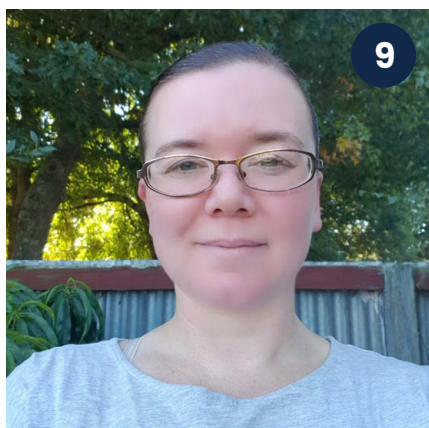


Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



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Cover photo: It's vaccination season! Influenza, the new bivalent COVID-19 booster, pertussis (whooping cough) and measles, mumps and rubella (MMR). Don't miss your opportunity to protect yourself, your whānau and your community.

Kupu Arataki – Introduction

First staff flu vaccinations from tomorrow

The free staff flu vaccination clinics start from tomorrow. The cold snap in recent days, and the sniffles and coughs we're hearing in the corridors are a stark reminder of what we dealt with in 2022. Let's not have a repeat of last winter!

The influenza vaccine is the best way to protect you from contracting the flu and if you do, you will be less likely to spread it or experience severe symptoms. It also serves to protect your whānau, community, colleagues and the people we care for.

The flu is not a cold. It is a serious illness that can lead to complication, hospitalisation and even death. The most vulnerable include:

- › Young children and infants
- › People aged over 65 years
- › Pregnant women and their unborn babies
- › People with certain pre-existing conditions
- › Māori and Pacific people aged 55 and over.



You may not be high risk but someone you know, love, work with, or treat will be.

For more information on the flu vaccine and to find your nearest staff vaccination clinic, [check out PRISM here](#).

Keep up to date with your vaccinations.



COVID-19 bivalent booster now available to eligible people aged over 30

The new bivalent vaccine has replaced the existing Pfizer COVID-19 vaccine for boosters. The vaccines used for the primary vaccination course will continue to be the original Pfizer COVID-19 vaccine or the Novavax vaccine.

The bivalent vaccine causes the immune system to create antibodies against both the original variant of SARS-CoV-2 and Omicron subvariants and is therefore likely to provide better protection.

The additional COVID-19 booster dose is now available for:

- › anyone aged 30 and over who has completed a primary course, as long as it's been at least six months since your last COVID-19 vaccine or positive COVID-19 test
- › anyone at increased risk of severe illness from COVID-19 who has completed a primary course, as long as it's been at least six months since your last COVID-19 booster or positive COVID-19 test.

High-risk groups include:

- › people aged 65 years and over
- › Māori and Pacific peoples aged 50 years and over
- › residents of aged care and disability care facilities
- › severely immunocompromised people
- › people aged 16 years and over who have a medical condition that increases the risk of severe breakthrough COVID-19 illness
- › people aged 16 years and over who live with disability with significant or complex health needs or multiple comorbidities.

Staying up to date with the recommended COVID-19 vaccinations will continue to help protect you from the risk of serious illness, hospitalisation or death from COVID-19.

You can book your COVID-19 vaccine or booster at www.BookMyVaccine.nz or by calling the COVID Vaccination Healthline on 0800 28 29 26 (8am to 8pm, 7 days a week).

New te reo name for the Health Quality & Safety Commission

The Health Quality & Safety Commission (HQSC) has a new te reo Māori name - Te Tāhū Hauora.

The change is to fit the current context of the reformed health system and aligns with other health organisations as they respond to changes in work focus and priorities.

The new te reo name and updated logo reflect how HQSC sees itself as an organisation, its commitment to being a Te Tiriti partnership organisation and the work it does in quality improvement and safety across the health sector. Effective immediately the te reo name will appear first in documents and descriptions.

To explain the whakapapa of the new name, and tohu in the logo, the tāhū is the ridge pole in a whareniui (communal house), which provides strength and protection to those inside. Like the tāhū, the Commission is at the centre of quality and safety in health.

The heke are the rafters that uphold the tāhū and secure it in place. The heke represent the values, mission and priorities of the Commission and the enactment of Te Tiriti o Waitangi through Māori and Crown relations.

The niho taniwha relate to the protection that the tāhū and heke create for the people. This is represented by the distinct triangle in the centre at the bottom. The darker triangles in the niho taniwha represent key facets of the Commission's work including leadership, relationships, partnerships, facilitation, knowledge and information.



Te Tāhū Hauora
Health Quality & Safety
Commission

World Autism Awareness Day

Yesterday, 2 April, was World Autism Awareness Day, which kicked off World Autism Month.

According to a 2020 study, Autism is estimated to be present in one in 54 people. It is not a mental illness, but a neurological difference - one of many variations of neurodiversity.

Every autistic person is unique, with a wide range of skills, qualities, interests, and personality styles. The level of support required is also highly individual. This variability is due to the fact that autism is not a single condition but a cluster of underlying neurological differences that are present in varying combinations in each person. The behaviour and needs related to these differences share common themes but manifest in different ways for each individual.

Autism is considered an invisible disability since challenges and difficulties are often not immediately apparent. There are no visible physical markers. The cognitive differences associated with autism may also contribute to specific skills such as superior visual memory, attention to detail, and pattern recognition.



Learn more on the [Autism New Zealand website](#).

