



# HEALTHBEAT

NEWS FOR CANTERBURY DISTRICT HEALTH BOARD STAFF & COMMUNITY PROVIDERS

## Profile: Guinevere Newport



Flu vacs message for health professionals gets serious

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CDHB CEO Gordon Davies - welcome to our first issue of HealthBeat Page 2

# From the Chief Executive



In this issue the spotlight is on 'flu vaccinations for health professionals – I've had mine... have you? We gear up for the annual Star City to Surf and we profile some key people making a real difference in their areas of health.

Speaking of the 'flu, I'd also like to draw your attention to our 'flu pandemic website profile on page 8. It's especially for Canterbury households, workplaces and the community. I would like to encourage you all to check it out and talk to your families, friends and colleagues about being better prepared for a possible 'flu pandemic.

We'd also like your feedback on our first issue of HealthBeat. Everyone who sends in their thoughts, feedback and suggestions will go into the draw to win a double pass to the Crusaders vs Warratahs match on Friday 21 March 2008. Please email [fiona.bryce@cdhb.govt.nz](mailto:fiona.bryce@cdhb.govt.nz) or post to The Communications Team, The Princess Margaret Hospital, PO Box 1600, Christchurch, by Wednesday 19 March 2008.

Happy reading,

A handwritten signature in black ink, appearing to read 'Gordon Davies'.

Gordon Davies  
CEO

Canterbury District Health Board

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

## Excellence award for ComCare

The ComCare Trust has been awarded the Australasian Housing Institute's Excellence in Practice Award for delivering support solutions to Canterbury social housing clients.

The ComCare housing service works with people who experience mental illness in Canterbury by providing a range of housing services, from housing facilitation (finding flats), connecting flatmates, home rescue (retaining housing), emergency housing to long term tenancies. It has more than 120 tenants, places around 70 people every year and supports around 250 people at any one time.

ComCare also provides people with mental illness support with employment, recreation, education and training, as well as the CDHB funded service, Warmline, a telephone peer support service.

## Tell us your news!

We are always on the look out for stories and we would like to encourage you to come forward with your news. It could be about something new in your workplace, health focussed, patient focussed, something you are particularly proud of, or completely out of the ordinary! In particular we would like to hear from community providers of health, so please come forward with your ideas. Also if you currently miss out on a newsletter, you know of someone who may be interested in receiving one, or you would prefer to have HealthBeat emailed to you, please tell Fiona our CDHB Internal Communications Officer; [fiona.bryce@cdhb.govt.nz](mailto:fiona.bryce@cdhb.govt.nz) call ext. 66843 or (03) 3377 843.

**W**elcome to the very first issue of HealthBeat, our new CDHB publication for all CDHB staff and community health providers.

A big thank you to everyone who suggested names for our new publication – it was wonderful to have so many people involved and contributing. We had plenty of very good entries.

Congratulations to our shy winner, who submitted the name 'HealthBeat' but wishes to remain anonymous.

The runners up were; Sarah Macfarlane for 'The Link' and Sue Hirst for 'The Link- linking health, linking people, linking communities'.

HealthBeat is a combination of news and information previously provided in Across the Board, the newsletter for CDHB staff and our In Touch newsletter for community providers, which have both now ceased.

HealthBeat will be distributed monthly and will better reflect how far our DHB reaches in terms of shared news and information.

Through HealthBeat I hope you will be able to learn more about different parts of Canterbury's health sector, feel able to better share innovations in health and celebrate your successes with like-minded people.

HealthBeat is produced by the CDHB Communications Team.

Communications Manager: Michele Hider

Internal Communications Officer: Fiona Bryce

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# Hillmorton Walkers Ready for City to Surf

The upcoming City 2 Surf is just the beginning of the road for a group of keen walkers from Hillmorton Hospital.

At the start of this year the group of 12 people, that keeps on growing, came together with the goal to finish the City 2 Surf and also to make some positive changes to their health.

Hillmorton Hospital Forensic Nurse Case Manager Kevin Mahuika said it was often difficult to maintain a healthy balance and exercising as a group offered extra encouragement.

