
|---|---|
| 1. c. six   | 7. c. 28.4 litres (New Zealanders consume more ice cream per capita than any other nation on earth) |
| 2. b. 27  | 8. b. 3.5 million (it was a Rod Stewart concert)  |
| 3. d. 2.85 billion  | 9. a. 54  |
| 4. a. six   | 10. c. 13 (Richard Seddon who was PM between 1883 and 1906 when he died in office)                  |
| 5. b. 108 out of 152 (Australia won 37 of those tests and seven were drawn) |   |
| 6. d. 60 (the band formed in 1962)  |   |





WELLINGTON

## A healthier community. A better tomorrow.

Offering 15 short courses to build your knowledge and skills.

**7-17 February 2023**  
**Wellington, New Zealand**  
[otago.ac.nz/uowsummerschool](https://otago.ac.nz/uowsummerschool)



## ✦ Christmas Gift Drive for Ranui ✦

Ranui provide a home away from home for young people & their whānau who are undergoing lifesaving treatment for cancer, accidents, and life-threatening illnesses

Help Te Whatu Ora Waitaha Youth Advisory Council spread some christmas cheer by donating gifts directly for these young people & their whānau who are there this christmas.

Donations could include books, colouring in pencils, craft kits, puzzles, games, food such as crackers, chips, treats such as box of chocolates or biscuits, toiletries, distraction toys/items etc.

Items must be brand new and donated by Thursday 15th December

Items can be dropped off to various collection points across the city. Head to our social media pages: Te Whatu Ora Waitaha Youth Advisory Council to find a collection point near you!

If you have any questions or would like to host a collection point yourself, please contact us at [cdhbyouth@gmail.com](mailto:cdhbyouth@gmail.com)





# Christmas card making with Te Whatu Ora Waitaha Youth Advisory Council

We know this time of year can be hard for many, including our older generation.

Te Whatu Ora Waitaha Youth Advisory Council (YAC) is bringing back its annual Christmas card making event for our older generation here in Waitaha Canterbury. YAC has partnered with Age Concern Canterbury to distribute the cards made at this event to their clients in the community.

Come and join the team this **Tuesday 25th November, 5:30pm-8pm** at Understorey by the Green Lab, The Welder, 20-26 Welles Street to make Christmas cards.

Come whenever you can and stay as long as you want. The event is free, and all Christmas card materials are provided.

Everyone is welcome so invite your whānau and friends to come along!

To keep up to date with this event, make sure you click "interested" or "going" on the Facebook event: [www.fb.me/e/3XX8JkaVI](https://www.fb.me/e/3XX8JkaVI)