Getting the most out of your GP appointment

The Te Whatu Ora Waitaha Youth Advisory Council (YAC) has produced a short video to help guide young people through getting the most out of their general practice (GP) appointment.

YAC Chairperson Chelsea Skinner said the group had been approached by Listening to Families which provides free video resources that answer real, everyday questions about health challenges facing our community, particularly our children, young people and their whānau.

“YAC was asked to help create a resource answering the everyday questions about what to expect when going to see a GP, such as costs, how to make an appointment and how to bring up tricky subjects. It’s meant to give young people more knowledge on making the most of their GP



appointment, particularly since they are usually only 15 minutes long. Hopefully it’s preparing rangatahi and equipping them with helpful information”, says Chelsea.

[You can watch the video here.](#)

University of Canterbury celebrates 150 years (1873 – 2023)



2023 marks the 150th birthday of the University of Canterbury (UC). Many of our Te Whatu Ora whānau here in Waitaha Canterbury and across the country, are alumni of the university and may be joining in the celebrations that are taking place throughout the year.

The [150 years of UC website](#) profiles the university's history, alumni stories, events to mark the 150th birthday and more. There's also a [video with UC highlights over the years](#). More content, including merchandise, will be added.

Tomorrow, Tuesday 4 April, graduating students from the University of Canterbury will celebrate with a parade in Christchurch between 10 and 10.45am.

The parade will assemble in Hack Circle on the corner of Cashel and High Streets, and will proceed along Cashel Street, Oxford Terrace and into Victoria Square.

A full traffic management plan will be in operation. There will be no road closures, but there will be a stop/go in place at Colombo Street, Hereford Street and Armagh Street to help participants across these streets.

The procession will be led by the New Zealand Army Band with approximately 400–600 participants. You're invited to line the streets to cheer the graduates on as they pass by. It would be a wonderful way to celebrate their achievements and add a celebratory atmosphere to the central city.

See the [map of the parade route here](#).

Important pertussis (whooping cough) reminder

Te Whatu Ora is encouraging healthcare providers and professionals, as well as parents, whānau and caregivers, to be alert to the symptoms of whooping cough and to encourage immunisation due to concerns about potential underlying community spread.

Protect your pēpi
from
Whooping Cough

Te Whatu Ora
Health New Zealand

Te Aka Whai Ora
Māori Health Authority



Tamariki, their whānau and caregivers, as well as pregnant people, should all be immunised against the illness. This comes following the recent tragic deaths of two tamariki from whooping cough.

In New Zealand the first infant vaccination opportunity is the six-weeks immunisation event. This means un-immunised infants and those under six weeks old are most vulnerable to pertussis. Increasing antenatal pertussis vaccination provides protection for newborns too young to be immunised.

Free antenatal pertussis vaccination, with Boostrix, is available from general practices and also through

many pharmacies across New Zealand. It can be given from the second trimester of every pregnancy and is recommended to have from 16 weeks of pregnancy, but at least two weeks before birth.

Pertussis is serious in very young children – during the last outbreak from October 2017 to May 2019, 50 percent of children with pertussis, who were aged under one-year-old, required hospitalisation.

Healthcare providers should consider pertussis as a possible alternative diagnosis, particularly in babies under three months with respiratory illness who may not present with the characteristic whoop.

Bake sale raises \$1860 for the Cancer Society

A bake sale to support Relay for Life | Te Ara Toiora fundraising for the Cancer Society was held by the Resident Doctors Support Team (RDST) last Friday.

Organised by Administrators Natasha Luiters and Lisa Phillips, and Coordinators Maree Casey and Annetta Walker, the bake sale was supported by RDST and Medical Education Training Unit staff.

"We wanted to create a team for Relay for Life as the cause is very close to our hearts with most having lost family members or with family currently going through cancer treatment", says Annetta.

The \$1860 raised will go towards the growing national tally. You can learn more about [Relay for Life here](https://relayforlife.org.nz/absolutelydotty), or donate at <https://relayforlife.org.nz/absolutelydotty>.

Ka pai team!



The baked goodies proved to be popular



From left, RDSRT Coordinators Annetta Walker and Maree Casey

Protecting your pēpi from **Whooping Cough** starts during pregnancy

Te Whatu Ora Health New Zealand **Te Aka Whai Ora** Māori Health Authority

Quiz – Great British comedies

The UK has produced some of the funniest television of all time. How much do you know (or remember) about these classics?

1. Blackadder is a series of four period sitcoms that originally aired between 1983 and 1989. Edmund Blackadder, played by Rowan Atkinson, was the star but who was his ever-loyal sidekick in each series?

- a. Lord Melchett
- b. Nursie
- c. Baldrick
- d. Prince George

2. How many episodes of Fawlty Towers were made?

- a. Six
- b. 12
- c. 16
- d. 24

3. The Vicar of Dibley had a lot of quirky characters. What was Letitia Cropley well known for?

- a. Her poor driving skills
- b. Keeping more than 20 cats
- c. Her terrible cooking
- d. Her heavy smoking

4. What was Rodney and Del Boy's relationship in Only Fools and Horses?

- a. Father and son
- b. Cousins
- c. Friends
- d. Brothers

5. Where is the sitcom Porridge set?

- a. In a factory
- b. In a prison
- c. In a boarding school
- d. In a supermarket

6. Michael Crawford who starred in The Phantom of the Opera on the West End and Broadway, got his start in which comedy series?