"Some of us were feeling a bit overweight. There was much talk and much pessimism about the state of our physical wellbeing and we thought we needed a goal. So we decided to walk the City to Surf," he said.

Now groups walk regularly around Hillmorton Hospital at lunchtimes, or whenever the opportunity arises.

The group is also tracking their individual weights and BMI and are noticing positive results.

"I feel great," said Mereana Crossen, Social Worker and Case Manager, "I don't feel so sluggish and I've actually got energy when I get home at night."

Leigh Tabak, Charge Nurse Manager of Te Whare Manaaki and Te Whare Hohouroko said the regular walks have brought the service together.

"We definitely intend to walk regularly after the event," she said.

"We're getting out there and getting to know each other. When you're walking you're talking, so it's a real team building exercise. We've got nurses, social workers, consultants, psychiatrists and managers... all on a level playing field out there getting fresh air and exercise."

## Te Whare Rangahau Forensic Community Team



Back row; Terese Mitchell, Dee-Anne Bayley, Bill Gordon, Mereana Crossen, Gabby Buchanan, Kevin Mahuika, front row; Leigh Tabak, Francis Pooley and Paula Mason (absent; Phil Patira and Tepora Ehau).

The Star City 2 Surf 2008 will be held on Sunday 30 March.

To enter, CDHB staff can go to the homepage of the intranet, or contact your organisation's Star City to Surf Coordinator or you can enter on line; [www.city2surf.co.nz](http://www.city2surf.co.nz) at any BNZ branch, The Christchurch Star, The Athletes Foot or CCC Leisure Centre.

The event starts 9am at Cathedral Square and finishes at QEII. Entry fee is \$10 and there will be a Primary School downsized event at Porritt Park to QEII, entry fee \$5. The Westpac Rescue Helicopter is the recipient charity for this year's event. There will be spot prizes, live entertainment and the major prize - a trip for two to the Sun Herald Sydney City 2 Surf, will be drawn at 12.30pm.



Margaret Blair – retiring after 21 years as Ashburton Hospital's volunteer coordinator (photo reproduced courtesy of the Ashburton Guardian).

## Margaret steps aside

Margaret Blair has stepped aside as volunteer coordinator at Ashburton Hospital after 21 years in the role.

Mrs Blair has been a 'Friends of the Hospital' volunteer at the hospital and Turangi Home for thirty years and said she intends to continue a while yet.

She first began volunteering when her daughter started kindergarten and she had some time to spare in town.

"It wasn't until I was going through some old hospital records that I suddenly realised just how long I had been doing this for, so I decided it was time to let someone else have a go," she said.

There are 45 volunteers in the not-for-profit group providing a range of services at Tuarangi Home and the hospital, including a library and chapel services, delivering morning tea and helping out with lunch.

Margaret said the group is always on the look-out for new members.

"There's been a good comradeship among all the volunteers over the years. I've found people become really good friends," she said.

Heather Gray, Director of Nursing and Clinical Services, Ashburton said she was very pleased Margaret intends to continue her volunteer work.

"I would like to thank Margaret for her exceptional contribution. I would also like to thank all the voluntary workers who do so much towards the comfort and care of those who need our services."

Jackie Rapley is the new volunteer coordinator.



Supporting the CDHB 'flu vacs campaign - Maranda Ah-Sam, Student Nurse and Hospital Aide

## 'Flu vacs message for health professionals gets serious

to protect our patients and yourselves. Passing influenza to people who are already unwell and vulnerable, with the deadly risk that carries, is surely not something any of us would wish to do," Mr Davies said.

Keeping the community as well as possible - health professionals and patients- is an essential part of pre-winter planning, he said.

CDHB Executive Director of Nursing Mary Gordon is also behind the campaign for health professionals to be vaccinated. She has arranged for all nursing, midwifery and medical imaging students at the Christchurch Polytechnic Institute of Technology to be vaccinated, courtesy of CDHB this year and for them all to receive increased education on the importance of nurses and other medical staff receiving annual influenza vaccinations.

"We hope that this will mean a consistently high uptake among future nurses, who will see the vaccination as simply an essential part of caring for people who are unwell," Ms Gordon said.

CDHB Chief Medical Officer Nigel Millar is one of the staunchest advocates for annual staff vaccinations.

