

# Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

Issue No.12 | 27 September 2022 | 27 Mahuru 2022



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



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*Cover photo: Senior Operations Manager George Schwass driving Interim Regional Director Te Wai Pounamu Interim District Director Waitaha Canterbury and Te Tai o Poutini West Coast Peter Bramley, along with Christchurch Hospital General Manager Pauline Clark to a meeting in his 1939 Morris Eight Series E convertible.*

# Kupu Arataki – Introduction

## Thank you on behalf of our Waitaha community

While many of us enjoyed an extra day off yesterday due to the Queen Elizabeth II Memorial Day public holiday, more staff than usual (for a public holiday) opted to work to enable some planned surgery and outpatient appointments to go ahead. More than 70 percent of pre-booked Outpatient Radiology appointments went ahead, along with some planned caesarean sections and a wide range of other surgeries, procedures and treatments due to services opting to open their usual weekday hours.

A sincere thanks to everyone who turned up to ensure important care could go ahead.

It was also a busy day for our acute care services, both in the community, with urgent care clinics experiencing high demand over the weekend and our Emergency Department also seeing more than 360 people yesterday.

We are extremely grateful to all staff who put their hands up at short notice to take on the extra workload that comes with an unexpected public holiday.

I'd also like to acknowledge our Maternity and Neonatal Intensive Care services who were incredibly busy over the long weekend. Christchurch Women's Hospital remains exceptionally full. August to October is always a busy time of year and our staff are working above and beyond to continue to provide care to an excellent standard.

A reminder too, that we have three peaceful community birthing and postnatal units: Rangiora, Oromairaki in Selwyn and Ashburton. They are peaceful calm places to birth and have postnatal care with midwifery and ancillary staff who have the time to really consider the wishes of whānau.

Finally, if you did have a day off yesterday, I really hope you made the most of it and found time to connect with people who are important to you and do things that made you happy.

## Mental Health Awareness Week

This week is Mental Health Awareness Week (MHAW) and this year's theme is 'Reconnect - with the people and places that lift you up'.

### Why connect?

Connection is important for our overall wellbeing. Feeling connected to the people and places that are important to us can make a big difference to our mental health. It brings purpose to our lives and makes us feel happier and more secure and strengthens our sense of belonging.

Here are some bite-sized reconnect themes, one for each weekday (and if you missed yesterday's action, try to squeeze it in during the week.).

#### › Rāhina | Monday 26 Sept - reconnect with yourself

Try to grab a few moments of peace and quiet. Maybe set aside 10 minutes to spend with a book, listening to your favourite piece of music, or writing down three things you are grateful for.



› **Rātu | Tuesday 27 Sept – reconnect with a friend or loved one(s)**

Send a text or message to someone you haven't seen in a while, or give them a call. Send a card to someone you love who is faraway to let them know you are thinking of them.

› **Rāapa | Wednesday 28 Sept – reconnect with a special place**

Look through your photo albums (this can be great fun with the tamariki or moko) and recall your favourite places or holiday – the haircuts, the clothes and how young everyone looked.

› **Rāpare | Thursday 29 Sept – reconnect with your community**

Maybe do some baking to share with your colleagues at the office or with your church or social group, or take some time to kōrero with a neighbour over a cuppa and a muffin.

› **Rāmere | Friday 30 Sept – reconnect with nature**

Take a walk at lunchtime or after work and reconnect with the sound of the birds and signs of spring.

There is no theme for the weekend or for your days off, but any day is a good day to visit your favourite place or do your favourite thing. If it involves your favourite people too, that's a bonus!

**Check out these great online resources**

- › Download the [MHAW 2022 Guide here](#) which includes some ideas and space for you to reflect, plus a Wellbeing Action Plan.

- › The [Mental Health Foundation website](#) has loads of other amazing resources <https://mentalhealth.org.nz/>. For example, you may want to download the Te Whare Tapa Wha 'Finding Balance' worksheet and put [some ideas into it here](#) or check out the [Five Ways to Wellbeing here](#).

**Connect with us! (Send us a picture)**

Please send us a picture of you in your 'happy place', re-connecting with the person, place or activity that brings you joy. Send it to [staffwelfare@cdhb.health.nz](mailto:staffwelfare@cdhb.health.nz). We would like to share some of these in an upcoming issue of the Waitaha Canterbury Pānui.

**Need some support?**

If you are finding things a bit tough right now, then our [Support List and contact details](#) is [here](#).

**Supporting mental and physical health**

In today's Pānui there is a piece about the Equally Well – SEE US campaign which talks about the diagnostic overshadowing that can sometimes kick in when a person has a history of mental health issues – which can lead to poorer health outcomes for the individual. While this is undoubtedly a real issue, it's certainly not always the case. I'd like to take this opportunity to acknowledge the incredible work many of our staff do to support people holistically with their mental and physical health, despite the many challenges.

**RECONNECT**

With the people and places that lift you up, hei pikinga waiora.

Mental Health Awareness Week 26 Sept – 2 Oct [www.mhaw.nz](http://www.mhaw.nz)

# Hospital and Specialist Services operating model

Work continues on the Hospital and Specialist Services Operating Model. There's a great deal of enthusiasm, ideas and thoughtfulness on how we can build a better national health system. You can read the latest updates below which are now on the Prism, the intranet.

- › Read a [message from Dr Dale Bramley](#), Interim Director Hospital and Specialist Services
- › Read the latest [Hospital and Specialist Services Operating Model Update](#):

If you're interested in finding out more about the work so far there are some 'all staff' hui planned to discuss this operating model, and there will be an opportunity to ask any questions you may have.

## The hui will be held on:

- › Wednesday 28 September – 4.30pm – 5.15pm
- › Friday 30 September – 11.00am – 11.45am
- › Tuesday 4 October – 12.00pm – 12:45pm

\*Links to register for these hui are [available here on page 4](#).

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*

## FIVE WAYS TO WELLBEING



Your time,  
your words,  
your presence



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

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

 Mental Health Foundation  
mauri tū, mauri ora OF NEW ZEALAND

# QUIZ – Food of the world

**1. What is the most consumed food in the world?**

- a. Pasta
- b. Rice
- c. Bread
- d. Eggs

**2. Where did Biltong originate?**

- a. The Middle East
- b. Texas
- c. Southern Africa
- d. Australia

**3. What is the most stolen food in the world with estimates of up to 4 percent of the world's production ending up shoplifted or stolen?**

- a. Truffles
- b. Chocolate
- c. Saffron
- d. Cheese

**4. Where was the Caesar Salad invented?**

- a. The USA
- b. Mexico
- c. Italy
- d. Greece

**5. True or false – nuts are the most common food allergen.**

- a. True
- b. False

**6. Authentic Italian mozzarella is made from the milk of which animal?**

- a. Goat
- b. Water buffalo
- c. Sheep
- d. Cow

**7. Where is the dish saganaki from?**

- a. Japan
- b. Indonesia
- c. Greece
- d. Malta

**8. Commonly used in Korean meals, what type of food is kimchi?**

- a. Pickle
- b. Legume
- c. Rice
- d. Sauce

**9. If you order cuisses de grenouille off a menu in France, what will you be eating?**

- a. Snails
- b. Frog legs
- c. Bull testicles
- d. Brains

**10. The world's oldest person in 2015 was a woman of 117 years. She said the secret to her long life was "sleep and....."?**

- a. Salad
- b. Seafood
- c. Steak
- d. Sushi

Check your answers on page 27.