- a. Dad's Army
- b. Are You Being Served?
- c. Some Mothers Do 'Ave 'Em
- d. Yes, Minister

7. What is Edina's job in Absolutely Fabulous?

- a. She owns a PR firm
- b. She is a magazine editor
- c. She is a fashion buyer
- d. She doesn't work

8. In The Office, David Brent tries his hand at motivational speaking and it is truly awful! What song does he play for the participants as he exits?

- a. Eye of the tiger
- b. We are the champions
- c. I am woman
- d. Simply the best

9. Who are Mike, Neil, Rick and Vyvyan?

- a. Holiday camp staff
- b. University students sharing a house
- c. Royal Artillery Concert Party performers
- d. Police officers

10. Where is the TV comedy The Royle Family mostly set?

- a. In the family's kitchen
- b. In a restaurant
- c. In the family's living room
- d. In Buckingham Palace

[Check your answers on page 19](#)

Care of older adults the focus for new Nurse Practitioner

Helping older adults remain in their own homes with good support for as long as possible is one of newly qualified Nurse Practitioner (NP) Amanda Van Asperen's main aims.

Amanda has just completed six years of post-graduate training to become Ashburton Hospital's first locally trained NP. She specialises in Gerontology (the care of older adults).

Working in both inpatient and outpatient facilities in Ashburton, Amanda is passionate about the care of older adults, particularly those with dementia.

"I'd always thought I would end up specialising in an area such as intensive care or paediatrics, but I have found working with older adults intriguing because their medical issues are complex. I am particularly interested in the field of dementia.

"Early diagnosis of dementia is very important in order to get the right support put in place. If that doesn't happen and the person continues to deteriorate it can end up reaching crisis point and they end up in hospital.

"I hope to help make that a less frequent occurrence, working closely with our geriatricians in Christchurch to get specialised input a lot quicker and by assisting with dementia diagnosis and dementia pathways," she says.

NPs/Mātanga tapuhi are highly skilled health practitioners

with advanced education (a minimum of a master's degree), clinical training and experience. They have demonstrated clinical competence and have the legal authority to practice as an independent healthcare provider.

Amanda began her nursing training in 2001 in Christchurch and came to Ashburton Hospital as a new graduate in 2004. She initially worked in Ward 3, which was a surgical ward at the time, before moving to Ward 1, an acute medical and palliative care unit.

She was there for 10 years and completed her expert Professional Development and Recognition Programme before stepping up as Acting Charge Nurse Manager when required. While in Ward 1 she also completed her post-graduate certificate in High Acuity Nursing.

In 2015 Amanda took on a Nurse Educator role and completed her post-graduate diploma and Master of Health Science during this time. In 2020 she became Gerontology Clinical Nurse Specialist as part of Ashburton Hospital's Nurse Practitioner programme.

This pathway saw Amanda complete a Certificate of Proficiency prior to starting the Nurse Practitioner training programme through the University of Otago. While completing this she was supported in writing a research article based on her Master's,



Nurse Practitioner Amanda Van Asperen

which has just recently been published in 'Focus on Health Professional Education', Vol 24.1

Nurse Manager, Integration, Ashburton Julie Broker says it is impressive that Amanda has completed all this while being a busy mum of two.

"Amanda credits her achievement to her family, clinical supervisors and management team at Ashburton Hospital who have supported her in this journey. We are very proud of Amanda's achievements and celebrate her journey to Nurse Practitioner.

"We look forward to Amanda's ongoing developments as an NP and to her contributions to older person's health across our communities. Ka mau te wehi (awesome/fantastic)!"

Amanda says she is very appreciative that Ashburton Hospital has allowed her to work her way from Registered Nurse to an NP.

"It's a real privilege, and the amount of support I've received has been outstanding."

One minute with...

Ruchita Bharbhari, Senior Communications Advisor

What does your job involve?

A short answer to that would be helping communicate relevant information in simple language to the people who need to know. It is great because I get to read and write about all sorts of topics that I wouldn't normally read or write about. I am still new-ish in this role and learning so much every single day!

What pathway got you to this job?

I got a bachelor's degree in journalism because I wanted to be a news anchor and started working as an intern at a news channel in Mumbai, India. During this internship, I worked with many public relations professionals and found that job quite interesting. That is when I decided to do my post-graduate studies in public relations and corporate communications. I worked in a few PR agencies in Mumbai and moved to New Zealand and did my diploma in mass communications. I worked in the comms team at the University of Auckland for around four years before moving to Christchurch for this role.

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

You have to be willing to learn. I started my comms career in fashion, then moved to education, and now health. In each of these fields, I have come across things that were alien to me, but if you are willing to learn

those unfamiliar and tricky things rather than being scared of them, it gets so much easier and sometimes fun too!

Who inspires you and why?

It would be unfair to name just one person because I am so fortunate to be surrounded by so many kind, successful, and passionate people. But the one thing that always pushes me to do my best and move forward is looking back at all the things that I have achieved so far despite all the challenges.

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?

These values play a huge part not just in my role but in my everyday life. Before I begin any new task/project, I always ask myself, how can I make sure that I show care and respect for everyone involved in this while being true to myself. Being proud of my work and taking ownership of all the tasks that come my way has also helped me build my confidence. My role involves interacting with people from different walks of life, who have very different backgrounds and experiences than me. This helps me understand that everyone has something unique that they bring to the table. It also helps me see things from a different perspective and challenges my ideas and thought processes.



