



RURAL CANTERBURY PRIMARY HEALTH ORGANISATION

Snow Events The snow falls of 25–26 July and 15–17 August saw a number of staff involved in supporting our practices and pharmacists. Once again we worked with Primary Care Response Group, linking into the CDHB.

As part of our ongoing emergency planning, a number of sectors were established. These sector posts



Rural
Canterbury
PHO office

have had a radio telephone installed

which has
proved very
beneficial
over the snow
period of 15 –
17 August.

Bill
Eschenbach,
CEO



RCPHO AGM – 12.30 pm Tuesday, 18 October 2011

Council Chambers, Rangiora Service Centre, 215 High Street, Rangiora

Community Consultation / Public Meeting

will follow the AGM from 1.00 pm to 1.45 pm

Mental Health Awareness Week

10 - 16 October 2011



Walk 4 Wellbeing - 16 October 1:00pm-4:00pm

At North Hagley Park - Events Village

A free non-competitive ramble around the still beating heart of our city - Hagley Park. Starting and finishing in the middle of Garden Variety in the ChCh Events Village, the ramble through the biggest garden of the Garden City will take you via 5 stations themed on the Winning Ways to Wellbeing. Starting at 1pm and finishing at 3pm for the start of Garden Variety and the dance fundraiser for the Mental Health Foundation as part of the Body Festival. Join us to mark the end of Mental Health Awareness Week and celebrate the undaunted Cantabrian spirit!

Garden Variety - 16 October 3:00pm-5:00pm at Hagley Park

Come a to the Christchurch Events Village and be entertained by some of Christchurch's best artists and performers in a park setting before cheering on your team before the All Blacks potential Semi Final in the Rugby World Cup Fanzone.

- CHART Music Stage: "The Haze" and "Sleeping Dogs"
- Body Festival Speed Dance Stage
Try out Sh'bam as a fundraiser for the Mental Health and Heart Foundations - PLEASE BRING A DONATION!
- Pandemonium Tree Percussion and Aerials
- Crazy Crash Pad Rugby
- Water Music from the Christchurch Symphony and Southern Opera
- The Paul Kelly Dancers
... and roving characters from Chant et Danse, The Court Jesters and Tablo.

This will be an amazing family oriented arts playground for the lead up to kick off - so come along and join in the fun!



Wanted volunteers to train as Breastfeeding Peer Supporters

Have you breastfed at least one baby?

Do you have a passion for breastfeeding and a desire to support other mothers who are breastfeeding?

Would you like to train to be a peer supporter for other breastfeeding mothers?

Rural Canterbury Primary Health Organisation runs an exciting peer support programme, Mother4Mother, which is supported by the Canterbury DHB. We are currently recruiting volunteers from around the city and rural Canterbury areas for this free training programme.

If you or someone you know may be interested in this training or would like further information, phone Rachel Palmer at RCPHO on 0800 800 743 ext 212, text 027 588 1007 or email rachel_palmer@rcpho.org.nz

Rural Canterbury Primary Health Organisation

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My name is Leanne Liddell and I am looking forward to beginning my role as Rural Canterbury PHO Health Promoter for Waimakariri, Hurunui and Kaikoura and following on from the brilliant work my predecessors have begun in our community.

Some of you may know me through my role as Rangiora Community Garden Coordinator, where I worked initially as part of the Community Max program with 4 young people. My background is varied and includes event planning and sales.

Rangiora is my home town where I live with my husband, two daughters and two cats. My weekends are spent (like many families) chasing after kids and running a taxi service to sporting events. We love camping and can't wait to go again now the weather is warming up, roll on summer.

I am looking forward to meeting many of you in my new role and touching base with those of you I have already met. I would like to make a time to come and see you, but if for some reason I miss you please do give me a call on **021 849 950** or via email on leanne_liddell@rcpho.org.nz. My usual office days will be Monday, Tuesday and Wednesday.

www.rcpho.org.nz

Mobility

Parking



The price of Mobility Parking Permits went up on 1st October 2010.

A long term permit (5years) is now \$50 and a short term permit (up to 12 months) is now \$35. Updated application forms are available from the website

www.ccsdisabilityaction.org.nz

CCS Disability Action, PO Box 8066

Riccarton, Christchurch 8440

Tel: 03 365 5661

Call free: 0800 227 2255

Fax: 03 372 9507

E: canterbury@ccsdisabilityaction.org.nz

RCPHO office staff take turns to cater a lunch - this was the 'mens' turn. We dined on chilli con carne with corn chips (Bill Eschenbach), sausage bake and mashed potatoes (Wayne Smith), cold silverside with bread buns (Paul Wynands) and salad (Caroline Eschenbach). Pictured: Helen Thompson, Alison Wilkie and Geraldine Clemens enjoying the selection.



"Ladies" turn next!



B4 School Checks

The B4 School Check is a national Ministry of Health funded programme. In Canterbury the B4 School Check is delivered in Primary Health Care by specially trained Practice Nurses and in some cases the Public Health Nursing Service.

The B4 School check is a 'well-child' screening programme and reviews height, weight, BMI, Oral health, general health issues, vision and hearing, behaviour and development of each child enrolled in General Practice, as they turn 4 years or as close to as possible. All children enrolled in the practice, who are 4 years of age, are offered the B4SC.

Children assessed through the B4SC process in RCPHO, have been referred back to their GP for various reasons, including soiling, stuttering, dental issues, ongoing respiratory issues, gait, visual acuity assessment and so on, and a few children have been referred to Ministry of Education because of parent / preschool identified behavioural concerns.

It is with great pleasure that we can report that Rural Canterbury PHO achieved, across the practices, an average **completion rate of 100%** for the year, the target was 70%. This is a wonderful achievement.

Lactation Consultant Services

New Staff Member

Ruth O'Donovan has joined the RCPHO Baby Feeding Services team. Referrals to the service continue to increase dramatically, so we are very pleased to have Ruth join the team.

Ruth has a background in nursing, in midwifery and as a Lactation Consultant.

She has most recently been working at Christchurch Women's Hospital, but she has worked in the community in the past and is relishing the opportunity to work in a primary health care setting again.



Well done guys ...

Hanmer Springs Medical Centre Team (Sylvia Ross, Sharon Bonnafoux, Heather Pool and Celia Tymons) participated in the Hanmer Springs Decorate Your Business, Rugby World Cup competition run by the Hurunui District Council and won.

HPV

Of the Canterbury PHOs, RCPHO practices continue to achieve the greatest percentage of Gardasil vaccinations for their total qualifying population. To the end of September 2011, for the total qualifying population for a completed series of vaccinations.

Total Canterbury practices had achieved 41.3% while RCPHO practices had achieved 45%.

Enrolled Population As at 1 October 2011	
NZ European	69,476
Māori	5,274
Pacific Islander	1,078
Other	10,550
Total	86,378