

The Canterbury Regional Council Delegates are elected by NZNO Members to represent you on matters raised in your workplaces. This regular newsletter keeps you in the loop on their work.

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A word from the Canterbury Regional Council Chairperson

Who/what is NZNO Canterbury Regional Council & how does my voice get heard?

A Region consists of the members working or living within a geographical area as defined in the NZNO constitution. The current Regions of NZNO and a map of each region is attached as Appendix 1 and Appendix 2 to the NZNO Constitution.

Workplace committees elect people who can attend NZNO Canterbury Regional Council from the delegates within these region. For every fifty members workplaces can send one delegate. The Regional Councils comprise of delegates from workplaces, Te Rūnanga, regional divisions of National Colleges and Sections and Student Units. I am ever hopeful we will one day fill the meeting room at NZNO Christchurch Office, 17 Washington Way.

Our job is to be the conduit to the NZNO Board and Membership Committee. We aim to:

- provide opportunities for members to meet for the purpose of learning about and/or considering matters of common interest and importance;
- assist with implementation of NZNO policies and strategies within the Region;
- Represent NZNO as appropriate including by membership of outside bodies and committees;
- assist the planning of membership activities including the successful operation of Regional Conventions.

The more involved workplace delegates are at a regional level the more we are able to inform and educate members.

Regional Council has a Chairperson (who is elected from council members every 3 years), the Te Rūnanga Chair, and Vice Chair.

In Canterbury we are lucky to have representatives from primary healthcare, aged care, prisons, the private sector and the DHB. Meetings start next year on the 11th February 2019 at 5:30pm sharp. We would be happy for you to come to the meetings, if interested in attending please call NZNO Christchurch on 03 378 0591 and let them know (especially for catering purposes), we will see you there .

Ngā Mihi

The Canterbury Regional Council newsletter has been redesigned and has new content based on our survey of readers, and non-readers. We've moved it online, but you can still print it if you'd like hardcopy. We welcome further feedback and will settle on a final format that best suits your needs. How did we do, what do you like or not like? Would you like to give someone a shout out, or raise an issue? Let's make our voices visible and keep track of the CRC's progress on issues raised.

GET IN TOUCH

We welcome readers to submit a comment, feedback, question, praise or complaint or suggestion please contact pip.ireland@nzno.org.nz.

Sector Specific Updates

Aged Care

A survey went out to NZNO members working in aged care with 700 responses. The object of the survey is to raise awareness in the workplace among our members and to provide a place where workers can share their experiences of staffing levels in aged care, which can then support the call for the review of the current voluntary standards and the setting of minimum staffing levels and skill mix. If you have received this, please complete and get it back to us as soon as you can.

Primary Healthcare

There is a new proposed CA with NZ Blood Service following mediation last week. Ratification meetings will be held until the end of November.

Mental Health

Pegasus primary mental have had a restructure which sees the disestablishment of 4 RNs including a NP who provide enhanced service. Pegasus plan to offer brief intervention only for the foreseeable future

SC DHBs

HPHE projects continue. Some are working really well and some stall if NZNO members have difficulty with release.

We had new CCDM governance training last week which was excellent.

We are yet to finalise the immediate relief plan as we have not agreed with the first attempt, but we hope to sign this off next week.

Medicine Management Forum

This forum is for anyone working in health care interested in or involved in the administration of medicines.

NZNO has been successfully holding professional forums alternate years to its popular Medico-legal forums and plans are underway for the 2019 forums on the topic of Medicine Management.

The all-day forums will be held in six locations across Aotearoa between mid February and early April. Presentations by guest speakers will include the medicine management process, medicine reconciliation and polypharmacy and reducing inequitable access to medicines. The NZNO professional nursing advisors will discuss updates and additions to the 2018 Guidelines for Administration of Medicine Management (yet to be released.)

We encourage you to apply for study leave, plan to come and register for the forum nearest you.

The registration cost is \$120 (members) and \$150 (non-members)

Limited free places at each forum have been held for undergraduate nursing students who are NZNO members. So please register now!

When: 13 February 2019

Venue: Rydgers Latimer Square

Report provided by Angela Clark, professional nursing advisor.

What can I do to help prevent bullying in my workplace



Understand what it looks like.

Some signs of bullying are easy to spot, such as personal attacks and put downs. However, others aren't, including attempts to undermine credibility, performance or confidence, and isolating someone from the team or a piece of work.

Some workplace practices may also constitute bullying when repeated: disproportionately demanding workloads, selective micro-management, being kept out of a relevant loop or hasty dismissal of concerns raised.

Proactively keep lines open

Even if you haven't identified bullying, someone else may have. Ask your Manager to give a quick pro-active refresher on managing and reporting bullying at the next team meeting.

Help maintain a positive culture

Champion promoting a supportive team culture: appreciate effort, acknowledge when things work well, share credit when possible, ensure everyone is kept in the loop and check in when someone who seems under pressure.

Upcoming Events

CANTERBURY

Medicine Management

The topic of this forum will be 'Medicine Management' and will include contributions from nursing experts within NZNO and externally.

At: Ryders Latimer Square
On: 13 February 2019
Cost: Members: \$120
Non members: \$150

Spaces available

Delegate Training

The topic of this training is 'Organising our Workplace'. This is for NZNO delegates and is unfortunately already full. More training will be available next year so if you are a new delegate or interested in becoming an NZNO delegate give Sharon a call on 03 378 0598 and she can let you know the further dates.