"By getting sick with influenza we run the risk of killing our patients. It's as simple as that. The myths about the harm of the vaccination are themselves deadly," he said. "My advice to all health professionals is to take the time to be vaccinated - it is just a fraction of the time taken if you get sick with the 'flu."

Mr Davies said 22 CDHB nurses have volunteered to be trained to vaccinate staff. They will be competing to vaccinate the highest percentage of people in their work areas.

"I congratulate and thank the people who have already added this task to their existing duties. I would also like to encourage all community providers of health to strive to achieve as high a rate of 'flu vaccination as possible." he said.

The CDHB and community providers of health, such as Nurse Maude and Pegasus Health, are offering free or subsidised 'flu vaccinations for staff, contact your Infection Control Officer or manager for more information.

**C**DHB CEO Gordon Davies has this year made an unprecedented plea for all health professionals in Canterbury to be vaccinated against influenza.

Mr Davies said he could not stress enough how important it was for all health professionals to protect themselves and potentially save the lives of vulnerable patients this coming winter.

Mr Davies said this year an immense amount of energy is being spent in increasing the uptake of the annual influenza vaccination. The vaccination rate for CDHB employees is 'appallingly low', particularly among nurses who have the greatest amount of contact with patients.

"I really cannot stress enough the importance of this vaccination

## Riccarton Rotary Club Scholarships now open

Health professionals and people interested in the rehabilitation of youth addicted to drugs and/or alcohol are invited to apply for a 2008 Rotary Club of Riccarton Jubilee Tertiary Scholarship.

The scholarships are designed to:

- Provide support for undergraduate and postgraduate qualifications in the area of drug and alcohol addiction with a youth focus
- Help people with an interest or work experience in the field to enrol in a university or tertiary institution, for the first time
- Support staff to attend a conference or workshop with a primary focus on youth rehabilitation services.

The scholarship fund is \$10,000 with an upper limit of \$5,000 on any one scholarship. Applications close 31 March, 2008. Forms are available from the Scholarships Office, Canterbury University, Private Bag 4800, Christchurch 8020.

## Pacific Island health pioneer



*“I have managed to help change one commonly held assumption among Pacific people, which is the fatter the person, the healthier they are!”*

and the Pacific community.”

Mrs Newport, who is currently a Health Promoter for Community and Public Health, first began her career in 1986 with the then Department of Health within the Priority Area Programme Team. Although the nature of her work has changed over the years, Mrs Newport said the focus remains the same; promoting positive health messages and delivering health education to the Pacific community.

“Cultural and language barriers make it difficult for Pacific people to fully engage with and use the health system. There is little acknowledgement of the importance of Pacific culture – family and spirituality of Pacific people.”

Mrs Newport said she believes Pacific people are beginning to realise how important it is to look after themselves and take responsibility for their own health.

“I have managed to help change one commonly held assumption among Pacific people, which is the fatter the person, the healthier they are!”

Guinevere Newport arrived in Wellington from Vailima, Samoa in 1959. Her first job was with Inland Revenue before being transferred to the Department of Island Territories, which later became the Department of Island and Maori Affairs.

She moved to Christchurch in 1967 where she started a family and later enrolled in a CPIT course

aimed at women re-entering the workforce. This was to be the catalyst for her role as a Pacific health worker. Mrs Newport's current role focuses on Pacific Island health, nutrition and physical activity within schools and early childhood centres. She now has six grandchildren, of whom she is immensely proud.

In addition to her work at Community and Public Health, Mrs Newport is involved in voluntary and community organisations.

She said while she is still healthy she will continue to work. She said faith, friends, family and time spent in her garden keeps her going. “I can do everything in Christ who is strengthening me.”

**G**uinevere (Guine) Newport, New Zealand's first Pacific Island Community Health Worker, has been appointed a Member of the New Zealand Order of Merit MNZM, JP for her services to the Pacific Island community.

Mrs Newport said one of the main health issues for Pacific Island people is their lack of knowledge about the New Zealand health system.