# Ā mātou tāngata – Our people

## Top of the class in Te Reo Māori learning programme

Te Whatu Ora Waitaha and Te Tai o Poutini have won the engagement award for their participation in Education Perfect's interactive "Te Ao Māori for Professionals" programme during July.

The award is given each month to the organisation, across businesses and sectors throughout Aotearoa, that demonstrates the highest active engagement.

Kaimahi taking part in the programme were invited to a hui, to kōrero, and to receive the award and share kai. A big thank you and much respect to Ruru Harepeka Nako Hona for his eloquent and educational mihi whakataau.

One of our kaimahi, Registered Nurse Sam Joyce, was enthusiastic about the award and wanted to share his thoughts on the value of using Te Reo in greeting and speaking with patients.

"Simple things like saying 'Kia ora' can make people feel more welcome, at ease and respected – and that's particularly important for people who often arrive stressed or anxious about their care," Sam says.

In presenting the award, received by Jo Domigan on behalf of both organisations, Te Rau Winterburn from Education Perfect said this award is not easily won.

"Together, Te Whatu Ora Waitaha and Te Tai o Poutini answered over 143,000 questions and completed 648 learning hours in July.

"That's an amazing achievement and means so much more in a health sector that has simultaneously had to meet so many challenges this winter especially. I'd like to acknowledge you

Koia hei a hōnton  
Congratulations



Just some of our Te Reo stars

all for your dedication, your commitment and your mahi. Ka pai koutou.

"We are pleased to present you with this beautiful taonga – we are very proud of it and of the kaupapa it represents," Te Rau says.

Chief People Officer Jo Domigan says she was delighted to receive the award and responded in both Te Reo Māori and English. She spoke of the 'whakamā' (fear or shame) that people sometimes feel in the early days of learning Te Reo – which makes them reluctant to practice, in case they get things wrong.

"This way of learning allows you to fail quietly, with dignity and in private! More seriously though, thanks to Education Perfect for making it so easy, accessible and enjoyable to learn and to share Te Ao and Te Reo Māori – and thank you so much for this tino ātaahua manaia (very beautiful carving)."

Te Rau responded by saying: "Don't be afraid to use Te Reo, we all make mistakes – it's how we learn and grow. Much aroha to you, for your achievement and for the important mahi you do in the health sector."

# Classic car collection the hobby of a lifetime

A spectacular red vintage car turned heads as it was driven down Oxford Tce last week by Christchurch Hospital's Senior Operations Manager George Schwass.

The 1939 Morris Eight Series E convertible is one of five Morris 8s George has bought and restored over many years. He gave it an outing to collect Interim Regional Director Te Wai Pounamu and Interim District Director Waitaha Canterbury and Te Tai o Poutini West Coast Peter Bramley, along with Christchurch Hospital General Manager Pauline Clark, for an annual trip to the Clinical Coding department in Stewart St.

The car is commonly known as an 8/40 – 8 for 8 horsepower and 40 for 40 miles per gallon of petrol, says George.

"It was made in England but assembled in Australia. Many were confiscated by the Australian government during World War 2 and used as radio cars for the Home Guard. There are only two left in New Zealand."

George's other Morris 8 cars are from 1935 to 1949. Only one of the cars has been given a nickname – Betsy the black one.

"I got my driver's license and Dad paid 100 pounds for it for me. My (now) wife Lynette (43 years married) named her and we took Betsy on beaches, dirt tracks and up mountains when we were courting."



Senior Operations Manager George Schwass driving Interim Regional Director Te Wai Pounamu Interim District Director Waitaha Canterbury and Te Tai o Poutini West Coast Peter Bramley and Christchurch Hospital General Manager Pauline Clark down Oxford Tce in his 1939 Morris Eight Series E convertible



The (now red) 1939 Morris Eight Series E convertible as it was when George bought it in 2016



George's collection of five Morris Eight series cars. 'Betsy' is second from left

# Te Reo Māori Akoranga 2 – Lesson 2

## He Mihi – Some Greetings

E te kāhui e māhirahira ana ki tō tātou reo Māori, tēnā koutou katoa.

To the flock that are curious about our Māori language, greetings to you all.

Following on from our introduction to the Māori alphabet last week, this week we will learn a few easy greetings that you can use every day.

<b>Kia ora</b>	Hi - informal
<b>Mōrena</b>	Morning - informal
<b>Ata mārie</b>	Good morning - more formal
<b>Tēnā koe</b>	Hello to one person – more formal
<b>Tēnā kōrua</b>	Hello to two people – more formal
<b>Tēnā koutou</b>	Hello to three or more people – more formal

### Pronunciation

If you are finding pronunciation challenging, you can break the words up into syllables and pronounce each syllable, progressively closing the gap or pause between the syllables.

For example: A – ta mā – ri – e  
A-ta mā-ri-e  
Ata mārie

### He whakapātaritari – A challenge

If you want to challenge yourself, start to use the greetings above instead of your usual manner of greeting people. The more you use these phrases, the easier and more natural they will become.

Ka nui te mihi, ā, kia pai te wiki!  
Thank you very much and have a good week!

Kia ora rawa atu, ā, karawhiua!  
Thank you very much and go for it!

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)

## Choose Well

If you're unwell choose the option that's best for you and your whānau

### Self Care



You can treat colds & fevers at home.

### Healthline



Call 0800 611 116 24/7 for FREE health advice.

### Pharmacy



See your local pharmacy for advice on medication and minor health concerns.

### Family Doctor



See your family doctor for all non-urgent health concerns.

### Urgent Care



If it's urgent & needs attention today go to an Urgent Care Clinic.

### Hospital



If it's a life threatening emergency call 111.

# Staff take on muddy challenge

Running six kilometres uphill and over obstacles, including 'mud fields', is hard enough while wearing the usual active wear but some Christchurch Hospital staff did it in fancy dress as they took part in the Mud Sweat and Tears Challenge recently.

The annual event at the Christchurch Adventure Park takes participants through a challenging course full of obstacles and of course, mud, with the option of doing it in costumes.

Clinical Team Co-ordinators John Crozier, Lisa Jones and Delwyn Rattray, Enrolled Nurse Katie Gillies and Duty Nurse Manager Geoff Brew, were joined by Registered Nurse (Pegasus 24 Hour Surgery) Nicola Ferguson and Personal Trainer Mike Orme (husband of Clinical Team Co-ordinator Beth Orme who was unable to take part).

Lisa, out of a few hundred competitors, was picked as best-dressed female competitor.

"We were definitely not troubling the gym-junkies who were in it to win it," says John.

"We came near the tail of the field but, as we have done on two previous occasions, enjoyed the event immensely, all crossed the finish line laughing together, and gratefully accepted a can of the sponsor's product."



Clinical Team Co-ordinator Lisa Jones in the Wonder Woman costume which she wore at the event

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



# Meet my pet

## Bonnie and Clyde, Sasha and Sophie

**From left, Clyde and Bonnie, Mini Fox Terrier cross, 19 months and Sasha and Sophie, German Shepherd, six years and 22 months.**

Sophie is a small dog in a big dog's body and tries to do the same things as the terriers, such as climb on your knee, play the same unique way; you can almost see Sasha sigh. Bonnie had the top of her hip bone removed when she was just a young pup as she had a rare condition where the bone died off.

