

Time capsule filled as work on Outpatient Building starts



Some of the contents of the time capsule which will be buried underneath the new Dunedin Hospital

The beginning of construction of the Outpatient Building was marked at a recent ceremony in Dunedin.

“Covering two city blocks, the new Dunedin Hospital is one of the biggest infrastructure projects ever undertaken in New Zealand,” Health Minister Andrew Little said. “It is a real pleasure to be in Dunedin to see work on the new hospital under way.”

Dunedin’s new \$1.47 billion hospital is being built on the site of the old Cadbury chocolate factory. It will have 421 beds, 16 theatres and 30 high-dependency beds.

The first stage of the project, the outpatients building, is on schedule to open in 2025. The inpatient building will open in 2028.

The construction phase is expected to create the equivalent of nearly 1000 fulltime jobs and add \$429 million to the local economy.

During the ceremony mana whenua, Ministry of Health, Southern District Health Board and Community Health Council representatives contributed items to a time capsule, created by Farra Engineering Ltd, which will be buried beneath the new hospital.

Some of the contents of the time capsule included an ipu bowl for maukorora paint to represent the significance and importance of the building, a Toroa (albatross) feather, COVID-19 Rapid Antigen Test (RAT), and a drawing of a dream hospital (including a Pokemon Arena) designed by seven-year-old Tama Russell-Sullivan.

Nurse receives Member of the New Zealand Order of Merit



Nurse Specialist Sandy (Vaeluaga) Borland

Pacific Island Nurse Specialist Sandy (Vaeluaga) Borland has recently received a Member of the New Zealand Order of Merit (MNZM) in the Queens’ Birthday list.

Mrs Borland began working at the Southern DHB in 1984 as a Nurse Aid at Kew Hospital (now Southland Hospital). After working as an Enrolled Nurse, she completed further study to become a Registered Nurse in 1999. With significant clinical experience in the surgical ward, dementia unit and day surgery, Mrs Borland then joined the Pacific Island Case Management Nursing Service in 2004.

Mrs Borland is humble about her award and says it is a team effort.

“I just keep doing what I am doing, focusing on relationships, and ensuring our Pacifica community is able to reach the health care they need.”

Judy Geary, Charge Nurse Manager, Community Nursing Southland is very proud of Mrs Borland’s achievement and her commitment to providing holistic health care to the Southern community.

“Sandy demonstrates kindness and compassion every day. She is always there to help those in need, often working after hours offering advice and crisis support. Her key strength is walking alongside patients on their health care journey. Her caseload is frequently acute and complex, and she advocates tirelessly for her patients.”



Kōrero Mai
Give us your feedback

The future of Southern healthcare

The Southern Health system is beginning a new chapter and on July 1, we’ll be united as Health New Zealand and the Māori Health Authority.

In preparation for this change, the Southern District Health Board has developed the *Southern Transition Strategy*, to let Health New Zealand and the Māori Health Authority know what is important to us.

This represents our pathway forward, which includes our four guiding principles:

1. Focusing on whānau and patient-centred care
2. A more central leadership role for Māori
3. Becoming a part of Health NZ but continuing to do what we do
4. Building and fostering connections around the motu.

You know the needs of our community best, so we would like to hear your thoughts on this.

Please fill out this short survey:

<https://forms.office.com/r/kj1Kd0zj2T>



For more information, visit www.southerntransition.com

New mental health crisis respite care facility to open in Dunedin

Dunedin’s capacity for emergency mental health respite care is set to increase through an expanded service contract between the Southern District Health Board and community service provider Pact.

A five-bed home will open in September, providing adults experiencing acute mental distress with 24-hour in-home support in a residential environment less than 10 minutes from Dunedin Hospital.

The Pact-owned, well-established property will be furnished in comfortable, spacious, home-like surroundings and support with an emphasis on privacy, dignity, wellbeing, comfort, safety, and easy access to a tranquil garden setting. Families, who are essential to a service user’s recovery, will also have a space to see their loved ones privately or even stay overnight on site if they wish to do so.