“Health professionals need to be aware of Pacific cultural perspectives. I see myself as the link between health professionals



## New Year's Honour for Syd Bradley

The former chair of the CDHB has been made a Companion of the New Zealand Order of Merit for his services to business and the public health sector. Mr Bradley was first appointed to the then Canterbury Area Health Board as a member in 1989. Since then, he has been involved in a number of roles in the health sector and other areas of government and business in a career spanning 50 years. Mr Bradley currently holds a governance and consultancy role with the wider business sector and the University of Canterbury.

# Adolescent Dental Service – it's free and it's all good



'It's free and it's all good' is the message from the CDHB School and Community Dental Service to encourage adolescents to make the most of free dental care.

Community Dental Service Oral Health Promoter Torunn Borsting said adolescents, parents, health professionals and youth workers need to be aware and help spread the message, that adolescent dental care is free up to 18 years old. "It does not matter if young people are at high school, course, work or unemployed," Ms Borsting said.

The youth dental care website [www.cdhb.govt.nz/dentalcare/youth](http://www.cdhb.govt.nz/dentalcare/youth) has recently been

updated to provide information about adolescent dental services and oral health in a youth-friendly way.

"The website is also a helpful resource for parents, health professionals and people working with youth, in encouraging adolescents to free dental services and maintaining access to good oral health," Ms Borsting said.

There are also monthly competitions for adolescents to win \$30 mall vouchers and oral health packs on the website.

The adolescent dental service is a free service provided through private dentists contracted by the CDHB. Transfer to the Adolescent Dental Service, from child dental services (a free service provided by dental therapists mainly through school based clinics) happens during Year 8, when students are asked to choose a private dentist to enrol with. From Year 9 (high school) adolescents will be called in to their chosen dentist every year, until they are 18-years-old, for a free check-up and treatment if needed.

For more information log on to [www.cdhb.govt.nz/dentalcare/youth](http://www.cdhb.govt.nz/dentalcare/youth) or call 0800 ITS FREE, 0800 487 3733. To contact the Adolescent Oral Health Promoter email [torunn.borsting@cdhb.govt.nz](mailto:torunn.borsting@cdhb.govt.nz) or call 03 364 0469.



## Funding available for free under- six visits

The CDHB is encouraging General Practices across Canterbury to apply for new Ministry of Health funding to provide free visits for children under six years old.

General Practices are able to apply to the CDHB via their Primary Health Organisation (PHO) for funding, if they agree to provide free services to children under six years old. Practices are able to opt into the scheme on a quarterly basis.

The Ministry of Health announced the new funding last year as part of its continued implementation of the Primary Health Care Strategy.

The latest move follows the gradual implementation of subsidised General Practice fees for other age groups over the past five years. The final stage of the General Practice fee subsidy scheme took effect last year, covering the 25-44 year old age group.

Carolyn Gullery, the CDHB's General Manager Planning and Funding, said this will ensure much easier access to GP services for children under six by removing the financial burden of doctors' visits for many Canterbury families.

To be eligible for a free visit, children under six must be enrolled with their local PHO, which can be done at their General Practice or PHO.

# Training the trainers



*He Waka Tapu trainee trainers - back row from left; Siniva Talaga, Leiatava Puaavase, Aniva Poufa, middle row; Milika Faitotonu, Naomi Fili, Tania Wharehinga, Daryl Beattie, Tiriana Smith, Candice Ashwell, front Row; Heleni Calkin, Sooula Gali, Vanessa Olliver (absent); Julie Nicholson, Sasha Frame, Marion Olliver, Katherine Culshaw, Sonia Beukenholdt, Tyrone Tainui).*

“Give a man food and he will eat for a day. Teach a man to fish and he will eat for a lifetime”. The famous quote perfectly captures the spirit of a “train the trainer” programme being offered by Lee Tuki from community agency, He Waka Tapu.

The programme aims to increase the number of Maori and Pacific people who operate as trainers in the areas of nutrition and physical activity. Open to Maori and Pacific people of all ages, Lee’s courses offer NZQA unit standards towards a national certificate in group fitness. Subjects include hip hop, circuits, cooking and dancing.

“There was a real lack of Maori and Pacific people who were able to get up and deliver a safe exercise class within the

community,” said Lee, a former NZ fitness leader of the year. “Eighteen months on, we are now starting to develop a network of Maori and Pacific physical activity providers who can work together to try and make a real difference.”