She plays as well as the rest of them and the muscle has built itself up with physio and hydrotherapy. Clyde loves rides in the wheelbarrow and looks like a Captain at sea. Sasha the matriarch, attempts to keep them in line but fails. She is from a working line, but due to early arthritis she can't have too much exercise - but she keeps well and as long as we are careful she can play and be 'a dog' which is awesome.

**Justine Willett, PA to General Manager - Commercial Services**



## Dougal J Piper

**Red Tabby cat, four and a half years old.**

The 'J' stands for Jeffrey. His main motivation is food - and he recently got a puzzle feeder to slow down his eating. He's incredibly smart, so he's now on the advanced level model.

His other favourite thing is playing in his tunnel and with his toys - especially his wicker balls and a catnip mouse. Kitchen supervisor, work from home buddy, lap warmer, comedian, ratbag - he's been great for my mental health. I think everyone should rescue an animal!

**Kini Piper, Health Promoter**



We want to meet your pet(s) - cat, dog, horse, alpaca, rat, ferret, rabbit, fish, bird, donkey - it doesn't matter! You love them and now is your chance to show them off in a new regular series.

To submit your pet(s), [click on this link](#) (you must do this from your work email address). If you have any difficulty with the form, you can email [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz)

We are so excited to meet your pets over the coming weeks.

# One minute with...

## Rachel McGregor, Clinical Team Coordinator



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

We ensure the right patient is seen by the right person within the right timeframe with the resources available after hours. Triageing the workload of the after-hours/duty house officers, supporting nursing and medical staff with deteriorating patients, and offering senior nursing support to nurses where required. Attending clinical emergencies as part of the clinical emergency team. We are part of the operational after-hours management team with the duty nurse managers and provide clinical insight where required.

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

Be prepared to work varying shift patterns and turn into a night owl! You will need acute experience and a willingness to learn. This role is very humbling! We get to see patients and sometimes staff at their most vulnerable, which is a huge privilege.

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

No one person, but anyone who leads with integrity, who looks to mentor staff growth in the workplace and is fair and consistent.

### **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 are integral to providing care to the patients in our facilities. All employees of Te Whatu Ora Waitaha Canterbury have jobs because there are individuals needing care.

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

Back travelling in Europe /the UK. I would also love to visit Utah – the national parks look amazing there. But my happy place is the McKenzie District, New Zealand.

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

Mmm I'm not that exciting!

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

Spending time with family (our West Highland terrier is very much in this category) and friends, coffee, CrossFit. I also love to add in a bit of trail running as time allows.

If you would like to take part in this column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz).

# Whakamihi – Bouquets



## **Stella Brennan, Ward 23, Christchurch Hospital**

Just want to acknowledge Nurse Stella, perhaps an angel? I was blown away by her kindness and patience to a non-verbal elderly man in the bed next to me last night. She spent over an hour carefully decoding what he was trying to tell her. It would have been easier to say 'sorry I'm not sure what you want' and walk away, but instead, she stayed with him and listened and listened and listened. Amazing, unnoticed in the middle of the night. That's when real character is revealed. Stella, you're a star.

## **Ward 18, Christchurch Hospital**

There is no way on God's green earth that you can find enough of the top echelon staff you have here. They care, they are knowledgeable and they are friendly under all kinds of stress. You can sometimes see the stress they are under but they always put their best foot forward. I was very anxious when first coming here now I almost don't want to leave.

## **Plastics, Burwood Hospital**

Wonderful staff. Attentive, explained everything well. Music in surgery was good too. Very efficient and timely. Thanks.

## **Burwood Hospital**

Awesome service. Keep up the good work staff. Many thanks.

## **Minor surgery, Burwood Hospital**

Great people. Great service. Thank you.

## **Christchurch Women's Hospital**

The midwives and nurses were amazing when I was recovering from a C-section on the ward, especially Annette and Fran.

## **Jessa Platos, Christchurch Women's Hospital**

Jessa was totally amazing during my admission at the Christchurch Women's Maternity ward. Not only did she have the role of a registered nurse, but she spoke to me as a friend – absolutely kind, understanding, patient and non-judgemental. Because of Jessa I had a stress-free stay. Together with breastfeeding, mobility and self-care tips, she made me so relaxed. She also ensured I fully understood the medication I was prescribed, effects and how to administer. Thank you Jessa for all your help. My husband and I appreciate you. God bless you always.

## **Children's Emergency Care area, Christchurch Hospital**

I would like to thank the staff of the Children's Emergency Care area, especially Nurse Vladimir and Dr Jamie Leong. My four-year old daughter was admitted last night for pneumonia. Vlad was amazing with her (and us) and provided fantastic care and Jamie was also fantastic. She was super caring and related so well to us all. We are very appreciative of the care and advice we received and wish to thank all involved.

### **Gynaecology, Ward 24, Christchurch Hospital**

Our 89 year old mother was unexpectedly admitted to the Medical Assessment Unit from her rest home as she had been confused and agitated during the night. We were blindsided by this (as was Mum) and it was with a huge amount of apprehension that we rushed to the hospital. We needn't have worried as from the minute we arrived and were welcomed by the lovely Medical Assessment Unit receptionist, Caro, we felt confident that Mum would be well looked after. She said that the paramedics (Ailsa and Mark) who brought her in were wonderful and so began our hospital journey under the exceptional care of Dr Mooi and her team. The staff, without exception, were friendly, professional, and kind. Mum was reassured and received the most incredible care anyone could hope for. We cannot thank everyone enough but – Rox, Ollie, Dr Becky, Rees, Hilary, Paula, Shillu, Arti, and everyone else who looked after mum over the weekend – thank you from the bottom of our hearts. Mum was then shifted to a Gynaecology ward and even though she was there for a short time and we didn't get to meet any of you, she said she really enjoyed her time there. Thank you so much. From Gynae she went to Ward 24 and was welcomed by Vicky and the team. Our family was also unbelievably well supported by Karyn, and all the staff made sure that Mum felt as if she was part of the team. The wonderful staff who sat and chatted to her when she was confused and calmly explained where she was over and over again truly showed what it is to care and be kind and we are so grateful. There were so many of you we didn't get to meet as we were only there during visiting hours, but we do know that you all contributed to the best 12 days Mum has had in a long time. It has been eye opening to us that you can all be so busy and yet look after our mother as if she was the only patient you had. Please know that you are all our heroes. Thank you.

### **Ward A5, Christchurch Hospital**

I would like to commend all the staff who looked after me while I had my stay in Christchurch Hospital. Their nature and concerns in my opinion were above the national level. They have made me happy and I had no concern in my health care. Made me feel like one of their family. I wish them well in their lives and if hospital care is needed for them, they feel the way I do. It was just awesome and heartfelt. Thank you so much.

### **Adam Gartner, Christchurch Hospital**

I would like to take this opportunity to personally thank Dr Adam Gartner for his diligence and professionalism when treating my acute glaucoma recently. It is very much appreciated! Many thanks.

