



View Hayley's story: [www.youtube.com/watch?v=e\\_F9-55BTiM](http://www.youtube.com/watch?v=e_F9-55BTiM)

## Southern DHB kicks off 'Real Stories' smokefree campaign

A compelling short video about the effects of smoking has kicked off a Southern DHB smokefree campaign.

The video is part of a campaign called 'Real People, Real Stories', which tells the story of 51-year old Hayley and her struggles with smoking-related harm and becoming smokefree.

From Dunedin, Hayley was 12 years old when she first tried smoking and by the time she was 15, she was smoking heavily.

In 2016, after several attempts, Hayley managed to become smokefree, but the damage had been done and in 2018, she had a double lung transplant. Hayley is very appreciative of her new life and says

being able to go outside and do things is wonderful. "I have a life now, and I am going to make the most of it."

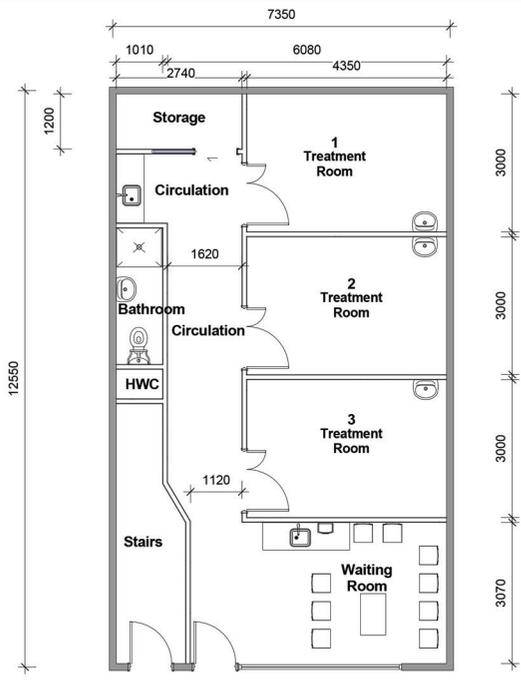
Southern DHB Smokefree Coordinator Debby Newton says, "We really want to raise awareness that smoking causes immediate damage to your body and can lead to long-term health problems."

For more information about becoming smokefree, contact the Southern Stop Smoking Service. The service is free and to get in touch with them phone (03) 214 5260 or free phone 0800 925 242, email the service at [admin@stopsmoking.nz](mailto:admin@stopsmoking.nz), or refer online at [www.kaitahu.maori.nz/online-referrals](http://www.kaitahu.maori.nz/online-referrals)

The approximately 90m2 space will be completely refitted and is expected to include:

- two, dedicated clinic rooms.
- an urgent treatment space
- a lounge with kitchenette
- equipment for telehealth consultations
- supplies and medications for routine and urgent maternity care.

The emergency treatment space will be capable of accommodating rapidly progressing labours and births.



Proposed floor layout of the Wanaka Maternal and Child Hub

## Wanaka Maternal and Child Hub location announced

The creation of a permanent maternal and child hub supporting Wanaka LMC midwives and women in their care is a significant step closer with the announcement of the location of the future facility.

Southern DHB has signed a lease for the ground floor space at 21E Gordon Rd, off Ballantyne Road, taking possession on 04 June.

The Wanaka facility will be the first custom-created space for a maternal and child hub in Southern's integrated primary system of care and is expected to be operational in the early part of next year.

"We are very pleased to have secured an appropriate space where LMC midwives

can more comprehensively provide care to new and expectant mothers in Wanaka. It's exciting to be able to custom create this space for a maternal and child hub and we'll work with the community to ensure it meets the needs of LMC midwives and of women who will attend clinics there," says Lisa Gestro, Executive Director, Strategy, Primary and Community, Southern DHB.

Other potential services – such as a weekly, midwifery drop-in clinic – could also be delivered from the premises in the future.

While the hub is developed, maternal and child hub services will continue to be provided from the space leased by Southern DHB at the Wanaka Lakes Health Centre (WLHC).

## Spirits lifted by Highlanders visit

A visit from the Highlanders lifted the spirits of some very brave patients in the Dunedin Hospital Children's Ward last week.

Highlanders Tyrel Lomax, Shannon Frizzell and Jordan Hyland came armed with signed rugby balls, free tickets to games and enjoyed lots of friendly banter with the children.