Improving nutrition, increasing physical activity and reducing obesity, particularly among Maori and Pacific people, are key priorities for the Ministry of Health (MoH) and the CDHB. In line with this, the He Waka Tapu programme has just received funding from the MoH’s Evaluation Fund.

Classes are free and there are daytime and evening classes. For more information please contact Lee Tuki on 03 371 2642.

# Clucky quilters deliver the goods



*All stitched up - Ursula Rack, Briar Wait, Fenella Jameson donate their completed Guardian Angel Quilts.*

A group of keen quilters recently donated 20 hand-made colourful quilts to Christchurch Women’s Hospital’s neonatal unit.

Fenella Jameson and friends started Guardian Angel Quilts in Christchurch, after being inspired by Fenella’s mother, who runs a larger quilting group in Auckland which also donates its craft to hospitals.

“We decided we wanted to do what we could down here in Christchurch,” she said.

Fenella recently had family members needing the services of the Neonatal Unit and donating the quilts was her way of saying thank you.

Christchurch Women’s Hospital Neonatal Services Manager Bernard Hutchinson said the quilts were wonderful.

“Some of the quilts, although they are intended for the use of many, may find their way home. They will represent something special to signify the baby’s stay, a special reminder and something to be treasured,” he said.

Email [fenellaj@xtra.co.nz](mailto:fenellaj@xtra.co.nz) for more information on Guardian Angel Quilts.

# Meet your new Canterbury District Health Board (2008 – 11).



Back row from left; Peter Ballantyne, Anna Crighton, Chris Ryan, Jo Kane, Matea Gillies, front row; Eleanor Carter, Alister James (Chair), Olive Webb (Deputy Chair), Andrew Dickerson, inset; David Morrell.

## > Alister James (appointed)

### Chair

Alister served 20 years as a Christchurch City Councillor and is a lawyer with a particular interest in the effective delivery of adolescent health, mental health, alcohol and drug treatment services. He is keen to improve the relationship between the Canterbury DHB and the community and to encourage clinical input in governance decision making.

## > Olive Webb (elected)

### Deputy Chair

Olive is a Clinical Psychologist and independent Health and Disability Consultant with more than 35 years experience in the health and disability sectors. She has served on the Board for seven years and is committed to rural health issues and delivery.

## > Peter Ballantyne (appointed)

Peter is Chair of the CDHB's Finance Audit & Risk Committee and is a retired Chartered Accountant in a consultancy role. He is involved in the aged care sector and has experience in financial accounting and auditing, including internal auditing within the health sector.

## > Matea Gillies (appointed)

Matea has been a GP for 30 years. He is of Ngai Tahu descent and Chairperson of the Ngai Tahu Runanga Health collective - Manawhenua ki Waitaha. He believes primary and secondary health services need to work more closely and efficiently to achieve health gains for Canterbury people.

## > Eleanor Carter (elected)

Eleanor is a strong advocate for patient needs and listening to the public. Previously a spokesperson for Health Cuts Hurt, Eleanor believes that a health service should be funded according to community need and run in a transparent and effective manner.

## > Jo Kane (elected)

In her second term on the Board, Jo is keen to follow through on the community focused health initiatives started in the last three years. Jo believes timely health care, early intervention, illness prevention and healthy lifestyle choices in our community, will assist our hospitals in providing the best quality treatment for people when they need it most.

## > Anna Crighton (elected)

Anna is newly elected to the DHB and intends to use her fifteen years as a Christchurch City Councillor and Community Board member, to help improve DHB governance and accountability. She went into local government to make a difference and has a record of being effective, vocal, publicly accessible and accountable.

## > David Morrell (elected)

David has been a member of the District Health Board for six years, though he is better known for his years as Christchurch City Missioner. He is committed to more accessible and affordable services for all. David is Chair of the CDHB Hospital Advisory Committee, member of the Finance Audit & Risk Committee and Chair of Brackenridge Estate.

