

— PHO Newsletter —

Rural Canterbury and Hurunui Kaikoura PHOs



CANTERBURY
Clinical Network

Transforming Primary Care through Clinical Leadership & Community Engagement

Canterbury Clinical Network (CCN) is the preliminary name for a collaborative working group of the region's health professionals and others. The group has been working in conjunction with the CDHB towards a transformation of health care to significantly improve the delivery of patient care in the community. Our constituency includes GPs, nurses, hospital specialists, pharmacists, physiotherapists, wider primary care providers and relevant community groups.

Through its broad reach, CCN can act as a voice for the broader community health sector, championing clinical leadership and community engagement, and working collaboratively to plan, agree and implement an annual programme of 'transformation projects' while making the best use of health resources.

It is this programme of transformation projects that will form the basis of our business plan.

Next Steps

The plan will need to be completed by February 25 to reach the Ministry by its deadline. Soon after this time, we expect to come back to you with more detail about what is in the plan.

If the plan is accepted by the Ministry, we will then have to move quickly to prepare for implementation on July 1. Regardless of its acceptance or not, we don't want to lose momentum on the activities we want to pursue – work programmes will continue to be supported to achieve the best health system for Canterbury patients.

We believe the work of the Canterbury Clinical Network has come some way towards fostering a positive environment of trust and common purpose across the health sector, and we intend to maintain and enhance this by continuing to hold leadership development forums, supporting the Canterbury Initiative 'way of working' across the primary/secondary clinical interface, and crystallising alliance-based relationships.

Website: www.ccn.org.nz for more information .



RuralNetworker

Important message to NZRGP Network Members - Board nominations

The New Zealand Rural General Practice Network is calling for nominations to its current board to be decided at its AGM on Saturday, March 13, 2010. The Network offers advocacy and support for all rural general practice and its committee plays a strong role in running the organisation, as well as giving it vision and direction.

The Network is looking for skilled and interested parties in two categories:

- Executive Board members to represent the different geographical areas in New Zealand and
- potential Board Members with special skills whether in business or communication, or any of the myriad aspects inherent in the roles of rural health workers.

All applications will be treated confidentially.

Nominations/applications close on February 28th 2010.

For more information contact

Network Secretary David Wilson on 07 866 5911 or
Communications manager Rob Olsen on 04 495 5887, 021 82 2468 or email: rob@rgpn.org.nz

Multi Cultural Bite - Ashburton



Rural Canterbury PHO's Helen Thompson (Reception / Admin) and Jill Robinson (HP SIA Project Manager) attended this very popular event held in Ashburton Baring Square East, Sunday 7th February.

The event was organised by Ashburton Safer Community Council and the Mid Canterbury Newcomers network. Cultural cuisine was provided from such places as Canada, Fiji, Poland, Ecuador, the Philippines and Hakatere Marae.

While both young and old enjoyed some lovely food they were entertained by a variety of musical talent and dancing from the different cultures.



Akaroa Health Centre staff have decided to 'walk the talk'

A foggy day in Akaroa can mean a lot of things to different people and for some it has meant the beginning of change. If you are awake these days between 8 and 9 am it can mean doctors and nurses cavorting on the main beach in Akaroa, waving exercise bands and jumping side to side as if they have springs in their shoes. Yes it is true Suzanne Knapp and Bidy Shadbolt from the Akaroa Health Centre have decided to 'walk the talk' literally and get fit under the guidance of local Green Prescription person Erin Reed.



Erin Reed and Bidy Shadbolt

With a cluster of willing friends Bidy and Suzanne embarked on an eight week Get Fit programme focussing on body weight resistance, core strengthening, balance and cardiovascular training all using the community as a gym. Erin has a philosophy that all you need is a bit of imagination, a young spirit and a willing attitude and you can make any place, a setting to work on the various elements of fitness, which is exactly what they found themselves doing on those grey mornings. While Bidy and Suzanne have now set their sights higher, with plans to participate in a Marlborough Sounds multi sport event, their

commitment to practice what they preach is rubbing off on others in their community.

Erin's thrill at having the medical team take to her fitness classes with such enthusiasm is evident. As she puts it "having people see some of the medical team in Akaroa getting out and living a healthy active life is a great motivator, especially when they see Bidy and Suzanne laughing as they chase each other up and down the stairs of the war memorial or jumping around on the beach like two excited children on the first day of summer".

In addition to being such an inspiration, Bidy and Suzanne's first hand experience of the benefits of activity, has helped the team at Akaroa Health Centre get right behind the Green Prescription programme, and sends an important message to everyone in the community.

While Green Prescription is the national initiative which supports people new to activity to get started, support from the Rural Canterbury Primary Health Organisation 18 months ago allowed the remote and picturesque town of Akaroa to have their own local Green Prescription person. Erin has combined this work with her own exercise classes.

"Green Prescription allows me the time to see people individually, and talk through their motivation to change, and any barriers they have to getting started. Combining both roles is helping fulfil my desire to change people's perception around what living active means, that having fun and fitness can go hand and hand. "

So the next time you drive up and over the hill and you are entering the township of Akaroa just be ready for what and whom you might see; the local medical team playing their part in making Akaroa a hub of health and fitness.

Introducing Vicky Anderson, newly appointed Health Promoter for Waimakariri - employed by eatfit

Vicky replaces Katy Patterson, who has taken on a full time consultancy role with eatfit

"Since graduating with an MSc in Human Nutrition Vicky has been involved with community based nutrition research projects in Cambodia, Bangladesh, and Uganda, and most recently worked in the UK on cancer research.

Vicky's experiences have given her a broad perspective of the challenges faced by families and communities. This experience combines with her interest in enabling healthy lifestyles, adequate nutrition, and wellbeing within the constraints of the environment. Vicky enjoys cooking, yoga, reading and spending time with family."



- ASHBURTON -

- CHILDRENS DAY:**
Sunday 7th March – Plains Railway – picnic – free day
- SAFETY TRAINING:**
Volunteers – Community Link building 3081395
Gabriel Isaac – Wednesday 24th February
- FUNDING EXPO:**
Monday 12th April – Mid South Canterbury – Hotel Ashburton 11am-4pm – Rod Beavan
- COMMUNITY LAW-CANTERBURY:**
Free Workshop – Saturday 27th February 2010 – Aimed at National Organisations and Community Groups. Further info – 0508 226 529

Margaret Duffield
Manager, Ashburton Resource Centre

- ATTENTION -

CHRONIC PACKAGES OF CARE

It will not be necessary for practices to invoice for the \$20, for the provision of the outcome report.

The PHO will arrange for the \$20 to be paid with the monthly accounts payment, following receipt of the report and invoice for the package.

	HKPHO	RCPHO
NZ European	12007	56298
Maori	1166	3701
Pacific Islander	75	761
Other	228	8752
Total Enrolled Population as at 1 January 2010	13476	69512