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

Home in Mumbai, with my mum, dad, and sister. We are very close and the last time I saw them was in 2018, before the pandemic.

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

Priyanka Chopra. She's a global icon and I like her movies.

What are your hobbies/interests outside of work?

I love going for hikes and walks. Being new to Christchurch, I am always looking for new hiking trails and bush walks to explore.

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

Akoranga reo Māori – lesson #8

Kupu māori 2 – Common words 2

E aku kaitautīnei reo Māori, anei āku mihi ki a koutou.

Here are my greetings to you who are supporting, upholding and promoting the Māori language.

Following on from last week where we looked at some of the commonly used kupu Māori or Māori words in Aotearoa, this week we are going to look at a few more. Again, some of them may have been mentioned in previous akoranga, however the repetition will help to reinforce your learning.

He Kupu - Word

Hapū	Sub-tribe, clan, pregnant
Karanga	Ceremonial call of welcome
Marae	Complex including meeting house, dining hall etc
Mauri	Essential life force
Taihoa	Hold on! Hold off!
Taonga	Anything precious
Tangi	To mourn, to cry
Tangihanga	Funeral ceremony usually on marae
Tiaki	To care for or look after
Tino rangatiratanga	Self-determination, sovereignty, autonomy
Tūrangawaewae	Place to belong to, location of identity
Waiata	Song or sing
Wairua	Spirit or soul
Wānanga	University, forum, meet and discuss
Wehi	Fear, awe
Wharepaku	Small house commonly used for toilet (heketua is the word for the actual toilet)
Whareniui	Meeting house

He whakapātariari – A challenge

How many of these words were you already familiar with? How many of them do you use in your everyday conversations? Extend yourself by learning more of these kupu māori and start to embed those in your vocabulary as well.

I mōhio rānei koe? Did you know?

31 March – 2 April 1864, The Battle of Ōrākau famously referred to as Rewi's Last Stand.

Ōrākau, in the Waikato, was the site of a hurriedly built Māori pā (fortified village) and the 1864 battle between 1400-odd British troops and some 300 Māori including many women and children. The rangatira (chief) Rewi



Rewi Maniapoto

Maniapoto was leading the Māori and he did not want to fight, especially on this site as it lacked a good water supply and an escape route. However, many of Rewi's supporters did want to fight at Ōrākau, so eventually Rewi gave in.

The Māori defenders bravely held off the troops for several days but were ultimately trapped and surrounded. Some managed to escape by surprising the British troops when they walked out of the pā and split up to evade them, but many were killed.

They are forever remembered for their māia (courage and bravery) and their refusal to surrender at Rewi's Last Stand.

Mā te whawhai tonu o ngā toa reo Māori e ora tonu ai tō tātou reo. Mei kore ake koutou e parekura ana.

It is by the continual fighting of the Māori language warriors that our language will continue to live. We are very fortunate to have you fighting this battle.

If you have any questions or feedback, please make contact via the email below. Hauora.Maori@cdhb.health.nz

International winter warmer recipes

Name: Boil up

Country of origin: A traditional Māori recipe from Aotearoa New Zealand

Dish: Meat-based soup

There are variations to this recipe based on personal taste and whānau traditions. A number of other versions with different ingredients can be found online and in family recipe books across the country.

Ingredients:

- > 1kg wild pork bones
- > 1 bacon hock
- > salt
- > 4 medium-sized potatoes, peeled and cubed
- > 2 large kumara, peeled and cubed
- > ½ pumpkin, peeled and cubed
- > 4 kamokamo, peeled, de-seeded and cubed
- > 1 cup flour
- > 2 teaspoons baking powder
- > ¼ cup water
- > 1 large bunch watercress

Method

Place pork bones and hock in a large stockpot. Pour in just enough water to cover bones and hock, season with some salt and then gently simmer for 1½ hours. Add potatoes, kumara, pumpkin and kamokamo to the pot.

Meanwhile, combine flour and baking powder and season with a little salt. Gradually add water to form a dough. Break off small bits of dough and form balls.

Place watercress and doughboys on top of boil-up and cook until watercress is tender.



"This was a usual Sunday night dinner for my whānau, especially in winter, in place of the traditional roast. It was Dad's turn to cook and he would have this on the go from just after lunch and send us out to collect pūhā (sow thistle) for the top. It was always an argument over who got the last doughboy."

We would love you to share your favourite winter dishes from around the world. Hearty, healthy (or a little naughty is okay too!), tasty and simple dishes that express your culture, a place that means a lot to you, or just food you love to eat. [Click on this link to submit](#). If you have any issues, please email communications@cdhb.health.nz

Whakamihi – Bouquets



Child Health Services, Christchurch Hospital

The new acute children's ward and staff were amazing with my son when he broke his arm. I so appreciated their help, care and understanding. Wonderful doctors and they took the time to talk us through the X-rays.

Michael Marquet, Gardener, Christchurch Hospital

Could you please pass on my appreciation to gardener Michael Marquet who maintains the landscaping/flowers along the walkway adjacent to the ED waiting room? The flowers along the walkway into the Waipapa main entrance are gorgeous and uplifting. When you look out from the ED waiting room there is this lovely burst of colour. I have heard many people commenting on it. Well done to the team who keep our grounds looking so nice.

Nicole Fagan, ED, Christchurch Hospital

I would like to commend your staff member Nicola Fagan, an administrator at Christchurch Hospital. She was welcoming, friendly and helpful. A very approachable and kind person.