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

My wife and I want to send a compliment to the brilliant nurses and doctors at the Children's Emergency Care area. The nurses, junior doctors and senior doctors were absolutely brilliant and were quick to see us as our baby is only four days old. They helped reassure us and explained what was going on and what to look for going forward for our baby's condition. Well done to the nurse and doctor team there, especially as it was busy.

### **Ward B6, Christchurch Hospital**

Amazing staff who make a strange time more bearable. This means all staff, from the WellFood staff who remember how you like your cup of tea, to orderlies, nurses, cleaners etc! Keep up the fantastic work team!

### **Ward B6, Christchurch Hospital**

I have had amazing care throughout my treatment. Thank you.

## *Big Shout Out*

### **To: ICT Service Desk**

I wanted to share a bouquet for the ICT Service Desk members who have given me exceptional service this week. Eric Reeves was the person who arrived at my desk with a replacement laptop when mine had stopped connecting to the docking station. He had me all set up in a jiffy (he was so friendly and efficient). Thanks Eric! I then needed to ring the help desk a few times to figure out some random settings after the changeover and I received wonderful help each time. Big thank you to Logan (in Greymouth), Meer and Peter. Thank you for your patience with my non-technical descriptions of what I needed to do. You translated my requests quickly and easily.

### **From: Health Promoter Kini Piper**

#carestartshere

### Christchurch Hospital

All staff were incredibly kind and generous from everyone, doctors, nurses, orderlies, food team etc. The kindness is always clear and very much appreciated.

### Ward A4, Christchurch Hospital

Thank you for the wonderful care of my husband. Everyone has been so caring and professional.

### Ward B4, Christchurch Hospital

Amazing care from all staff. Thank you.

### Ward B4, Christchurch Hospital

You are all wonderful here. Thanks for taking such good care of my lovely old mum. Completely confident she is in good hands. Thank you.

### Ward A5, Christchurch Hospital

A huge thank you to the staff of Ward A5 who looked after my mum. The staff are absolutely wonderful, caring, kind, respectful, and treated mum with such dignity. They made every endeavour to be careful when moving her, especially when she was in pain. They explained what they needed to do and why and they included my sister and I in each process as we supported our mum. We found the staff very professional and efficient and thoughtful. We'd like to say that this includes all staff, doctors, nurses, healthcare assistants, WellFood and cleaning staff. Everyone played their part in the care of our precious mum. Thank you so much team on Ward A5. You are amazing. A big thank you too to the fabulous ladies at reception. The kindness all starts right from when you walk in the doors.

### Ward B3, Christchurch Hospital

Wonderful service and attention to detail. Thank you so much for your care. A great team!

### Christchurch Hospital

The service in taking care of my dad was great. Thank you.

## Big Shout Out

### To: Children's Haematology and Oncology Centre (CHOC) staff

He manawa tītī (a person with great endurance)

I want to say a big shout out to the CHOC nursing staff who have been wearing N95 masks throughout their shifts for such a long time! As someone who has only had to wear them when face to face with patients, I am in awe of the tremendous lengths you guys have had to go to keep the patients safe and cared for!

He rā ki tua (better times are coming)

### From: Adolescent & Young Adult Cancer Keyworker (CNS) Louise Sue

#carestartshere

# Safe Mobility September

Get up often  
and move  
safely



# Ā mātou kōrero – Our stories

## Introducing the Equally Well SEE US campaign

People who experience mental health and addiction issues are two-to-three times more likely to die prematurely – because they have poorer access to health support and services, and consequently, significantly poorer health outcomes.

Many of these deaths are from preventable and treatable physical health problems.

People may not get the care they need, when some health professionals can't see past those mental health issues, assuming that everything that happens in that person's life is related to their mental health history.

This is called 'diagnostic overshadowing' and ultimately can put a person off seeking help or care because of a lack of trust, which in turn may result in those poorer health outcomes.

Conceived in Aotearoa New Zealand, the Equally Well Collaborative has launched the SEE US activation campaign nationally and internationally (also in Australia and the U.K) to help correct this imbalance. It is designed to help reduce the risk of diagnostic overshadowing through raising awareness of it as an issue.

In short, the SEE US campaign asks us to listen and trust that the person seeking care is telling the truth about the reasons they are there, and to look past the mental health component of their health history and see the person.

The Equally Well SEE US team has produced three short videos, each with a real person telling their own story – these are not made up scenarios, they are people with lived experience of diagnostic overshadowing. In just under a minute, each story illustrates the issue far better than written words ever could. Towards the end of each message, we get to see the person, as well as the issue, more clearly.

Follow these links to watch the videos:

- > [Jess's story](#)
- > [Rika's story](#)
- > [Ross's story](#)

From this Mental Health Awareness Week (26 September to 2 October) onwards, why not play

an active part in resetting the balance by listening better, by trusting and by seeing the person.

For more information, visit [Tepou.co.nz](http://Tepou.co.nz) – the [equally well SEE US campaign](#)



**1** **Life expectancy reduced by up to 25 years**  
Two-thirds of premature mortality for people experiencing mental health and addiction issues is due to **preventable and treatable** physical health conditions – particularly cancers and cardiovascular disease.

**2** **Co-existing issues are the norm**  
Around **3 in 5 adults** experiencing mental health issues report having one or more long-term physical health issues.

**3** **Cancer**  
The likelihood of cancer survival for people who experience mental health and addiction issues is reduced by **3 times** for colorectal cancer and **2.5 times** for breast cancer.

**4** **Medication**  
Some psychiatric and addiction treatment medications contribute to poorer health outcomes, for example cardiometabolic issues, particularly weight gain, and poor oral health.

**5** **Substance use**  
People with problematic alcohol use have almost **double the risk** of developing a wide range of cancers.  
People with methamphetamine use disorders are more likely to experience heart disease, cerebrovascular complications, oral health diseases and increased transmission of blood borne viruses.  
**75%** of people who receive opioid substitution treatment are likely to have Hepatitis C.

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2. Scott, K. M., Bruffaerts, R., Simon, G. E., Alonso, J., Angermeyer, M., de Girolamo, G., Von Karff, M. (2007). *Obesity and mental disorders in the general population: Results from the world mental health surveys*. International Journal of Obesity, 32(1), 192-200. doi:10.1038/sj.ijo.0803701.  
3. Cunningham, R., Sarfati, D., Stanley, J., Peterson, D. & Collings, S. (2015). *Cancer survival in the context of mental illness: a national cohort study*. General hospital psychiatry, 37(6), 501-506.  
4. Correll, C. U., Detraux, J., De Lepeleire, J. & De Hert, M. (2015). *Effects of antipsychotics, antidepressants and mood stabilizers on risk for physical diseases in people with schizophrenia, depression and bipolar disorder*. World Psychiatry, 14(2), 119-136.  
5. Wisely, S., Baghaie, H., Lalloo, R., Siskind, D. & Johnson, N. W. (2015). *A systematic review and meta-analysis of the association between poor oral health and severe mental illness*. Psychosomatic medicine, 77(1), 83-92.  
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# Helping hand for children having radiation treatment

Children going through radiation treatment for cancer at Christchurch Hospital are benefiting from '3D Countdown Posters' created especially for them in a collaboration with The Y (formerly YMCA).