Six-year old Rosie Hudsonour, who suffers from a rare inflammatory disease called dermatomyositis, was thrilled to see the players, throwing a ball around and showing them how she was able to walk on her own again after a week's stay in hospital.

The players also visited 14-year old Isaac Ottrey – a diehard rugby fan who was recovering from hip surgery.

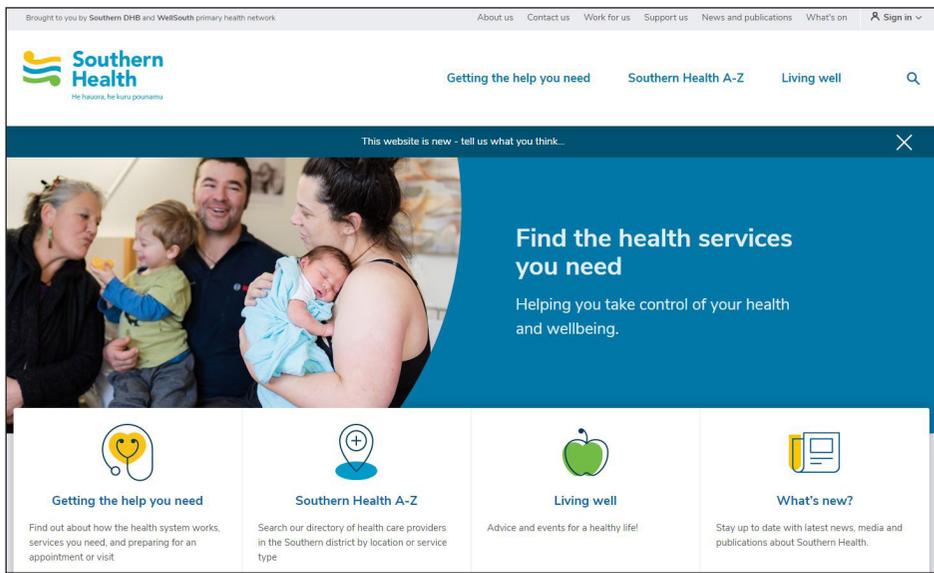
"It was a big treat to have the guys here for his last day in hospital," said Isaac's mum, Sarah Ottrey, who spoke highly of the Children's Ward staff.

**"They have been brilliant and gone above and beyond. We couldn't have asked for more."**

A special thanks to the Highlanders and their official sponsors, Pulse Energy, for the very special visit!



From left: Highlanders Jordan Hyland, Tyrel Lomax and Shannon Frizzell visit patient Isaac Ottrey in the Dunedin Hospital Children's Ward



Southern Health homepage

# Nau mai, haere mai, welcome to Southern Health!

[www.southernhealth.nz](http://www.southernhealth.nz)

We are proud to launch Southern Health, a new all-in-one website for services in the Southern district.

Developed by Southern DHB and WellSouth PHO, in partnership with Community Health Council, its aim is to make it easier for people to understand our health system, and find the health services they need.

More than 500 health providers who have provided information, to help make finding care even more accessible.

With this new website comes a new logo – a way for health care providers in the Southern district to present themselves as part of this wider health system.

The logo represents the golden landscapes of Otago, the greens of Southland, and the Clutha Mata-Au river that – like the health services in our district – reaches from from mountains to the coast. It is underscored by a kiwaha gifted through our kaumatua: He hauora, he kuru pounamu – good health is a great treasure.

Community Health Council member Paula Waby, who was on the steering committee for the new site, says the need for a new website was raised right from the Council's first meeting.

**“A lot of people felt that health information needed to be much easier to find, and more connected.”**

“One of the things that was important to me was that it would be accessible for disabled people, and indeed for all people, and didn't require people to understand the health system before they even started.