Christchurch Hospital

This is a message of appreciation. I am grateful for the care I received during my stay at Christchurch Hospital. The doctors and nurses were amazing, which helped me to recoup and get home faster. The lady who brought our meals around always had a smile. Thank you for taking care of me and helping me get back to being me!

Intensive Care Unit (ICU), Christchurch Hospital

Amazing set up and services. Thank you for the care.

Ward 18, Christchurch Hospital

I felt the level of care I received was excellent, all the nursing staff and surgeons were professional and engaged with me in a positive supportive manner. I would also like to comment on the meals I was served. All were tasty, nutritious, arrived hot and were served with a smile.

Ward B3, Christchurch Hospital

Thank you to all the staff who took such wonderful care of me. From arriving in ED to being discharged from Ward B3, I'm incredibly grateful.

Ward A4, Ward B4, Christchurch Hospital

I would just like to praise your staff who looked after me during my stay in Christchurch Hospital. They were extremely busy and always stayed professional and pleasant. They couldn't do enough for me. The food was great as well. I don't know how they do this day in and day out. They are excellent people doing a wonderful job.

Child Health Services, Christchurch Hospital

After a couple of serious breaks in my grandson's leg, the reception, attention and care shown was incredible! Every single person involved was wonderful and solicitous. What an example to service industries and health care centres. A huge thanks also to the two ambulance officers. A tricky situation superbly handled. We are truly privileged to have such people there to help. Thank you!

Child Health Services and Emergency Department (ED), Christchurch Hospital

My son broke his leg recently. The ambulance drivers, nurses and staff who looked after him he could not rate higher. They dealt with him with the utmost care and love. We could not speak higher of all of them. The staff who organised the wheelchair also. Just could not say a negative thing if we tried about the whole experience.

Oncology, Christchurch Hospital

I stayed in the Oncology medical unit recently. I wanted to let the nurses who looked after me know that I'm extremely grateful for their expertise, care and support. I was very unwell at some stages, but they were incredible and were always looking at ways to make my stay more comfortable or just providing cheerful chatter and support. Everyone was great.

Kirstie, Laura, Fiona, and Kathleen, Radiology. Burwood Hospital

I would like to compliment the Videofluoroscopic Swallow Study (VFSS) team at Burwood Hospital for the caring and professional manner in which they dealt with my wife's swallowing issue recently. Special thanks to Kirstie, Laura, Fiona and Kathleen. I also really appreciated the way I was included and that everything was explained so clearly. Brilliant job!

Hannah, Stella, Zandra, Verma and Rhonda-Mae, Ward 23, and ICU, Christchurch Hospital

I just spent nine days in ICU and on Ward 23. The nurses I dealt with were very professional and friendly. In Ward 23 I was particularly grateful to Hannah, Stella, Zandra, Verma, and Rhonda-Mae. I am sure I am forgetting some names and for that I apologise. Every nurse was lovely and patient. Thank you for looking after me so well.

Surgical Assessment and Review Area (SARA), Christchurch Hospital

Thank you for taking care of me. Your professionalism and attitude helped so much. Sometimes you don't realise what a difference it makes, but it does. You are a great team and despite all the stuff going on I didn't hear a word of complaint or negativity.

Ward 11, Christchurch Hospital

I am absolutely humbled by the professionalism of surgeons, doctors and nurses I have interacted with. The description of the procedures, both pre and post-op have been very thorough and considerate. In-ward care has been exceptional and the meals are more than adequate. I take my hat off to the skill of these people. My treatment and care has been exceptional from start to finish. Appreciate it at every turn.

New loading docks blessed before opening

The blessing, celebration, and official opening of the new loading docks and mailroom was held on Thursday 30 March. As the location of the current loading docks is going to be part of the construction site for the new Waipapa Tower C, the docks and mailroom are moving to the lower ground floor of Riverside and will be operational from the new location from today.

Māori Chaplain Helen Gray and Chaplain Donna Reid started the blessing ceremony with a karakia and prayer honouring the loved ones who had passed when the site was used for patients previously. They thanked God for the safety and work of the construction team; and blessed the use of the space now.

Senior Operations Manager George Schwass took this opportunity to thank Facilities and Infrastructure (F&I) Project Manager (Health Planning) Dale Kennedy, F&I Project Manager (Construction) Paul Saltis, the Naylor Love contractors and the various others teams involved in this project for their mahi to finish the work in time for the start of the Tower C construction.

“Over the years, we have had the teams troubleshoot numerous issues and problems faced along the way and I want to acknowledge the work everyone has put in.”

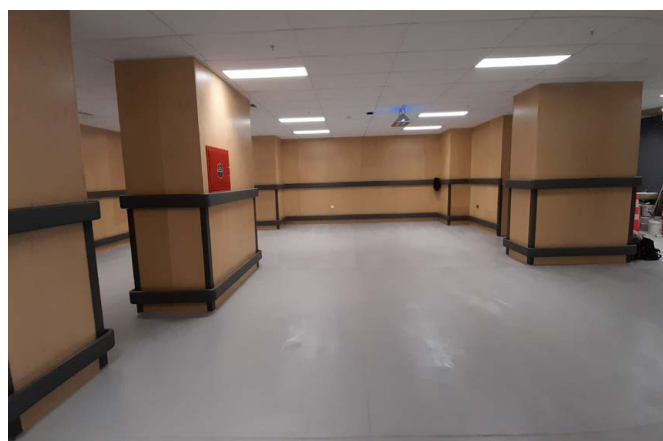
Some big changes are happening on the Christchurch campus and the team is looking forward to them. “We understand that with big changes, there will be some temporary disruptions and we’d like to let everyone know that patient and staff safety are of utmost priority to us,” said George.