When a child comes in for radiation treatment, a model or puzzle individualised to the child's age or interest to count down to their final treatment on is made by young people attending The Y's '4C Centre'.

The centre is a free technology space equipped with 3D printers, robotics, augmented and virtual reality equipment, work spaces, laptops, computers and more for youth.

Paediatric Coordinator Radiation Therapist Lydia Crighton who coordinates radiation treatment for paediatric patients aged 0-12 in the South Island and Wellington region, says the '3D Countdown Posters' are a real highlight for the children, giving them an understanding of how many treatments they've had and how many they have remaining.

"Children get to take them home at the end of treatment, marking a significant part of their cancer journey."

The Radiation Therapy team try to make radiation treatment as much fun as possible for the child and their family.

"Each child has a personalised treatment routine we complete each day to ensure they feel comfortable and safe and can have a little fun in our department."

"This typically involves 10 minutes of play with their Radiation Treatment 'Buddy', completing a treasure hunt into the treatment room, collecting their glow in the dark Radiation Treatment bead and completing their treatment poster/puzzle that has been kindly donated by The Y.

"We are truly grateful for the time and effort put in by The Y to help make kiddos smile throughout their cancer journey," she says.

The parents of a child who received radiation treatment recently say they all "absolutely loved" the '3D Countdown poster' he received.



From left, Radiation Therapist and Paediatric Buddy Freya and Connor with his '3D Countdown Poster'



At left, Radiation Therapist and Paediatric Buddy Freya Jackson and far right Radiation Therapist and Paediatric Co-ordinator Lydia Crighton with Jake and his mother on his last day of Radiation Treatment. Jake is holding his '3D Countdown poster'

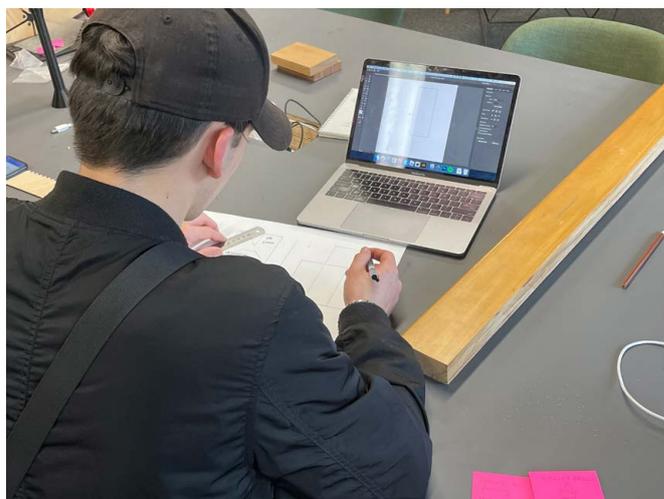
"It was one of the many things that was done for him to ensure what would be an otherwise very scary experience could be turned into some fun each day. The Y's volunteers did an amazing job producing it, and we really appreciate the idea and think it was a fantastic thing to help add a little excitement, and we valued being able to mark off each treatment day."

Paediatric Radiation Oncologist Chris Harrington says the items are a welcome addition to the philosophy of making radiation fun and positive for the child and their family.

“They help overcome worries and speed up relaxation around the treating team and equipment. It can help some children to be confident enough to avoid having weeks of daily anaesthetic (used to keep the child still) for their treatment.”

The Y 4 C Centre Coordinator Clark Williams says young people aged between 14 and 20 are involved in the project. They receive the name and interest of the child and either an idea comes up immediately or they brainstorm to achieve the right concept.

“There is a mix of skillsets here at the centre and some of our young people make them unassisted while others are supported to learn the completely new skills required. We usually use the laser cutter because it’s a really accessible technology to teach young people and also get some really cool results from.



A young person at The Y’s 4 C Centre working on a ‘3D countdown poster’

“We’ll often look back at other designs and think about how we can top the last one so that we’re always improving and the kids are getting really cool designs each time.”

While the simpler ones can often be completed in an afternoon, some of the more complex take a few days of intermittent work, he says.

## Waitaha Canterbury staff mark World Alzheimer’s Month

September is World Alzheimer’s Month and each September, people unite from around of the world to raise awareness and to challenge the stigma that persists around Alzheimer’s disease and all types of dementia.

The focus for this year is ‘Know dementia: Together we can do so much’. The aim is to encourage everyone to understand dementia and how we can all support people living with dementia after their diagnosis.

Dementia is everybody’s business, as a quick look in Canterbury’s general practice waiting rooms, home-based care and rest home care recipients, and hospital inpatient wards shows. During September, we encourage everyone to support World Alzheimer’s Month by getting involved in some way.

4 things you can do this September to support

### WORLD ALZHEIMER'S MONTH

01. Take a look at the **Dementia and Delirium share point** on the intranet - it's full of resources.
02. Make the Dementia and Delirium page one of your **work-tool tiles** on your prism homepage. Now you have easy access.
03. Check out the collection of **resources** on the NZ Dementia Foundation website <https://www.nzdementia.org/>
04. Become a **Dementia Friend**. It'll take less than 30 minutes to do the online course to add to your education hours. Look for it on healthLearn.
05. Contribute to the big picture with the Dementia Stakeholder Group for Canterbury (contact: [greta.bond@cdhb.health.nz](mailto:greta.bond@cdhb.health.nz))

## Kōwhai Companions programme celebrates success



Kōwhai Companions Volunteer Jenna Feng receives her certificate of appreciation from Executive Director of Nursing Becky Hickmott



Kairuruku Hōtaka/ Programme Coordinator of Kōwhai Programme Fiona Graham (centre) with Kōwhai Companion volunteers at the afternoon tea

An afternoon tea was held at Burwood Hospital last week to thank and celebrate the contribution that the Kōwhai Companions have made to ensure the success of the Kōwhai Programme.

Kōwhai companions are volunteers who are selected and trained to provide person-centred engagement with vulnerable patients in hospital, and many of these patients are people living with dementia.

“Collectively the Kōwhai Companions, which have included two groups of Speech Language Therapy students, have provided 1120 hours of time to over 120 different patients over the last nine months, they are amazing people,” says Kairuruku Hōtaka/ Programme Coordinator Fiona Graham.

Feedback from the programme shows that presence of a Kōwhai Companion is beneficial for the patients’ emotional wellbeing, as well as giving whānau a valued sense that their loved one is in caring company that improves the hospital experience.

“In their time with patients, the Kowhai Companions can be supporting hydration, nutrition and overall physical wellbeing, they are all factors which can contribute to a reduction in rates of delirium and the adverse events associated with it,” Fiona says.

A few of the quotes about the programme include:

*“I don’t get many visitors, I enjoyed having someone to talk to. I liked it when they took me outside, the volunteers were the best thing about my stay, this has done more for me than anything else.” (Patient)*

*“Amazing, gave her normality, sitting out in the lounge and getting out on the ward. You guys were amazing, all I can say is amazing. It never looked like hard work and (the patient) can be quite difficult. The best quality time she had was with the volunteers!” (Family member)*

*“I have loved seeing the change in patients after the time spent with their Kōwhai Companion, they often appear more settled... I think it is a great thing for the nursing staff too as the time spent with the companion allows them to attend to other things. I personally love the service and think the initiative is wonderful” (Staff member)*

### National Dementia Leadership Group announced

Budget 2022 allocated \$12 million over four years to begin implementing the Dementia Action Plan.

