

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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Regional Council Awards

These awards are to recognise someone who has made a contribution to the Canterbury Region of the New Zealand Nurses Organisation. Awards are made at the Regional Council December meeting/Christmas Dinner.

If you have anyone you would like to nominate please email Fiona Palframan at:
fiona.palframan@nzno.org.nz

Nominations to be received by 20 November of each year

I'm 'just a Nurse'
I just make the difference
between life and death.

I just have the educated
eyes that prevent
medical errors, injuries,
and other catastrophes.

I'm just a researcher who
helps nurses and doctors
give better, safer,
and more effective care.

I just work in a major teaching
hospital managing and
monitoring patients who are
receiving experimental,
cutting edge treatment.

I just educate patients
and families about how
to maintain their health

I just make the difference
between a person staying
in their own home and
going to a nursing home

I just make SURE that
kids stay healthy so
they can learn in school

I just make the difference
between dying in agony
and dying in comfort
and with dignity

I'm just central
to providing the real
bottom-line in health care

Don't you want to be
'just a Nurse' too

A word from the Canterbury | Waitaha Regional Council Chairperson

Lets all stand together

As we await the results of our vote to strike or not many of our new nurses have never faced this sort of decision. We need to be talking and listening to each other and sharing our experiences of the past and what we want for the future of nursing in Aotearoa. Two years ago social media was awash with some very aggressive and attacking comments which actually caused division within us all.

As we work and head towards an outcome that strengthens us all please remember to be polite to each other. We all may work in the same profession but in our personal lives we are all living with different needs, worries and strengths that take us at times in different directions.

This week we celebrate International Nurses Day on the 12th May, we will again gather at the Earthquake Memorial Wall and pay tribute to the 80 nurses who lost their lives on that day.

To our midwifery members, I hope you too had a chance to celebrate each other on the 5th May.

To all NZNO, Tōpūtanga Tapuhi Kaitiaki O Aotearoa remember we are all amazing in the mahi we do. When we stand as one we are even better, stronger and more powerful than you can imagine.

For our strength look to the women of the past who stood shoulder to shoulder and got us the right to vote, work and speak out.

Ngā mihi

Cheryl Hanham

Canterbury | Waitaha Regional
Chair

**Waiho i te toipoto,
kaua i te toiroa Let
us keep close
together not far
apart**



GET IN TOUCH

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

Forthcoming Events

International Nurses Day Film

Film: Finding You

At: Academy Gold Cinema On:

16 May 2021: Cost: \$12.00

Tickets available NZNO Office

47th Annual Conference of the Perioperative Nurses College 2021

7—9 October 2021

29th College of Emergency Nurses Conference 2021

5—6 November 2021

IQN Conference

18 November 2021

Rehua Marae, Springfield Road,
Christchurch

Nurses a Voice to Lead—A Vision for Future Healthcare

This took place on Tuesday 13 April 2021 at Rydges in Christchurch. A packed room heard presentations from Hector Matthews on 'Working towards Māori Equity', Heather Symes on 'Mental Health Screening in Canterbury Prisons', Bronwyn Flewellyn on 'Operational Effectiveness: Nursing Leadership in Austere Environments, Megan Brown and Jo Truscott on 'Paediatric Palliative Care: A Nurse Led Service' and Sara Mason on 'General Nurse Practitioner — The 'Ol Country Doctor'.

The educational section of the programme was presented by Manny Down — NZNO Organiser on 'Poutama—Steps towards being Culturally Safe', Sophie Mearns — NZNO Medico-Legal Lawyer on 'Staying physically safe—exercising your health and safety rights in light of your professional obligations and patient rights' and Julia Anderson — PNA on 'How members are staying "industrially safe".



NZNO Holiday Bach: Sounds Cottage

Do you need a break? Want to get away from it all? Be part of a great nursing tradition and visit Sounds Cottage. If you enjoy outdoor activities or just want to get away from it all Sounds Cottage offers an affordable opportunity to recharge and relax in peaceful surroundings.

The cottage is a typical Kiwi bach, nestled in remote Opua Bay in the Queen Charlotte Sound, Marlborough. The location is accessible by four wheel drive or water (a water taxi service is available).

Sounds Cottage has three bedrooms; two with double bunks and one with a queen-sized bed. The section is flat and can be used for pitching tents.

Further details can be found on the NZNO website [here](#)



NZNO Internationally Qualified Nurses Conference



THEME: New Zealand Culture – How to find your place within it

WHEN: Thursday 18 November 2021

TIME: 9.00am to 3.00pm

VENUE: Rehua Marae, 79 Springfield Road, Christchurch

A map to the venue will be provided via email

Morning Tea and Lunch will be provided

NZNO members (Free)

Non-NZNO members (\$30—not refundable)

Please note spaces are limited, please register here: <http://bit.ly/IQN21>

Any queries contact Fiona Palframan at Fiona.Palframan@nzno.org.nz

A Professional Development Certificate for 6 hours will be provided

You will need to arrange your own study leave if required