## > Andrew Dickerson (elected)

Andrew has 20 years experience in the health and disability sector and is Chief Executive of Age Concern Canterbury. He would like to see improved access to elective surgery, better integration between hospital and General Practice services, more cooperation between health agencies and health professionals and improved relationships between management and clinical staff.

## > Chris Ryan (elected)

Chris has been a GP in Ashburton for 18 years. He has previously been Chair of the Ashburton District Health Committee, GP representative Rural Canterbury PHO Board, Secretary of the Canterbury Faculty of the Royal NZ College of GPs and a GP education facilitator. Chris believes that health professionals should be involved in planning and management at every level.

One more Board member is expected to soon be appointed by the Hon David Cunliffe, Minister of Health.

## About the Board...

The Canterbury District Health Board (CDHB) is responsible for providing or purchasing Government funded health care services for Canterbury people. There are 21 DHBs in New Zealand and they have existed since 1 January 2001. Canterbury DHB objectives are to improve, promote and protect the health of communities; to promote the integration of health services, especially primary and secondary care services; and to promote effective care or support of those in need of personal health services or disability support.

Child & Youth Health, Older Person's Health, Maori Health, Primary health and Disease Prevention and Management are strategic priorities for the CDHB. The inclusion, participation and independence of people with disabilities is another priority. The CDHB strives to show a sense of social responsibility, to foster community participation in health improvement and to uphold ethical and quality standards in the delivery of healthcare services.



*Healed and happy – Wound Care Specialist Pauline Mayne with former patient Evelyn Young.*

## Wound care initiative takes off

the best efforts of the registered staff at Resthaven, Mrs Young had been in pain and incapacitated for many months with little evidence of healing and more ulcers appearing.

Resthaven Nurse Manager Kate Ashdowne said she received information on the Complex Wound Care Service in the mail and immediately thought Mrs Young could benefit.

Wound Care Specialist Pauline Mayne made an initial assessment of Mrs Young's wounds and recommended the appropriate treatment, so registered nurses at Resthaven could care for her between weekly visits.

After four months of treatment, Mrs Young's wounds have now healed and the quality of her life has improved.

Following a recent formal evaluation of the two year pilot, the service will now be extended for a further two years by the CDHB. Non-subsidised clients are now eligible if they meet the right criteria as are people receiving VAC (Vacuum Assisted Closure) therapy.

Miss Mayne said the service was also helping to reduce hospital admissions for complex wounds.

"The aim of the service is to improve the management of complex wounds, by working in partnership, providing support, advice as well as training for staff in residential care facilities," she said. "It's a real team effort."

**N**inety five year old Evelyn Young says her life has improved immeasurably since her pressure sore and leg ulcers have finally healed.

"My life has improved 100 per cent", she said "when I was in a wheelchair it was horrible and now I'm back to doing most things."

Mrs Young is one of around 90 patients who have benefited from the Complex Wound Service, developed by the CDHB and provided by Nurse Maude and HealthCare New Zealand, working in partnership with aged care providers.

Mrs Young was one of the first to receive the service. Despite



*Tai Chi at Tuahiwi – from left to right; Gael Tirikatene, Ruahine Crofts, Wilda Parker and John Crofts.*

## Healthy Day at the Pa

The group practises Tai Chi to improve balance and avoid falls. They are taught by Nukuroa Tirikatene-Nash and supported by Presbyterian Support Upper South Island Services. Rapuora Mobile Nurses from Te Puawaitanga also come to check the blood pressure of participants and provide assistance with health care plans.

"Speakers from all areas of health and well-being have been invited to come and korero with the Whanau," Mrs Reriti-Crofts said.

"Everyone is invited to bring enough kai for two, not twenty two. That is an important part of the awareness of eating only what we need to sustain ourselves, rather than over-eating because it's there."

Kaumatu John Crofts, who takes part regularly said he enjoys hearing from a variety of health focussed people and organisations.

"There is a need to take care of your body. We're always talking to our whanau about healthy things, especially not smoking. And it's about whanaungatanga: sharing kai together, singing and enjoying each other's company."

**H**ealthy Day at the Pa is bringing health and wellbeing information to Tuahiwi Marae, near Kaiapoi.

Aroha H Reriti-Crofts CBE, JP of Te Puawaitanga ki Otautahi Trust initiated Healthy Day at the Pa early last year, as a result of discussions with her Whanau, Hapu, Rural/Canterbury PHO and the CDHB.

