

Spring 2023

BRINGING THE COMMUNITY TOGETHER. ANNUAL COMMUNITY MEETING - NOVEMBER.

Kia ora koutou,

What a busy few months! We have been onboarding new staff, getting ready for our aged residential care audit next month and upgrading our network. A major grounds refresh is a welcome sight thanks to the teams at PLANTZ, Koromiko Gardening and Akaroa Cherry Picker. In a major milestone, the community's final payment has been made to Te Whatu Ora (formerly CDHB) signalling the end of fundraising for the building! We welcome you to join the Akaroa Community Health Trust, members of the Board and Centre team, and those who support our service at the Annual Community meeting on the 18th of November for a broader update.

I want to acknowledge how challenging these past few months have been for our tight knit community. Loss of loved ones and key community members, the cost of living, a change in government and new health diagnoses are just a few of the things impacting our community wellness. It's crucial that we come together as a community to prioritise our mental health and well-being. Let's remember the importance of looking out for one another. A kind word, a listening ear, or a simple check-in can make a world of difference. We are stronger when we support each other.

I'm incredibly thankful for the hard work of our staff and allied workers and in particular the support of our Brief Intervention Counsellor, Geoff Bristowe who has been there for both staff and community members. Remember, reaching out for professional help when needed is a sign of strength, not weakness.

Let's continue to stand together, show empathy, and foster a caring community that values the mental well-being of all its members.

Ngā mihi
Emma

Contact details.

Before you visit / to book an appointment / talk to a resident / afterhours:
03 304 7004

Emergency: Call 111

email: reception@akaroahealth.nz

website: www.akaroahealth.co.nz

Feedback:
www.akaroahealth.co.nz/feedback



Welcome Rachel Wilson.
Akaroa Health's recently appointed Clinical Nurse Lead - Practice is keen to get going.

Access to care a top priority.

Rachel Wilson has recently joined Akaroa Health as the Clinical Nurse Lead for the practice. Rachel talks about the opportunity ahead for her in Akaroa:

"I'm looking forward to being part of the great team at Akaroa Health, and the community. Since 1998, my nursing has taken me to a variety of areas in Australia and New Zealand and spanned child health, womens' health, midwifery, mental health, and older persons health.

My role is to support the practice team, provide staff and community education, improve access to care, meet health targets, streamline systems, and coordinate with the community and other health providers to ensure health needs are met 24/7. I believe no matter of location, age, ethnicity or health issue, everyone should have equal access to healthcare.

My husband Brian and I have four children aged between 17 and 21. I enjoy spending time with friends and family and keeping fit. I'm looking forward to exploring Akaroa and the bays and meeting you - please come in and say "hi"! You in the community have the knowledge of how the practice can best deliver quality health care."

He aha te mea nui o te a o
What is the most important thing in the world?

He tangata, he tangata, he tangata
It is the people, it is the people, it is the people.

Your feedback.

We improve when you tell us what you like, don't like, or would like to see.

Please share your views with our team at reception@akaroahealth.nz, or Emma directly: generalmanager@akaroahealth.nz, or via the website:

www.akaroahealth.co.nz/feedback



District Health Nurse Maree Getty.
Travelling Akaroa and the Bays to provide in-home support.

District nurse in demand.

Maree Getty is Akaroa and the Bays' District Nurse. Maree cares for people in their homes and provides critical support when and where people are most comfortable.

This can look like;

- Providing support to people with long term or chronic personal health problems.
- Providing palliative care in the community.
- Preventing avoidable admission to hospital.
- Supporting self-care and independence.

Referral can be made to District Nursing by Hospitals or by your GP.

Maree has multiple hats and is also Akaroa Area School's school nurse. You'll find Maree at AAS every Monday morning from 9am to 11am in Room 4 - Te Kāika Haumarua - the school's "safe space" room. Students are able to drop in at any time for a confidential chat with Maree.

Changes to cervical screening.



Cervical cancer is one of the most preventable cancers. Regular cervical screening and human papillomavirus (HPV) immunisation are the best ways to protect yourself.

Screening allows for early detection, follow-up testing and treatment. This year New Zealand's Cervical Screening programme changed and aims to improve access to screening and eliminating cervical cancer in Aotearoa.

The new system tests for the presence of HPV which is the virus that causes 95% of cervical cancers. Anyone with a cervix who has ever been sexually active and aged between 25 and 69 is eligible.

There are two screening options available to you now when you receive your reminder notice:

1. a vaginal swab — you can either self-test, or a health professional can help
2. a cervical sample (smear test) — taken by a health professional

Your healthcare provider will help you determine which test is right for you.

There are many strains of HPV and some are higher risk than others. If you do a vaginal swab test and HPV is found, you will either be recommended to return to have a cervical sample taken as a follow-up test, or referred directly to colposcopy. This will depend on the type of HPV detected.