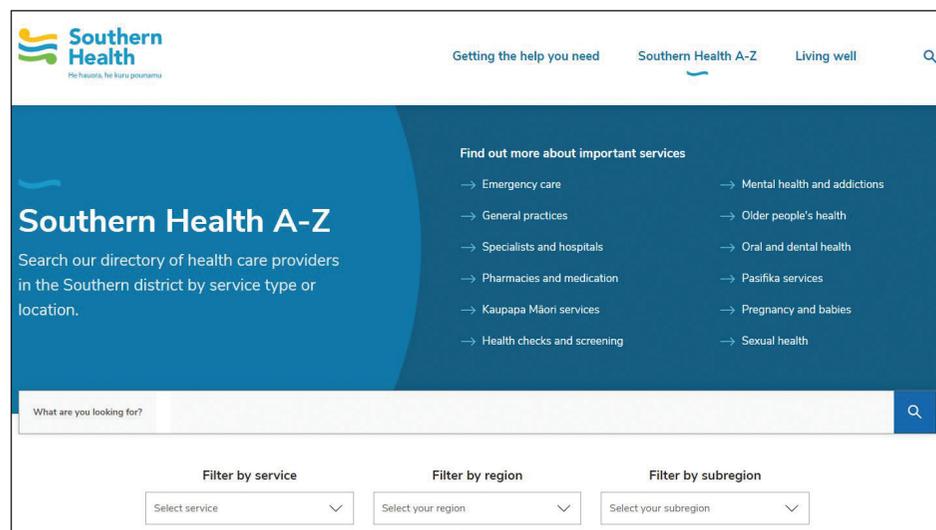
“The Community Health Council represents the whole health system, and we wanted to have a website that shows the system in an interconnected way. There has been a huge amount of work to achieve this, and we are really happy with it.”

Southern DHB Chief Executive Chris Fleming and WellSouth CEO Andrew Swanson-Dobbs say the website and logo reflects efforts to build a more integrated health system.

Creating this website and logo was part of the DHB and WellSouth's Primary and Community Care Strategy.

**“No one provider ever provides care on their own – it is always in partnership. This is another step towards recognising the interconnectedness of the whole system, and above all, making it easier for patients and the community to find the information they need.”**

Mr Fleming says.



## Commissioner's Update

Kathy Grant



The vision of an integrated Southern health system has taken a step forward this week, with the launch of a new website and logo.

The goal to build a more connected, accessible health care system has been a driving motivation for the commissioner team.

This is what our community told us was among their highest priorities when we engaged with them during the Southern Future listening sessions in 2016.

This philosophy has underpinned all our work.

It has been fundamental to the Primary and Community Care Strategy and Action Plan, which has seen us support the development of Health Care Homes as a more flexible approach to general practice.

It is contributing to the new ways of working and thinking about health care that is now being embedded into the design of the new Dunedin Hospital.

Recently called for expressions of interest in helping us develop Community Health Hubs, to provide a further layer of infrastructure for providing health care closer to home.

This website includes a new logo – this is a symbol, and indeed is symbolic of our aspirations for the Southern health system. It provides a way for all health providers in the district to show their connections to one another, that they are all part of the same overall team, with a shared purpose.

We are especially proud of the accompanying phrase that has been gifted to the Southern health system through our kaumatua: He hauora, he kuru pounamu – good health is a great treasure.

This is indeed a value the Southern health system, as a whole, must work together to support.

## Plan to be well This Winter

Remember these simple tips to help you spend your time this winter doing the things you enjoy!

### Plan with your GP or Practice Nurse

Winter can make many conditions worse, so take the steps you need to stay well. Make an appointment with your GP or practice nurse and plan what you can do to stay well this winter, and when to go back for more help.

### Keep your home healthy

More condensation in your home means damp air, which is harder to heat, and can be linked to illness. Make your home healthier by drying your washing outside, drying your windows every morning, and airing out your house when possible

### Look after yourself if you feel unwell

If you're feeling unwell, please look after yourself. Stay home, drink fluids, wash your hands and give your body a fighting chance to recover.

### Break the cycle – stop germs spreading

Winter loves illness, and can make many health conditions worse. You can help your whanau and workmates be well, whether you are sick or not, by making it harder for bugs to move around. Always wash your hands, and if you're sick, stay at home.

### Cover those coughs and sneezes

Cold and flu germs spread easily when you cough or sneeze. Use a tissue or sneeze into the crook of your arm. Stay away from work or school if you are coughing and sneezing.

### Keep active every day

Just a 30 minute walk outside each day gives you fresh air and really helps your body get stronger to fight off those winter colds and flu.

### Eat healthily

Make half your plate vegetables – fresh, canned or frozen. Add some lean protein and try to reduce sugar and salt in your diet.

### Health advice is only a phone call away

Seek advice early if you or your family are feeling unwell. You can get advice from your community pharmacy, or call Health Line 0800 611 116 for free 24 hour 7 day a week free health advice.

If your condition is getting worse, see your GP. Discussing small issues early, can help stop them becoming a bigger problem later.

For more tips on how to stay well this winter and to find services in your area visit [www.southernhealth.nz](http://www.southernhealth.nz)

