

Summer 2019

HEALTH IN OUR COMMUNITY. THE FIRST OF A SEASONAL NEWSLETTER.

Dear community,

Summer is upon us and the town is bustling with people keen to enjoy everything our very special place has to offer. It's the busiest time of year for our health services and what a relief to be operating out of a fully functional Akaroa Health Centre!

The benefits of the new facility, which began operating from the new site in August, were quickly apparent to those of us working and residing there, and have been appreciated by many locals who have visited. Importantly, the new building and the integration of services is achieving what we'd hoped by taking care of patients in Akaroa, including at home, if at all possible.

The four flexi-beds have been well utilised. They are there to look after you in the community when we can - allowing GP's to hold patients for observation, manage unplanned/urgent care, and palliative care - or enable you to return to the community quickly after surgery or child birth for rehabilitation. We've welcomed our first post natal baby, and farewelled treasured community members.

The residents of the Akaroa Health residential wing are relishing their new surrounds, their enviable activities programme and the intersect they now have with the wider community.

Take care of yourselves and each other this Summer. Heed our Doctors' Summer Health advice and don't hesitate to contact us if you need us.

Jenni Masters

General Manager, Akaroa Health Centre



Teddy Bear's picnic.

Children from Banks Peninsula Plunket Preschool visit Akaroa Health Centre for a Teddy Bear's picnic.



Akaroa Health Centres' reception team.

Shirley (Monday and Tuesday) and Fiona (Wednesday to Friday).



Contact details

Book an appointment:

304 7004

Book a blood test:

304 7004

Talk to a resident:

304 7004

Website:

www.akaroahealth.co.nz

Emergency:

111

General Manager:

generalmanager@akaroahealth.nz

Changing of the Doctors' guard

Regrettably Dr Alex Shaw and Dr Ian Henderson will both be embarking upon new adventures in early and late January respectively. They have been valued members of the Health Centre team, Ian for the past five years and Alex for two.

Our community has been incredibly fortunate to have had GP's of such high calibre - they have engendered the respect of their team and the community and will be sorely missed.

New GPs are currently being recruited. Finding the right permanent GP(s) is critical and locums may be called on early in the new year if required. We look forward to introducing the new team when finalised and wish Ian and Alex all the best.

Getting the help you need this Summer

You'll be greeted by Fiona or Shirley when you call or visit the Akaroa Health Centre.

Here are their top tips in advance of the Festive Season:

- Through the two weeks of Christmas and New Year the Health Centre will be taking planned appointments and responding to emergency care requirements only. We appreciate your patience if we've asked you to wait for an appointment.
- Please make an appointment for your blood test - while they're quick, we do need a nurse to be available and therefore appreciate you booking.
- To contact a resident or patient in the flexi-care beds please use the main Akaroa Health Centre phone number - 304 7004. We'll transfer you from there.
- For your safety, we need to know who's in the building at all times. Please enter and leave at the same door (either the main Aylmers Valley Road entrance, or the side Ōnuku Road entrance) signing in and out as you go. Thank you!
- Akaroa Health has access to a number of visiting clinicians who bring specialised expertise to our community. If you'd like to meet with a dietician, diabetes nurse, mental health consultant or well child nurse, let your GP know when you visit. A podiatrist visits the Akaroa Health Centre every month. You can make an appointment by calling reception.
- We're always happy to answer your questions and take new enrolments. If we're run off our feet we'll let you know and make a time to call you back. The facilities far surpass those we've had previously and we'd be happy to talk to you about them.

Services snippets

St John in town for Summer:



St John

Here for Life

St John have deployed a permanent presence in Akaroa from the 1st of December to the end of March 2020. They're ably supported by local volunteers who we are very grateful for. If you'd be interested in becoming a St John volunteer please contact St John or generalmanager@akaroahealth.nz

Cervical Screening:

Cervical cancer is one of the easiest cancers to prevent - as long as we detect the cell changes that cause it early. A regular smear test as part of Cervical Screening is the best way to detect those cell changes.

Akaroa Health Centre is offering free appointments to women who are overdue for their smear test. Practice Nurse Biddy Shadbolt is trained and experienced in undertaking smear tests. Please contact the Health Centre to make an appointment.

Female Doctor consults:

Some women are just more comfortable being seen by a female doctor. We're very fortunate to have access to the services of Doctor Jan Whyte. If you would like to make an advance appointment with Jan, let Shirley or Fiona know when you call.

Need to talk helpline:

NEED TO TALK?

1737

free call or text
any time

1737 is New Zealand's national mental health and addictions helpline number. 1737 is run as part of the National Telehealth Service with the same trained mental health professionals who currently respond to mental health and addiction helplines (depression, gambling and alcohol drug helplines) on hand to offer support 24/7.

Akaroa Community Health Trust Update

Word from the Chair:

2019 stands to be a year to remember in the history of health services in Akaroa and the Bays with the purchase of the existing medical centre, the completion of the build, blessing and official opening of the new Akaroa Health Centre, Community Health Advisory Group active as a pulse for community wellbeing needs, a big move for residents of Pompallier House, tipping the fundraising total over \$1.8 million and the introduction of a rate levy as a backstop to meeting our CDHB committment.