# What's up...

## March

- 10-16 Schizophrenia Awareness Week
- 10-14 National Drinking Water Week
- 10-16 Child Cancer Foundation Awareness Week (collection day 14 March)
- 10-16 Brain Awareness Week
- 12 Health Lecture Series 2008 – “Saving life and limb. Preventable sudden arterial death.” Presented by Professor Justin Roake and Professor Tim Buckenham, Departments of Surgery and Radiology. 7.30pm at the Rolleston Lecture Theatre, University of Otago, Christchurch. For more information call 364 1199.
- 13 World Kidney Day
- 19 Health Lecture Series 2008 - “If I'd known I'd live this long, I'd have taken better care of myself ” - Healthy ageing in the 21st century. Presented by Professor Tim Wilkinson, Health Care of the Elderly. 7.30pm at the Rolleston Lecture Theatre, University of Otago, Christchurch. For more information call 364 1199.
- 21 Good Friday (Easter)
- 24 Easter Monday
- 24 World Tuberculosis Day
- 26 Health Lecture Series 2008 “Sun, food and the beginnings of asthma.” Presented by Dr

Michael Epton, Respiratory Physician, Department of Medicine. 7.30pm at the Rolleston Lecture Theatre, University of Otago, Christchurch. For more information call 364 1199.

- 30 Star City to Surf
- 30-3 April 7th International Diabetes Federation Western Pacific Region Congress - Wellington

## April

- 4-6 Royal New Zealand Foundation of the Blind Red Puppy Appeal
- 7 World Health Day
- 7-10 New Zealand Healthy Cities and Communities Short Course presented by Healthy Christchurch - [healthychristchurch@cph.co.nz](mailto:healthychristchurch@cph.co.nz).
- 7-13 Red Cross Rose Week
- 11 World Parkinson's Day
- 14-21 Camp Quality NZ Week (camps for children living with cancer)
- 17 World Haemophilia Day
- 18 Poppy Day
- 18 End of School Term I
- 25 ANZAC Day
- 26 Kidney Kids Appeal Day
- 28-4 Salvation Army Red Shield Appeal

# CDHB Quality Improvement and Innovation Awards - Expressions of Interest Now Open

Applications and expressions of interest are being called for the 2008 CDHB Quality Improvement and Innovation Awards.

The Awards are designed to recognise, reward, publicly acknowledge and share the excellent quality improvement initiatives and innovations generated by CDHB staff and community providers of health services.

Expressions of interest close on 28 March; however projects can still be entered until 8 August, 2008. Application support, mentor and/or resource support is also available.

Visit <http://intraweb.cdhb.local/corp-quality> or [www.cdhb.govt.nz](http://www.cdhb.govt.nz) or email [gillian.pearce@cdhb.govt.nz](mailto:gillian.pearce@cdhb.govt.nz) for more information.