With extended route closures and diversions, people are asked to follow the signage to help keep everyone safe and be kind to the staff working on site.

The new location of the docks will ensure that the campus’s everyday activities can continue while the new Waipapa Tower C is being built.



The new mailroom located within the loading dock area on the lower ground floor of Riverside



The clean side of the loading docks

The new loading docks have three truck loading bays, two for clean deliveries and one for dirty, and a roofed secure waste and recycling area. The new site also has bathroom facilities, an area for trolley tugs to be stored and a dedicated space for receiving and checking of clinical equipment before its distribution to clinical areas.

The work also included structural strengthening of the floor due to the weight of the trolleys, passive fire protection work, and asbestos removal.

After the blessing, the group enjoyed some kai and explored the new dock location and its amenities.

World Health Day

Friday 7 April is World Health Day and marks 75 years of the World Health Organization (WHO).

In 1948, countries of the world came together and founded WHO with the purpose of promoting health, keeping the world safe and serving the vulnerable – so everyone, everywhere can attain the highest level of health and well-being.

The theme of the 2023 World Health Day, during WHO's 75th anniversary year, is 'Health for all'. It's an opportunity to look back at public health successes that have improved quality of life during the last seven decades. These include the eradication of serious viruses such as smallpox and wild poliovirus and the introduction of life-saving vaccines such as those for malaria which is one of the world's biggest killers. It is also an opportunity to motivate action to tackle the health challenges of today – and tomorrow.

Here in Aotearoa New Zealand, 'Health for all' is a particularly relevant theme.



[Watch the WHO 'Story of health' video here](#)

One of the purposes of Te Whatu Ora and Te Aka Whai Ora is to improve equity of access and outcomes across the health service. We believe that who you are, or where you live should not determine the range and quality of health services you receive.

All New Zealanders deserve access to consistent quality care when they need it, to live longer in good health and have the best quality of life.



The goal chart

The goal chart was developed by Health Promotion Team within the Public Health Nursing Service at Te Whatu Ora, to use alongside our Continence Toolkit and to support the BeSmarter tool used for B4 School Checks.


The goal chart aims to support tamariki (children) and their whānau to set realistic and achievable goals and recognise progress.

It also provides health information on common childhood concerns such as sleep, toileting, nutrition, hygiene and behaviour plus details for websites to guide parents to reputable sources of information.


Goal setting helps support whānau to implement healthy habits to achieve improved health outcomes for tamariki.

To see the full-size goal chart and health and behaviour information, go to the [Te Whau Ora Waitaha website here](#).

My goal chart



Children/Tamariki
living their best lives
Public Health Nursing Service




MATATIKI
CHILD & YOUTH HEALTH
WAIKANA CANTEBURY

My name - teīmoko:	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere	Saturday Rāhoroi	Sunday Rātapu	Reward!
My goal:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Well done - ka pai!
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
My goal:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Well done - ka pai!
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
My goal:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Well done - ka pai!
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

The best reward we can give our tamariki is our time and attention.
For information see healthykids.org.nz/rewards

Ref: 2409939 | Authorised by CNM Public Health Nursing and Vision Hearing Screening Service, February 2023



Te Whatu Ora
Health New Zealand

Creating accessible documents and information

This is the ninth item in the series providing tips on creating accessible information and documents. For previous tips refer to [Tips and tools](#).

If a picture is worth a thousand words, what is it worth to people who cannot see? In our digital world, it is easy for people with a visual disability to miss critical information or have a frustrating and negative experience. Imagine, for example, that a keynote speaker sends out their presentation after a conference. The presentation contains infographics to illustrate a key point. Without descriptions of the infographics, anyone with a visual disability misses out on key information.

Alternative text (alt text) is descriptive text which conveys the meaning and context of a visual item in a digital setting, such as on an app or web page. When screen readers reach digital content with alt text, they will read the alt text aloud, allowing people to better understand what is on the screen.

You can create Alt text for shapes, pictures, charts, SmartArt graphics, or other objects in your Microsoft 365 documents.

Alt text helps people with visual disabilities understand pictures and other graphical content. When someone using a screen-reader comes across a picture in a document, they will hear the alt text describing the picture. Without alt text, they will only know they've reached a picture without knowing what the picture shows.

Use the following instructions to learn how to add alt text to a shape, picture, chart, SmartArt graphic or another graphical object.

Do one of the following:

- › Right-click the object and select Edit Alt Text.
- › Select the object and then select the format menu for the object, for example, Picture Format. Select Alt Text.

Note: To add alt text to the entire SmartArt graphic or chart, click the border of the SmartArt graphic or chart, and not an individual shape or piece.

In the Alt Text pane, type one to two sentences in the text box to describe the object and its context to someone who cannot see it.

Mark visuals as decorative

If your visuals are purely decorative and add visual interest but aren't informative, you can mark them as such without needing to write any alt text.

Examples of objects that should be marked as decorative are stylistic borders. People who use screen readers will hear that these objects are decorative, so they know they aren't missing any important information. You can mark your visuals as decorative.

To open the Alt Text pane, do one of the following:

- › Right-click an image, and then select Edit Alt Text.
- › Select an image, select Format > Alt Text.