This will see the development of two interconnected sector groups, the Dementia Mate Wareware Leadership Group (DLG) and the Dementia Network.

The DLG will provide leadership and advice to Te Whatu Ora and Te Aka Whai Ora on strategic alignment, direction, and integration across the system to ensure delivery against the objectives and actions in the Plan.

Congratulations to Waitaha Canterbury Psychiatrist of Old Age Matthew Croucher who has been appointed as the deputy chair. Kia ora mo to tonu hou i DLG, Matthew.

“The last twelve months have brought a string of great news for the dementia sector here in Waitaha / Canterbury and around the motu”, says Matthew.

- > A national bicultural Dementia Mate Wareware Action Plan was adopted by government and the sector last September.
- > Cabinet formally approved it in November, financial support was announced in the government’s Budget in May.
- > The Dementia Leadership Group was formed this month, supported by the appointment of the New Zealand Dementia Foundation to facilitate its work together with the whole sector.

“Government and the sector (that includes us in Te Whatu Ora – Waitaha) have come together in a way that many people at the coal face of dementia service delivery have been dreaming of for years,” he says.

### “See Me, Not Just My Dementia” restarts at Burwood Hospital



Registered Nurse Lara Hitchcock with the display at Burwood Hospital promoting dementia education and information available to staff

Registered Nurse Lara Hitchcock organised a poster display in the Burwood Hospital Atrium to mark World Alzheimer’s Day (September 21).

After a break because of COVID-19, Lara announced that the next ‘See Me, Not Just My Dementia’ study day for Burwood Staff will be held on 3 November.

Lara says the aim is to help those who work with people who have a diagnosis of dementia.

“The course helps them to understand that the person in front of them is unwell and, very often, in a vastly different space from when they are living well with their dementia.”

### Free “Dementia STARS” resources launched

September also saw the launch of the New Zealand Dementia Foundation’s new set of educational resources called Dementia STARS, with Waitaha Canterbury staff having starring roles.

This resource includes a set of eight educational videos narrated by Psychiatry of Old Age Academic Lead Researcher Susan Gee, and feature a gallery of other Waitaha Canterbury staff including Occupational Therapist Tracey Hawkes, Old Age Psychiatrist Matthew Croucher, Nurse Manager MacKenzie Ebbett, Speech Language Therapist Ashleigh Farr, and Registered Nurse Lara Hitchcock.

Dementia STARS stands for Short Trainings in Awareness and Responsiveness. Each module introduces a person-centred approach to a key element of care when supporting people living with dementia, with an educator kit and videoed presentation.

The content is pitched at a level that will be comfortable for all staff, especially kaiawhina (support-workers /care-givers), Susan says.

“It’s been a huge project but it’s such a thrill to see it out in the world.”

It is free to register to access the resources at <https://www.nzdementia.org/Dementia-Stars>

# Nurses' Memorial Chapel receives special gift

It was a very special moment last week when Shirley Smallbone gifted Blanche Marion Huddleston's service medals to the Nurses' Memorial Chapel at Christchurch Hospital. Shirley was a relative of Blanche, who was a highly decorated nurse in WW1.

After hearing about Blanche from her mother (a cousin), Shirley set out to discover as much as she could about Blanche's service as a member of the New Zealand Army Nursing Service (NZANS), NZEF 22/95.

Blanche was born in Christchurch in 1876 and trained at Wellington Hospital as her family had moved to the North Island, qualifying in 1905. In August 1914, she left Wellington at three days' notice to sail to Samoa on the Atua and commenced her service there.

Blanche went on to serve at hospitals in England and France for the next four years.

Blanche had a humble and compassionate nature, Shirley says.

In a letter Blanche wrote to inform a family of the death of one of her patients while she was at Codford Hospital in England, she wrote:

"He was such a nice patient and went so peacefully. We had every hope at first of his recovery and were so sorry to lose him. I always think that one cannot do enough for our brave soldier boys – they give up everything for their country – I am ever so sorry to be the bearer of such bad news."

In France, Blanche served at several Casualty Clearing Stations on the Somme. Situated near the front line, they dealt with the wounded as quickly as possible before sending them on to base hospitals. Enemy planes came over on bombing raids every clear night. The sisters would sit on stools in their dugouts wearing a tin helmet with flasks of hot tea and sandwiches and watch the enemy fly over.

In 1918, Blanche was one of the first three, out of only six, NZANS nurses to spend three months being trained by the American forces as an anaesthetist. This was hugely significant as even to this day, nurses are generally not trained as anaesthetists, only doctors are.

Blanche served as an anaesthetist at the Casualty Clearing Station in Pas de Calais, France, and was awarded the Medaille de la Reine Elisabeth from the King of Belgium.



Blanche Huddleston



Blanche's medals

Returning home to New Zealand, Blanche continued her nursing career at Wellington Hospital but never practiced anaesthetics again. Blanche died at Rannerdale Annexe for Returned Servicewomen in Christchurch and is buried at Ruru Cemetery in the Returned Services section.

Along with her three war service medals and the Medaille de la Reine Elisabeth, Blanche received the Royal Red Cross from King George V, which was later upgraded to Royal Red Cross Medal First Class for distinguished services in connection with military hospitals in France and Flanders.

Getting Blanche's medals to the Christchurch Hospital Nurses' Memorial Chapel also has a story of its own.

Several years ago, Shirley discovered that a late sister of Blanche had requested Blanche's medals to be hung in the chapel at Wellington Hospital. Sadly that chapel is no longer, so after three months of searching, the medals were found wrapped in newspaper in a drawer, with others not claimed.

"I didn't want the medals to be left in a cabinet and forgotten about. I wanted them to come to the Nurses' Memorial Chapel at Christchurch Hospital, however, as with so many heritage buildings in Christchurch, the 2011 earthquakes caused significant damage to the chapel and it was unclear if this was going to be possible," Shirley says.

So after holding on to the medals all this time, it was an exciting and emotional moment when Shirley officially presented Blanche's medals to President of the Friends of the Nurses' Memorial Chapel Pip Mason.

"I feel she (Blanche) has come home and is with her sisters, in the true sense of the word. I'm so happy she's here."

If this story of Blanche's courage and dedication hasn't already given you goosebumps, on the morning of Shirley arriving to the chapel, Convenor of the Museum Subgroup of the Nurses' Memorial Chapel records Nanette Ainge says that as she was putting out a book of military records, and placed the book down and started to open it, it fell to a page with a photo of Blanche and her nursing unit in Wisques, France in 1918.

This section of the book talked of Blanche's unwavering bravery and ability to remain unnerved.

In it Blanche wrote: "I am glad I am not nervous and hope I never shall be. It must be difficult to keep one's self in hand as well as the patients."

Following the presentation of the medals, Shirley generously shared stories about what she knew of Blanche and her character – that in the face of tragedy and sadness, Blanche remained patriotic and high-spirited.

"Blanche would always be on the lookout for other New Zealand nurses during her travels and would hang so far out the train window to wave and call out to her sisters that someone would have to grab onto her feet and hang onto her to stop her falling out."