If no HPV is detected the next test is due in 5 year's time. This is a safe interval because cervical cancer takes between 10 and 20 years to develop. Prevention of HPV by way of vaccination is an important step in eliminating cervical cancer and is free to all from 9 to 26 years of age. HPV screening is still required in those who are vaccinated as not all strains of HPV are covered by the vaccine.



MOVEMBER®

"Our fathers, partners, brothers, sons and friends are facing a health crisis, yet it's rarely talked about. Men are dying too young. We can't afford to stay silent." (nz.movember.com)

Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men.

Men die on average 4.5 years younger than women and for reasons that are largely preventable. Mental health and suicide prevention, prostate cancer and testicular cancer are top priorities for the Movember Foundation. **So let's get behind Movember as a show of support for the fabulous fellows in our community, and help them help themselves by checking in on their health.**



The young and the young at heart.

Reciprocal visits between Akaroa Health residents and Akaroa Area School students were hosted recently. Pohatu, Hinewai and Onuku classes served morning tea, performed some outstanding dance routines and took the time to chat with our elderly kaumatua.



Tricia Hewlett art classes amaze.

Shout out to Tricia Hewlett for hosting resident art lessons. Engaging in art improves the lives of our residents by promoting creativity, self-expression, cognitive stimulation, and emotional wellbeing. It also fosters social connections, reduces isolation, and enhances overall quality of life...with amazing artistic results!



Thanks a bunch.

The Guardians sold peonies to raise funds.

Community completes fundraising for Centre build.

In September the Akaroa Community Health Trust (ACHT) received the levy which the Christchurch City Council (CCC) had collected on our behalf, allowing the Trust to make the final payment to the Te Whatu Ora (Canterbury District Health Board) for our community's contribution to the building of Akaroa Health. This is a milestone for the residents and ratepayers of Akaroa and the Bays, of which they should be proud.

The journey to this build started following the closure of Akaroa Hospital due to the damage incurred by the September 2011 Canterbury earthquake. A group of concerned citizens showed significant vision and formed the Akaroa Structure Group to analyse the future of health services in Akaroa. In discussions with the CDHB they explored options to give Akaroa the best health options. After completing community consultation and site exploration the CDHB agreed to rebuild the health facility on the existing site to incorporate a general practice, 4 flexi beds and 8 residential beds, provided the community contributed \$3 million (which included set up costs).

A temporary premises was set up at Heartlands before the garage on the hospital site was converted for use along with a container to provide primary health care, later this service was provided from a home in Rue Jolie as the new build took place. Two hospital level care beds were also provided at Pompallier House. The Akaroa Community Health Trust (ACHT) took over administration from the Structure group.

A fundraising committee was formed which I had the privilege to lead. This committee canvassed residents and organisations for donations and grants to raise the contribution to the CDHB. We had incredible support from the community, including large contributions from the Guardians of the Akaroa Hospital Inc. (now the Guardians of Akaroa Health) and the Akaroa and Bays Lions Club, we also received donations large and small from individuals, organisations and events.

Many of these are recognised in the foyer of Akaroa Health with some of the larger donors recognised by room names.

The committee realised most avenues of fundraising had been exhausted when they reached just over \$2 million. They approached the Christchurch City Council to seek support for a ratepayer levy over four years to fund this shortfall. Ratepayers were consulted, were supportive and the levy was introduced. The final levy was in this May's rate demand, the levy was oversubscribed and a small refund should appear in a future rate demand.

I would like to take the opportunity to thank the people of Akaroa and Bays for your outstanding support. We also acknowledge the staff who worked so professionally in challenging conditions to provide health services over that time.

We have an incredible facility and are particularly fortunate that the Akaroa Structure Group back in 2012/13 had the foresight and drive to start the process of instigating this great facility, now capably operated by Akaroa Health Ltd.

We have something we should be proud of, is the envy of other communities and would not have happened without the support of you, our community.

Yours,
Paul de Latour
Chairman fundraising committee

MyIndici - test results, appointments, repeat prescriptions.

Have you joined up to our new patient portal MyIndici yet? A patient portal is a secure, convenient online platform for accessing your health information and interacting with Akaroa Health. To access the portal visit www.myindici.co.nz (if you do not have a username and password contact reception). You can also download the MyIndici app via your mobile app store.

Prescriptions reminder.

1. Order your repeat scripts at least 1 week before they run out.
2. Regular repeats can be ordered via our patient portal MyIndici.
3. Scripts ordered over the phone may take up to 48 hours to get ready.
4. If you need a script urgently please make an appointment with the GP.



free call or text any time for support from a trained counsellor

1737 is New Zealand's national mental health and addictions helpline number. 1737 has trained professionals on hand to offer support 24/7.



Akaroa Community Health Trust Annual community meeting

All welcome:

- Emma Crew, General Manager, will headline advances in Centre and community health services
- Guest speakers will spotlight specialty services
- Trustees and Directors will provide a financial check-up

Saturday 18th November, 10AM

Akaroa Area School - Matariki Building
(the beautiful new building)

Refreshments provided