Select the 'mark as decorative' checkbox. The text entry field becomes grayed out.

Image marked as decorative in the Alt text pane.

To learn more about creating accessible information, look out for further items in future pānui. For any queries, please contact the Communications team on Communications@cdhb.health.nz

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.



Adrenalin Forest – 105 Heyders Road, Spencerville

Get 10 percent off admission fees for Te Whatu Ora - Waitaha employees and their children. Show your staff ID to redeem.



Gloucester Cottage -746 Gloucester Street, Christchurch Central

Receive 10 percent off all services including massages, waxing, tans, facials and more. Show your staff ID to redeem.



Specsaver - Ashburton, Riccarton, Shirley, Papanui, Hornby, Rangiora

Get 25 percent off lens options when selecting one pair from the \$169 range or above. [Click here to view this offer](#) and details on how to redeem.



Korure – www.korure.com

Korure offers health supplements, joint and muscle creams. Get 15 percent off all products excluding subscriptions and bundles. Use discount code found here.

QUIZ ANSWERS – Great British comedies

1. c. Baldrick
2. b. 12
3. c. Her terrible cooking
4. d. Brothers
5. b. In a prison
6. c. Some Mothers Do 'Ave 'Em
7. a. She owns a PR firm
8. d. Simply the best
9. b. University students sharing a house (The Young Ones)
10. c. In the family's living room

CHIC newsletter

The latest issue of the Community Health Information Centre (CHIC) newsletter is out now.

The monthly newsletter is produced by CHIC at Community and Public Health (C&PH). The newsletter highlights new and revised free resources available from your local CHIC office.

You can read it on the [C&PH website here](#).

Our voices: The journey to healthy futures | Ō mātou reo: Te huarahi ki pae ora

The Health Quality & Safety Commission's He Hoa Tiaki | Partners in Care team is hosting a one-day forum at Te Pae, Christchurch convention centre.

It will focus on te huarahi ki pae ora | the journey to healthy futures.

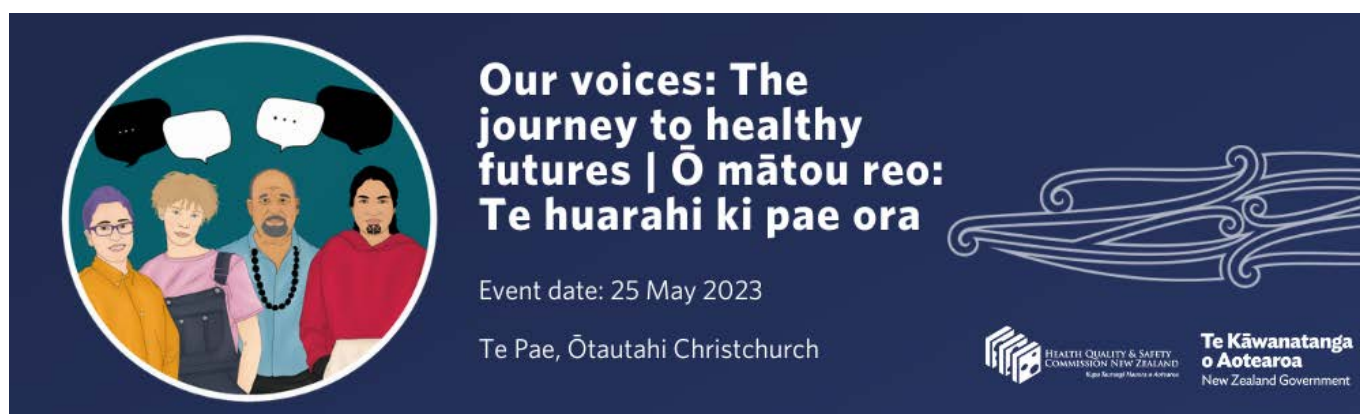
Date: 25 May 2023

Time: 9.30 am to 4.30 pm

Location: Te Pae, Christchurch convention centre

The event will run from 9.30 am - 4.30 pm. A networking function will follow this from 4.30 pm - 6.30 pm. The earlybird discount is available until 31 March.

To read the full programme or register visit: www.hqsc.govt.nz/OurVoices.



The banner features a circular illustration of four diverse people (two women and two men) with speech bubbles above them, set against a teal background. To the right of the illustration, the event title is written in white text on a dark blue background. Below the title, the event date and location are listed. On the far right, there is a white decorative flourish and the logos for the Health Quality & Safety Commission New Zealand and the New Zealand Government.

Our voices: The journey to healthy futures | Ō mātou reo: Te huarahi ki pae ora

Event date: 25 May 2023

Te Pae, Ōtautahi Christchurch

HEALTH QUALITY & SAFETY COMMISSION NEW ZEALAND
Kaitiaki Takekirihi Hauora o Aotearoa

Te Kāwanatanga o Aotearoa
New Zealand Government

Free Training in Cochrane Systematic Review Methodology

Kia ora researchers,

If you have ever thought you would like to complete a Cochrane Interventional Systematic Review, then this is the training opportunity for you. Cochrane Reviews are systematic reviews of primary research in human health care and health policy, and are internationally recognised as the highest standard in evidence-based health care.

The Cochrane Protocol and Analysis workshop for interventional systematic reviews will be held in person over two and a half days in Christchurch at the Manawa Campus on 8 – 10 May 2023.