From left, Convenor of the Museum Subgroup of the Nurses' Memorial Chapel Records Nanette Ainge, Shirley Smallbone and President of the Friends of the Nurses' Memorial Chapel Pip Mason



From left, Shirley Smallbone and Convenor of the Museum Subgroup of the Nurses' Memorial Chapel Records Nanette Ainge

The presentation of the medals fittingly coincided with Women's Suffrage Day, providing the opportunity to reflect on the impact incredible women such as Blanche have had on shaping our history.

Friends of the Nurses' Memorial Chapel plan to pay further homage to Blanche's service next year on International Nurses Day (12 May 2023).

More about Blanche's life is documented in a book written by R.E. Rawstron in 2005 called 'A Unique Nursing Group. New Zealand Army Nurses Anaesthetists of WW1.'

# International Day of Sign Languages

International Day of Sign Languages (IDSL) was celebrated last week.

It is marked annually across the world on 23 September. This date is when the World Federation of the Deaf was established in 1951.

Here in Aotearoa New Zealand New Zealand Sign Language (NZSL) is one of three official languages, along with English and Te Reo Māori.

According to Statistics New Zealand (Census 2018), there are approximately 4,599 deaf people who use NZSL as a form of communication and about 23,000 people in total who use NZSL.

This includes parents who use NZSL to communicate with their deaf child. These figures are likely to be underestimated.

New Zealand Sign Language (NZSL) is crucial to many deaf people's ability to learn, communicate and participate in society. The language is vital to the expression of deaf culture and identify.

Workforce Development Partner Akira Le Fevre and Data Entry Operator Denise Godman (who is a member of the deaf community) recently collaborated to create a video teaching some easy NZSL phrases that can be used every day.

You can view it here: <https://vimeo.com/752038046/decb658eb9>



## ESSENTIAL SIGNS for communicating with a Deaf person in a medical situation



**Okay?**  
One hand held into a fist with the thumb up. Move the hand up and down.

**Sick**  
Left hand in front of chest. Only the thumb & pinky fingers are up and down. The other fingers are held together.

**Medicine**  
One hand held with palm facing towards body. Left hand held up with thumb up. Right hand held up with thumb up.

**Need**  
Right hand fingers closed together. Touching right hand closed with left hand.

**Pain**  
Both hands in front of chest. Fingers in. Move alternately. Point to the spot where it hurts.

**Where**  
Both hands held in front of chest. Fingers outstretched. Point to the spot where it hurts.

**Want**  
Right hand in front of chest. Finger tip pointing left. Other hand held up with thumb up.

**Interpreter**  
Right hand in front of chest. Fingers outstretched except for the thumb & pinky. Other hand held up with thumb up.

**Appointment**  
One hand held palm facing up. Right hand held with fingers spread. Other hand held up with thumb up.

**Need to book a NZSL Interpreter?**  
Contact iSign on 0800 934 683, Free Text 3359.  
email [bookings@isign.co.nz](mailto:bookings@isign.co.nz) or visit [www.isign.co.nz](http://www.isign.co.nz)

**Want to learn more?**  
Visit [Learn NZSL](http://LearnNZSL), a free new learning portal, at [www.learnNZSL.nz](http://www.learnNZSL.nz)  
Visit [www.deaf.org.nz](http://www.deaf.org.nz) for videos, booklets and customised New Zealand Sign Language courses for your workplace.

# Nominations open for the 2022 Clinical Informatics Leadership Award



You can nominate now to recognise the leadership, contribution and achievements of clinicians working in data and digital health.

The [Clinical Informatics Leadership Network](#), (CiLN) worked in partnership with Health Informatics New Zealand (HiNZ) to launch the [Clinical Informatics Leadership Award](#) in 2019 and it is back in 2022.

Spark Health is supporting the award for the fourth year, providing \$5,000 in funding for the winner to attend a conference or do further study. They will also receive a free pass and speaking slot at Digital Health Week NZ 2023.

CiLN chair Alex Kemp says the health reforms provide a once in a lifetime opportunity to create a digitally enabled health system, providing gold standard quality care in the right place, at the right time, to the right people.

“Clinical Informatics is internationally recognised as critical in the development, implementation and delivery of systems that are able to achieve this aspiration,” she says.

“CiLN are thrilled that Spark Health understands the importance of clinical informatics and has chosen to invest in the development of knowledge in this area within Aotearoa by supporting this award.”

In 2020, CiLN published a [Clinical Informatics Position Statement](#), which details five key ways in which clinical informaticians bring value to the sector, which are; expertise, clinical leadership, stakeholder engagement, competence and capability, and communication.

The 2022 award is looking for a clinical informatician who best demonstrates the ‘value added’ in two of these areas.

Spark Health chief executive Will Reedy says 2022 is the year where clinical informatics leadership has emerged as a critical success factor for the health reforms.

“Whether it’s at a national, regional, district or locality level, clinical informatics leadership across the digital health community will ensure that data and digital services of the future meet the needs of all New Zealanders,” he says.

To be eligible for the award you must be a member of CiLN, which is free to join and open to anyone with a clinical background and an interest in clinical informatics.

Nominations close on 14 October 2022 and three finalists will be chosen by the judging panel. A public vote will decide the winner, who will be announced at [Digital Health Week NZ](#) this December in Rotorua.

[NOMINATE NOW](#)

# Breaking down barriers to screening

In Christchurch's eastern suburbs, nearly 200 women are overdue for both a mammogram and a cervical smear.

ScreenSouth Ltd is tackling this with local Mana Wahine clinics which offer breast and cervical screening in a comfortable, welcoming environment. The clinics are provided for wahine Māori, Pasifika and other women who have poorer access to screening and higher rates of breast and cervical cancer than non-Māori and non-Pasifika.

ScreenSouth Ltd is a non-profit organisation owned by Pegasus Health and Pacific Radiology Group that administers the national breast screening programme and provides regional programme coordination for the national cervical screening programme within Canterbury.

Launched in 2019, Mana Wahine clinics bring ScreenSouth's mobile breast screening bus to local medical practices and provide a one-stop-shop for these important health screens.

The aim of the Mana Wahine clinic is making screening a good experience, says ScreenSouth Health Promoter Jin Cho.

"The big barrier to screening is whakamā [embarrassment]. The second barrier is if they have had or heard stories of a bad experience. The third barrier is cost. We make our clinics free, a good experience and a good environment."

ScreenSouth works closely with Pegasus Health practices and community organisations like He Waka Tapu to provide nurses, transportation and other support for the women attending the clinics. In late July, a Mana Wahine clinic was run in partnership with Etu Pasifika in Christchurch.

Twenty-one women received a mammogram on the day, with 10 also getting a cervical screen. Mana Wahine clinics are scheduled in Ashburton and Linwood in the coming months.

ScreenSouth Ltd Health Promoter, Sharon Malietoa, shares her experience of a recent Mana Wahine clinic run in partnership with Etu Pasifika.

"On the day of the Mana Wahine clinic run as a collaboration between the ScreenSouth Health Promotion team and Etu Pasifika, one of the smear takers was fluent in the Tongan language and we were able to come together to support a woman who had not had a health check for over 10 years.



The biggest barrier for her was not being able to speak English.

"There were other barriers that made her terrified about attending her appointments, yet she knew there was a goal in mind and that was to genuinely care for her health and see how they could make things easy for her."