On behalf of the Trustees I would like to sincerely thank the people of Akaroa and Bays for your continued energy and enthusiasm for establishing first class, sustainable health services for our community. We're heartened by the feedback on quality of care, the breadth of services offered and importantly the fact that the Health Centre is operating as focal point for community wellbeing.

Donations such as the \$20,000 contributed by Ōnuku at the Annual Community Meeting in October, and funds raised from events like the Gaiety Trust's Swing into Spring continue to bolster the fundraising effort and move us closer to the goal of \$3 million.

After a community consultation process earlier this year CCC agreed to apply a targeted rate for four years, effective July 2019, in order to provide a grant of up to \$1.3 million to the Akaroa Community Health Trust (ACHT) as a backstop to honouring the \$2.5 million commitment to CDHB. The support of the community showed you really care about the new Akaroa Health Centre and we are grateful for that support.

It's a good feeling to know that your support will be rewarded by the health care experience you'll receive - should you need it.

Gordon Boxall
Chair, Akaroa Community Health Trust



Community Health Advisory Group.
Volunteers in the Community Health Advisory Group act as a conduit for ideas/queries/concerns from the community to Trustees and Directors. From left: Janis Haley, Gordon Boxall, Teena Irwin, Jane Lucas, Mary Smillie, Keving Scally, Linda Sunderland, Gail Woods, Elizabeth Haylock, Sue Grimwood, Chris Sharp, Jessica Skinner. Absent: Kate Clare and Wendy Dallas-Katoa.

\$1.8 million raised

As previously reported, of the \$3 million target, \$2.5 million is a capital repayment to CDHB for the aged residential care component of the build. \$0.5 million will cover the establishment of the Akaroa Community Health Trust and the Akaroa Health Limited operating company; purchase of the General Practice, transition of Pompallier services, fitting out of aged care facility, etc. Continued efforts throughout the year to raise funds resulted in a November 2019 total of a phenomenal \$1.81 million. We will continue to fundraise with a view to reducing the rate, the amount of which will be assessed each year, by as much as possible.

Calling green fingered volunteers

CDHB funded the establishment of the Akaroa Health Centre grounds, however, our community has a green fingered challenge to maintain it. Despite the fine work of locals mowing lawns and pulling weeds the current state of the grounds leaves a lot to be desired. Pam Richardson is forming a Garden Group to manage the required garden maintenance work. If you're keen to lend a hand on an on-going basis then please contact Pam - iprichardson@xtra.co.nz. We need a garden our residents can enjoy, full of the birdlife that has been given a helping hand by the Mens Shed's tui bird feeder.

Summer Health notices



Skin Safety

- Remember the basics to avoid sun exposure. Slip on a shirt (long sleeve please!) and into the shade, Slop on plenty of broad spectrum sunscreen (at least SPF 30, 20 minutes before going outside and reapply every two hours), Slap on a hat, Wrap on sunglasses.
- We recommend regular self skin checks of the entire body. You should look for spots, freckles or moles;
 - With changes in colour, size or shape
 - That are itchy or bleeding
 - That look different to others
 - That become raised and looks shiny
 - That's suddenly appeared
- If you find such a spot, freckle or mole, contact the Health Centre and make an appointment with one of the GPs. Our GPs are trained in the early detection and diagnosis of skin cancer, including the use of a dermatoscope.
- If required we are able to take a sample to be sent to the laboratory for testing and can also remove some spots, freckles or moles with a minor procedure.

Organising a Party

- Where alcohol's involved, make sure there's loads of substantial food rolling early and throughout the duration of your event, and that you have plenty of non-alcoholic drinks on offer.



Swing into Spring fundraiser.
Revellers enjoy the swinging sounds of Lesley Meguid and Neill Pickard's band.

Food Safety

- Hand washing before handling food and the 3 Cs – clean, cook and chill – can help keep you and your whanau safe from bugs in food.
- Clean: Clean your cooking area and tools. Always cover stored food – even in the fridge or cupboard. Keep raw meat and chicken away from ready-to-eat food, fruit and vegetables.
- Cook: Make sure food is cooked through to kill harmful bacteria. Defrost frozen foods thoroughly, or they won't cook properly in the middle.
- Chill: Keep BBQ food covered and use an icepack or chilly bin to keep food cool. Refrigerate or freeze any leftovers within 2 hours. Reheat leftovers until steaming and not more than once.

Internet Health and Wellbeing

Keeping connected through social media platforms is a norm but can open unhealthy lines of communication. John Parsons, an authority on keeping children safe online, visited Akaroa Area School in October to educate teachers, parents and students. John recommended:

- Parents and children becoming "friends" on social networks created, and parents having access to profiles and phones.
- An open dialogue about friends and social online activity to reduce cyber-separation and ensure family values are reflected online. Share concerns and always talk about how issues relate to the safety of children and their friends.
- Carefully consider online identity - both how it reflects on an individual now, and in the context of future employment. Choose photos that demonstrate confidence and connectivity with family and community to reduce vulnerability. Ask permission before posting photos of other people.



Landscape maintenance.
Akaroa Area School students keep the garden in check.