

Issue 26

July 2011



Rural Canterbury Primary Health Organisation

Newsletter



CONFIDENT DRIVING DELIVERED IN HURUNUI



Age Concern Canterbury with the financial support from Rural Canterbury PHO Medical Centres and Lions delivered five Confident Driving Courses at Cheviot, Amberley, Waikari, Culverden and Hanmer Springs during the week of 11 April till 15 April.

The numbers attended were: Cheviot 24; Amberley 15; Waikari 26; Amuri 26; Hanmer Springs 22.

A total of 113 attendees.

Some of the courses had a waiting list and further courses are being planned for Waikari, Amuri, and Cheviot subject to funding. Age Concern has had phone calls from people wanting to do the courses, some of these people did not attend the local Medical Centres or were under 70 years of age.

Hurunui District Council's contribution to the course was their Community Development Adviser Bronwen Byers visiting the courses, meeting the attendees and providing course material. Other attendees were; Tony Francis Hurunui Road Safety Co-ordinator, Senior Sergeant Millie Whear, and Councillor Marie Black.

It was great to have Jill Robinson from PHO attending the course at Waikari, where she was able to share information about Rural Canterbury PHO.

Yvonne Palmer of Age Concern was the presenter with Acting Senior Sergeant John Hamilton presenting for Canterbury Police.

97% rated the course and presenters as excellent or very good with 99% saying that they would recommend the course to others. 95% identified that they felt more confident as a driver having completed the course. Many identified the reason that they attended the course was to improve their general driving confidence.

Majority of attendees identified that they would make changes to roundabout driving, time of driving, reversing onto the road, indicating directions, and route planning.

In the ageing process, majority of attendees identified vision, fatigue, hearing, medication, and weather could impact on their driving.

Feedback from many of the attendees identified that they thoroughly enjoyed the course, which was a wonderful social atmosphere, they learnt more about how they can use the gold card by catching public transport and other helpful information.

Children's Earthquake Website

A helpful website has been developed for kids affected by the Christchurch earthquake. www.jojosplace.org

This site was adapted from a website developed by Dr Catherine Cox and Professor Justin Kenardy at the Centre of National Research on Disability and Rehabilitation Medicine (CONROD). The adaptation was undertaken in conjunction with Dr Cox and Professor Kenardy by the following collaboration of New Zealand academics and health professionals with an interest in child and adolescent health: Christchurch: Dr Stephanie Moor (University of Otago, Christchurch), Dr Matt Eggleston (University of Otago, Christchurch), Dr Te Pora Ehau (Te Korowai Atawhai, Maori Mental Health Services), Dr Sue Bagshaw (Director of the Collaborative for Research and Training in Youth Health and Development) and Mr Philip Siataga (Community Action on Youth and Drugs).

University of Auckland: Dr Suneela Mehta, Professor Shanthi Ameratunga, Dr Sue Crengle, Associate Professor Sally Merry, and Dr Karolina Stasiak. For information about this website, please email suneela.mehta@auckland.ac.nz.

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**FREE FLU VACCINATIONS PROGRAMME UNDER 18 YEARS
Has been extended another month
to the end of July 2011**

Primary Mental Health Workforce Development Project

The Primary Mental Health Workforce Development Project which began last October is nearing completion. Rural Canterbury PHO has been leading the implementation of year one of the 2010-12 year plan on behalf of the three Canterbury PHOs.

Key activities have included:

- a directory of Brief Intervention Coordinators (BICs) and General Practice Liaison (GPL) staff
- a paper exploring career development and pathways for the primary mental health workforce
- resource development for PHOs i.e. templates for BIC role description, staff development and review plan, and a service provision framework for primary mental health services
- meetings with Te Pou staff about application of their resource 'Lets Get Real' in primary care, and with Access Canterbury
- identification of training needs of BIC and GPL teams and a summary of training provided over the past 3 years
- a letter of agreement with Pegasus Health for the delivery of training sessions for general practice teams and the Brief Intervention Coordinators / General Practice Liaison teams during 2011-12. Topics to be covered are anxiety management /post traumatic stress response, alcohol harm identification and suicide risk prevention.

We understand that in the future primary mental health workforce funding will be managed by Health Workforce NZ.

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Rural Canterbury PHO Baby Feeding Service

The RCPHO baby feeding service is being very well accessed by the Canterbury community, we are receiving at least 50 referrals a month and growing. As well as home visits, we run regular clinics (by appointment) at Shirley, Ashburton and Rangiora. Slow weight gain, tongue ties, nipple damage, breast pain, feeding multiples, relactation, medication in mothers milk, breast refusal, are some examples of the work that our lactation consultants cover on a daily basis.

This CDHB supported service is Canterbury wide and is free. If you would like any further information about the service or how it can assist your clients, or if you would like to refer a mother, please contact Vicki Patterson on 0800 800 743 extension 213.

RETIREMENT - ALISON WILKIE

Alison Wilkie (PHO Performance Programme, Education Coordination and Cornerstone Accreditation) retired on 31 March 2011 and Rural Canterbury PHO took the opportunity to thank her for her services in health during her very full career,



both in Canterbury and nationally, at a function held at the Peppers Restaurant, Clearwater on Tuesday, 29 March. Approximately 60 people attended including Alison's three children, sisters, friends and colleagues both past and present, to celebrate her career in health. Both those present and many who were unable to attend donated funds towards the purchase of a retirement companion for her. Alison went on a six week holiday on her retirement and now is back home and Coco (as in Coco Chanel), a miniature black poodle, has joined her family.

Alison brought Coco into the office on Thursday, 9 June to introduce her.

Breast Feeding Peer Support Programme

Congratulations to Chanel, Erica, Jessica, Grace, Casey and Sarah who are now certified Breastfeeding Peer Supporters. This training programme is an RCPHO run programme (24 hours) facilitated



enthusiastic group from south west Christchurch and a further programme is planned for Kaiapoi / Rangiora mothers. If you are interested in becoming a Peer Supporter or know of other mothers who may

be interested, please contact Rachel Palmer, 357 4970 extn 212.

Note: Mothers on the programme must have breastfed a baby.

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Amuri Community Health Centre

The new purpose-built Amuri Community Health Centre in Rotherham was officially opened on Sunday, 26 June 2011 by the Hurunui District Council Mayor, Winton Dalley, with assistance in the ribbon cutting by Glenys Frizzell.

Emergency Planning Business Continuity Plans

Emergency Planning and Business Continuity plans are being sought from all general practices, coordinated by Alison Wilkie.

Alison has returned, on a short term contract, for this project and works on Tuesdays and Thursdays.

INTERNATIONAL NURSES DAY 12 MAY 2011

A L'Occitane soap was gift wrapped and delivered to nurses employed within Rural Canterbury PHO to celebrate International Nurses Day on behalf of the PHO.

Janetta Skiba, Director of Nursing, along with other staff members, diligently wrapped each soap and they were hand delivered these over the week of 9 May 2011.



Enrolled Population As at 1 July 2011

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NZ European	68,958
Māori	5,233
Pacific Islander	1,047
Other	10,511
Total	85,749