A registration form and further information about the workshop are available at www.nz.cochrane.org/training for those who wish to attend. This workshop is free of charge for those intending to complete a Cochrane systematic review but

spaces are limited to 20 attendees so send in your registration as soon as possible.

Please note: This is a workshop and some of the sessions provide an opportunity to work on the review you wish to write, so you must have an interventional review topic that you can work on during these sessions. This is an in-person workshop and remote participation is not available.

The contact people for any questions are:

1. Associate Professor Vanessa Jordan PhD
NZ Cochrane Fellow
Associate Director of Cochrane New Zealand
v.jordan@auckland.ac.nz or
2. Dr Mark Jeffery
Medical Oncologist & Co-director Cochrane New Zealand
Mark.jeffery@cdhb.health.nz

Keeping up to date with your vaccinations is really important, even if you've already had COVID-19.



GetFUNDED!

Attract research and commercialisation financing by articulating the impact of your science ideas. GetFUNDED! Its a must-do for publicly-funded researchers.

Whether you're a researcher looking for inspiration on how to take your project to investment, an engineer or designer looking for funding, or an entrepreneur looking for a team to turn your idea into reality, GetFUNDED! is a fantastic way to test your own abilities and meet great people along the way.

An in-person, full-on, one-day experience with mentorship, comradeship, market validation, lean canvassing, customer discovery and opportunity assessment tools that allow for deeper insights when marshalling an idea into shape or taking your project to the next level. Come away better prepared to communicate the impact of your science ideas for investment from industry or the Ministry of Business Innovation and Employment (MBIE).

Work with the very best mentors who are ready to help you get the most from your great ideas. Bring a science idea, and watch it soar!

Key learnings include:

- > Identifying a value proposition – how to assess an opportunity and narrow down on a core value proposition that meets an identified market need.
- > Understand the three 'abilities' – Work through Feasibility, Viability and Desirably all three need to align to have the best chance of success.
- > Preparing investment/funding case – how to construct an investment case that combines a realistic implementation plan with a strong value proposition.

GetFUNDED puts attendees in an environment to run faster, think harder, apply rigour, and bake more into their ideas with the support of experienced mentors, coupled with a tried and true format, built to create results. Short talk, more action.

More information is available at <https://kiwinet.org.nz/GetFunded>

Rising to the Challenge:

The story of Blanche Huddleston
- *NZ Nurse Anaesthetist in WW1* -
Dr Wendy Maddocks, Senior Lecturer,
University of Canterbury



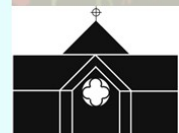
12.30 on Friday 12 May 2023

Nurses' Memorial Chapel in front of Christchurch Hospital

Reservations are essential *

 **Nanette Ainge 021 2312940 or Ainge.n@xtra.co.nz**

* Seating is limited to 50 places



PEGASUS 2025

Kia atawhai ki te tangata



In this newsletter:

- › Protect you and your whānau
- › HPV vaccination rates
- › Pegasus nurse wins nursing prize
- › Choose your best care option
- › Community dental bus visits Te Puna Wai ō Tuhinapo
- › Should I contact my doctor if I have COVID-19?
- › Creating accessibility for priority groups
- › And more

[Read the newsletter on Pegasus Health's website here](#)

5 important reasons to get your COVID-19 booster

1. Your immunity from COVID-19 reduces over time so keeping up-to-date with your boosters provides an extra layer of protection.
2. Boosters help protect you from getting very sick from COVID-19, ending up in hospital, and even death.
3. Boosters can provide stronger immunity than the natural immunity you get after having COVID-19.
4. Boosters help you stay well so you can continue to work, travel and spend time with friends and whānau.
5. The more of us who stay well, the less disruption on our communities, businesses and our health sector.

Check if you're eligible for a COVID-19 booster at [Covid19.govt.nz](https://www.covid19.govt.nz) or call 0800 28 29 26.



Unite
against
COVID-19

Te Whatu Ora
Health New Zealand

Te Aka Whai Ora
Māori Health Authority

HPB214 | Sept 2022 | English | Five Reasons to Get Your Booster Poster

Ngā take e rima me whai koe i te wero turuki mō KOWHEORI-19

- 1 Ka rere ana te wā, ka tūoi tō awhikiri, nō reira, mā te whai kia hou tonu ō wero turuki e noho haumaru ake ai koe.
- 2 Ko tā ngā wero turuki he āwhina ki te ārai i te tino māuiuitanga nā KOWHEORI-19, he āwhina hoki kia kua koe e uru ki te hōhipera.
- 3 Ko tā ngā wero turuki he whakakaha ake pea i te awhikiri māori ka hua ake i te pāngia ōu e KOWHEORI-19.
- 4 Ko tā ngā wero turuki he whakaū i tō ora e kaha tonu ai koe ki te mahi, ki te hāereere, ki te noho hoki i te taha o te whānau me ngā hoa.
- 5 Ina tokomaha ake te hunga e noho ora ana, he iti ake ngā raruraru ka pā mai ki ō tātou hapori, ki ngā pakihi me tō tātou rāngai hauora.

Tirohia tō āheinga ki te wero turuki mō KOWHEORI-19
[Covid19.govt.nz](https://www.covid19.govt.nz), waea atu rānei ki **0800 28 29 26**.

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COVID-19

Te Whatu Ora
Health New Zealand

Te Aka Whai Ora
Māori Health Authority

HP8216 | Sept 2022 | Māori | Five Reasons to Get Your Booster Poster