



Welcome to this special email to you our members.

There is no point avoiding the topic we are experiencing extremely unsettling times along with anxiety, CoVID-19 numbers are rising, and we are still preparing for the pandemic as well as managing it. As a group of very professional and experienced nurses we have faced several challenges in the past and grown from these. This does seem on a different scale and from talking to many colleagues around the country we are all nervous, scared, concerned or apprehensive. Personally, I have felt all those things, as well as a feeling “we can do this because we can stick together”.

We must check in and support each other because we need to stay well whilst managing different work requirements, increased workloads and managing our personal competing demands. I know I have had to lean on people these last couples of weeks. Doing things in the national media, which I have not done before, has been difficult and trying to get the right message across to the public as well. I hope I have succeeded on your behalf and thank you for your support

On a positive note, there is a factory in Whanganui that is producing PPE, including N95 masks, on a large scale and will be able to ship to all DHB’s. We should be able to have a regular and sustainable supply of PPE for this pandemic and be able to keep ourselves and our patients safe.

Lots of us have already made sacrifices by isolating from some or all our immediate family to protect them. This is very hard and having also done this I really can share in this pain. We have to share these experiences and talk about them with people we trust and get their support. When you do, you will find that they can but they also need your support. It is very true we are in this together. Please be kind to each other.

For questions and concerns that are not able to be resolved locally, we encourage you to involve your NZNO delegate and send through your questions to the NZNO membership support centre on 0800 283848 or nurses@nzno.org.nz.

We have attached links to various wellbeing sites to help in the support of each other. Please share these with anyone in your area that does not receive it.

Be safe,

Steve Kirby
Chairperson NZCCCN