On the day, the support and warmth the ladies showed at this particular clinic, prevented the wahine turning around, hopping in the car and not attending the appointment at all, Sharon says.

Due to the quick support from the team and in particular the smear taker, whose first language was Tongan, the patient was made to feel at ease and comfortable. She began to speak and trust the nurse while talking through the barriers that had kept her away for so long.

"This amazing woman left with having both her breast and cervical screening done. As a Pacific woman in Canterbury, this is great reminder of how important the role of a health promoter is – to help advocate on behalf of all women and to bring understanding of the programmes that are available to them in Aotearoa," she says.

This day was a success, and done in collaboration with other organisations who share the same vision, values, and authenticity when it comes to helping Pacific and Māori women cross the line to better health.

Read more from the [latest Pegasus Health 2025 newsletter 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. [Click here](#) for more deals on Home Maintenance. You can find [similar offers here](#).



## Torpedo7

### Torpedo7- Friends and Family

Offer from 16 September-2nd October 2022

Torpedo7 is offering up to 60 percent off on huge range of gear for Te Whatu Ora Staff and their family. Show [this flyer](#) instore printed out or on your device or enter the promo code mentioned in the flyer at the checkout on the website [www.torpedo7.co.nz](http://www.torpedo7.co.nz)



### Heritage Hotel Queenstown

- 91 Fernhill Road, Queenstown

Book directly through the hotel to access discounted accommodation rate by using the promo code. Valid for stays until 31 March 2023. See more information [here](#).



## MILLENNIUM HOTELS AND RESORTS

### Millennium Hotels

Get 20 percent off the fully flexible rate at Grand Millennium, Millennium, Copthorne, Kingsgate and M Social Hotels in New Zealand, see [more information here](#). Offer valid until 31 December 2022.



### mi-pad HOTEL

- 4 Henry Street, Queenstown

Get special rates at mi-pad Queenstown when using promo code. Travel and stays valid up to 28 December 2022. Identification may be requested upon check-in. Bookings are to be made directly with mi-pad Queenstown via [this link here](#). See [here](#) for the promo code.



### The Classic Villa Luxury Boutique Accommodation

- 17 Worcester Boulevard, Christchurch Central

Stay here and pay the special rate of \$179 per night plus a continental breakfast, valid for our staff and their families. Show your staff ID to redeem - see [more information here](#).



## Latest news from CCN

# The latest CCN News is out now.

Read about a long-standing volunteer's extraordinary contribution; how Mana Ake – Stronger for tomorrow, is having a positive impact for a Lyttelton family and [much more here](#).

## Te Papa Hauora and partners welcome you for last of Winter Research Series

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

The last seminar of the series, 'Co-Producing Research,' is taking place Wednesday 28 September HP314 Manawa.

Format: three or four five to seven minute presentations, a 15-20 min Q&A, and a 15-20 minute networking over refreshments.

This series is open to researchers, students and interested health professionals. The seminars will be advertised within the TPH partners and relevant research institutes.

More information is [available here](#).

**TE PAPA HAUORA**  
The future of health

### WINTER RESEARCH SERIES

**Seminar 5 – 28th September**  
**Co-producing Research**

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.

[www.healthprecinct.org.nz](http://www.healthprecinct.org.nz)

Brought to you by Te Papa Hauora and its partners

Te Whatu Ora Health New Zealand | UC | UNIVERSITY OF OTAGO | Ara

**Seminar 5 – 28th September**  
**Co-producing Research**

**Speakers include:**

**Dr Lisa Marie Emerson** Researcher  
School of Health Sciences University of Canterbury  
Autistic co-led autism research priorities for Aotearoa New Zealand: A model of community partnership in autism research

**Jess Allan** Postgraduate Student  
School of Health Sciences University of Canterbury and University of Otago  
The benefits of exercise for people undertaking cancer treatment: Local collaboration in exercise oncology research

**Mary Fitzpatrick** Lecturer Biochemistry  
Ara Institute of Canterbury  
Fatty acid composition of plant-based milks: A collaboration between chemistry/biochemistry and human nutrition

**Winter Research Series**

**Seminar 1 – July 6**  
Evaluating Innovations in Health  
Where: Manawa HP108

**Seminar 2 – July 27**  
Improving health for Māori and Pasifika  
Where: Manawa HP108

**Seminar 3 – August 17**  
Sustainable Research in Healthcare  
Where: Manawa HP108

**Seminar 4 – September 7**  
Learning from the Pandemic  
Where: Manawa HP108

**Seminar 5 – September 28**  
Co-producing Research  
Where: Manawa HP314

> To register attendance, please email [admin@healthprecinct.org.nz](mailto:admin@healthprecinct.org.nz)

## QUIZ ANSWERS – Food of the world

1. b. Rice – rice is the staple food for more than 3.5 billion people
2. c. Southern Africa
3. d. Cheese
4. b. Mexico
5. a. True
6. b. Water Buffalo
7. c. Greece – Saganaki is a dish made with fried cheese
8. a. Pickle – Kimchi is spicy pickled cabbage and radish
9. b. Frog legs
10. d. Sushi

ROAD TRAFFIC ACCIDENT TRAUMA  
CHARITABLE TRUST TRADING AS

## NATIONAL ROAD TRAUMA CENTRE



REMEMBRANCE DAY AND  
NEW ZEALAND ROAD SAFETY EMERGENCY  
RESPONSE AND HEALTHCARE AWARDS

26 NOVEMBER 2022  
BANQUET ROOM AT TE PAE, CHRISTCHURCH  
CONVENTION CENTRE. FROM 10AM - 12PM.





Presented by:

**TE PAPA  
HAUORA**  
*The future of health*

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Health  
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**FREE  
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# we're talking health...

**Your health, the health of your whānau**

Come and join us for an evening of talks from Canterbury researchers who are improving healthcare for us all. **Registration essential.**

Wed 26th October, 5.30pm – 7.30pm

Attend in person at Manawa Foyer,  
276 Antigua Street or join us online.

**For more information visit**  
**[www.healthprecinct.org.nz](http://www.healthprecinct.org.nz)**

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Waitaha Canterbury



# Aranui Wainoni Vaccination Clinic



Get vaccinated and  
enter the draw to win  
a return trip for two  
to Samoa or Tonga!

Prize includes 7 nights  
accommodation or  
travel vouchers.

**WHEN:** Saturday 15th October | 11am - 2pm

**WHERE:** Aranui Wainoni Community Centre,  
31 Hampshire Street, Aranui, Christchurch

**WHAT WE'RE  
OFFERING:**

- COVID-19 vaccines
- MMR vaccines
- Flu vaccines



For more information call us on  
0800 PASIFIKA (727434)

# Rowley Vaccination Clinic



Get vaccinated and  
enter the draw to win  
a return trip for two  
to Samoa or Tonga!

Prize includes 7 nights  
accommodation or  
travel vouchers.

**WHEN:**

Saturday 1st October | 11am - 2pm

**WHERE:**

Rowley Resource Centre,  
89 Rowley Avenue, Hoon Hay, Christchurch

**WHAT WE'RE  
OFFERING:**

- COVID-19 vaccines
- MMR vaccines
- Flu vaccines



For more information call us on  
0800 PASIFIKA (727434)