## Call For Mentors and Resource Support

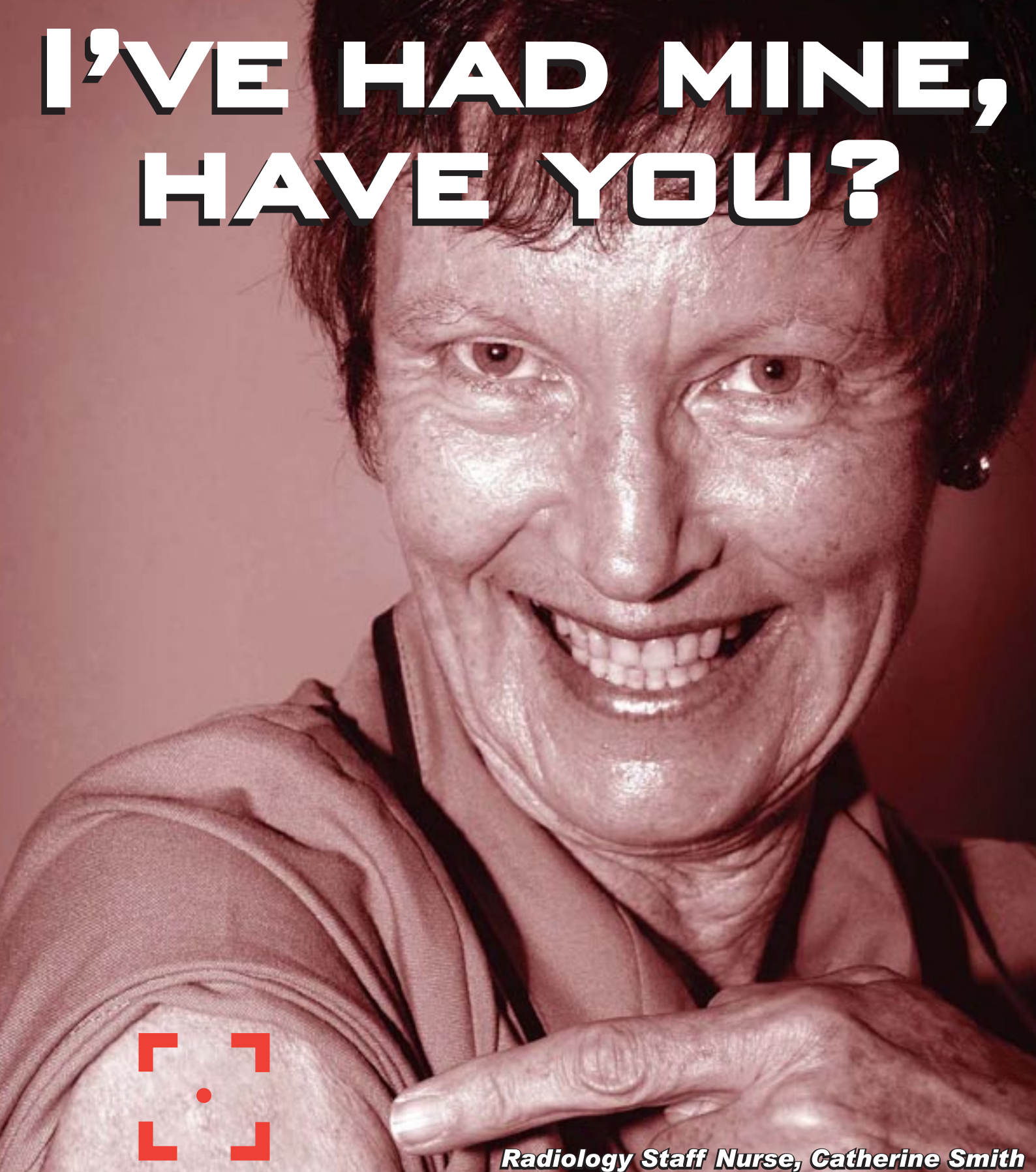
Are you interested in quality and patient safety? Would you like to be involved in a programme focused on improvement, innovation and excellence?

Do you enjoy working within a team and providing encouragement and assistance?

We are looking for people with experience in project work and facilitation skills, with the ability to assist project teams, prepare documents according to set criteria/requirements and assist with the evaluation of project work. If this sounds like you, consider becoming a mentor and/or providing resource support for projects entered into the 2008 CDHB Quality Improvement and Innovation Awards. Training, support and guidance will be provided.

Visit <http://intraweb.cdhb.local/corp-quality/promoting/Mentors.htm> or [www.cdhb.govt.nz/quality/patient-safety/Mentor.htm](http://www.cdhb.govt.nz/quality/patient-safety/Mentor.htm) or email [gillian.pearce@cdhb.govt.nz](mailto:gillian.pearce@cdhb.govt.nz) for more information.

# I'VE HAD MINE, HAVE YOU?



*Radiology Staff Nurse, Catherine Smith*

## INFLUENZA VACCINE

**“ANNUAL IMMUNISATION OF HEALTHCARE WORKERS IS THE MOST EFFICIENT WAY TO MINIMISE THEIR PATIENTS’ EXPOSURE TO A POTENTIALLY LETHAL VIRUS.”**  
**VIROLOGIST, DR LANCE JENNINGS.**

**Canterbury**

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