At: NZNO Christchurch
On: 12 December 2018
Cost: Free for delegates

CRC Christmas Dinner

A celebration Christmas dinner for the members of the Canterbury Regional Council is being held at 5th Street Restaurant, 5 Elgin Street, Sydenham. For more details on this event please give Philippa a call in Christchurch office on 03 378 0591.

SOUTH & MID CANTERBURY

SCRC Christmas Dinner

South Canterbury Regional Council members have a separate Christmas function. Please contact Philippa in Christchurch office for more details.

Nursing in NZ History: 1880s



The staff of Auckland Hospital are shown here in the mid-1880s. Annie Crisp (back row, fifth from left) was appointed as the hospital matron in 1883. She had trained in England, and transformed the hospital by appointing a number of new nurses, whom she managed very effectively.

Auckland Regional Office, Archives New Zealand - Te Rua Mahara o te Kāwanatanga Ref: YCAS 14094 2b

CRC Elections

Chair and Vice-Chair elections were held this year and completed by the 1st of May as per NZNO constitution.

Results: Cheryl Hanham was elected unopposed as Regional Chair and will continue in the role for next 3 years, after which she will stand down as per the constitution, having already completed 2, 3 year terms.

Vice Chair, also elected unopposed is Deb Hamlin. Deb will continue in this role for 3 years with the right to stand again for a further 3 should she wish.

Deb Hamlin, CRC Vice-Chair

Hi, I'm Deb.

I have been an Enrolled Nurse for the past 11 years working at Oceania's, The Oaks. I've worked in Aged Care for the past 20 years, served 12 years as an elected Delegate have attended Regional meetings for the past 8 years. I'm on the Management Committee and have also been a Delegate in the Aged Care National Advisory Group.

I am married with two adult sons and have two lovely grandchildren.



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SHOUT OUT ♥

The commitment and positive energy of our Team Leader Ann Ridden is very much appreciated by the nursing staff. She shows exceptional leadership, kindness, and good humour on every shift, backing her clinical skills and judgement with solid reliability.

GENEVIEVE
Pegasus 24 Hour Surgery

Warren is really supportive of my role at work, both as a Nurse and as an NZNO delegate. We have got a great team and have fun at work as well as doing a good job. I think Warren could teach other Nurse Managers a great deal.

ERICA
Riccarton Clinic

Margie goes the extra mile for her patients and is kind to them. She is so intelligent and quickly picks up any red flags. Well done Margie! It's a pleasure working with you!

Nikki Ford, is the Charge Nurse in ICU. She deals with 160 staff and copes very well with the pressure. She is very helpful to us all on the floor. Thank you Nikki!

ANONYMOUS
ICU, Christchurch Hospital

Have a shout-out?

We would love to hear about your great workmates. Submit a shout-out to someone who is generally helpful, kind or goes the extra mile.
(pip.ireland@nzno.org.nz)

The opening unveiled the new Canterbury Nurses Centenary Window, marking 100 years of nurses meeting. In 1908 The Canterbury Trained Nurse Association now known as the New Zealand Nurses Organisation first met.

A commemorative window started in 2008, put on hold due to earthquakes, was unveiled at the reopening. The Hester Maclean window remembers our first patron who started the Kai Tiaki with her own money, set up the New Zealand army nurses corp., fought for nurses to go to war, was awarded The Royal Red Cross first class in 1917, and the Florence Nightingale Award in 1920. She was a hospital matron, nursing administrator, editor, writer and activist.

Also for the reopening, the Canterbury Regional Council was able to finally plant the Canterbury Nurses Centennial rose. You can find the rose in the chapel garden in front of the camellias by the chapel.

With the chapel now being an historic building under the historic places act, the \$2 million renovation was made possible by funding from the Christchurch City Council for which we are very grateful.

The Friends of the chapel are also raising money to fund other bills the chapel faces. The chapel's capacity to host events is reduced from 120 to a 50 person capacity, so this is one major source of funding that is reduced.

To support the chapel, cards of the Heather Maclean Window, or 'Christmas Party on Ward 5', a Mt. Felix Tapestry, are available for \$1 each. Contact Steph Cook to make an order or find out where to buy: stephcook@extra.co.nz.



Nurses Memorial Chapel Reopens

On 27, October 2018, the Nurses Memorial Chapel was officially reopened by the Gov. General Dame Patsy Reddy.

The master of ceremonies, Canon David Morrell, former chair of the Chapel Trust, welcomed guests and speakers including Mayor, Lianne Dalziel, the Rt Rev Dr David Coles, Robyn Bisset, Chair of the Nurses Chapel Trust, Pip Mason, President of the Friends of the Nurses Memorial Chapel, and Dr Richard Acland, grandson of Sir Hugh Acland who survived the sinking of the Marquette and served in the first and second world wars and the Boer War.

The Memorial Chapel commemorates the three nurses who trained at Christchurch Hospital and did not survive the Marquette sinking.

Meet your CRC Chairperson

Kia ora, My name is Cheryl Hanham. This is my second term of 3 years. I've been a Delegate for many years, nursing for 33yrs, and at present work in Neonatal at Christchurch Public. I believe that the roles of nurse and delegate go hand in hand, as they're both about advocacy for others. As a chair I want to hear from members about how things are for them. I extend an open invitation to members to attend our regional meetings. The next meeting is at 5.30pm on 11 Feb 2019 in the Christchurch NZNO Office. Email Christchurch.Admin@nzno.org.nz to let us know you're coming!