The home will be run by Pact, which specialises in helping people recovering from mental illness through supported 24/7 accommodation, planned respite care and community support. Pact already manages a similar home in Lower Hutt.

Toni Gutschlag, Executive Director of Mental Health, Addictions and Intellectual Disabilities for the Southern DHB, says the new partnership will provide people in crisis with professional clinically led community-based support rather than hospitalisation, enabling them to remain closer to home.

“Dunedin has historically had a one-bed unit available for emergency respite care, so this capacity expansion is addressing a long-standing service gap.

“Having a dedicated team of trained mental health support workers and a larger facility with comfortable, home-like surroundings will allow us to provide earlier intervention and more focused care for people in the Dunedin region. We anticipate that this will reduce hospital admissions and hope it leads to an improved experience for users and their whānau.”

The new facility will increase current capacity from 365 bed nights to 1,825 bed nights per year, freeing up hospital beds and staff. Inpatient hospital services will continue to be available for those who need them.

Work is also getting underway to set up a crisis support service in the Queenstown Lakes District. More details on this will be released once available.



Southern DHB Executive Director of Mental Health, Addictions and Intellectual Disabilities
Toni Gutschlag

Board Update



Pete Hodgson, Chair

This is my last article as chair of the Southern District Health Board. On July 1 the Board disappears.

So what comes next?

You might like to drop into the website www.southerntransition.com. It seeks to answer that very question. It is focused on the Southern district and invites you to have your say. In effect it is our advice to the new health system about what now needs to happen in our neck of the woods.

Take a look. Times of change and transition can be stressful and challenging but they are also times of opportunity. They are times when new ideas can replace historic patterns.

You will notice an emphasis on Māori leadership and health, and some suggestions on the new components called locality networks. The focus on prevention and primary care remains strong, but the new Dunedin hospital also features as does attention to workforce development. We exhort folk in all the layers of the new system not to hit the pause button but to stay focused on health outcomes and on the future.

We emphasise the value of close connectedness, between all the many players in our health system, and we restate the obvious, that care must be centred around the patient and whānau.

I hope these few remarks encourage you to want to find out more. We are keen to get feedback before we finalise our briefing to the new system. You know your community, or your corner of the health system, best.

I am sure the new health reforms will deliver a still better health system for us all.

Have your say on the future of healthcare in Southern by filling out this short survey: <https://forms.office.com/r/kj1Kd0zj2T>

STAY WELL THIS WINTER

Winter has well and truly arrived in the Southern district and with it we are seeing an influx in flu and other winter illnesses. This year normal winter illnesses have the potential to be worse than usual with new flu strains arriving from overseas and COVID-19 still being widespread in our communities.

To keep yourself, and your whānau healthy and well this winter follow these easy four steps:

1.



Safeguard

Your best protection against getting sick is to get vaccinated, stay home if you are sick, and look after your wellbeing. Keeping your house dry and warm is also important.

2.



Sing Out

If you need help, ask for it. Call Healthline on 0800 611 116 for advice. Check in with your family, neighbours, elderly and whānau.

3.



Shield

Wear a mask when out in public and whenever you cough or sneeze, do it into your elbow or a tissue.

4.



Repeat

Remember all those things you’ve been doing to protect you and your family from COVID-19? Repeat those! Practise physical distancing where appropriate, wear a mask when out in public, get tested, and practise good hand hygiene.

Did you know

- Bleach doesn’t kill mould but vinegar does.
- Drying your clothes inside releases about 5L of water per load.
- A sneeze can spread germs 2-3 meters or over at a speed of 100 miles per hour!
- If you need help enrolling with a general practice in Southland or Otago, you can call WellSouth’s enrollment support on 0800 478 256.

TIPS FOR STAYING WARM, HAPPY & HEALTHY THIS WINTER!

Visit:

www.southernhealth.nz/winter-wellness



STAY WELL THIS WINTER