

The engineer who learnt to walk twice



Project Director for the Outpatient Building, Andrew Holmes AKA 'Holmsie'

He may be a chartered civil engineer, but Project Director for the Outpatient Building, Andrew Holmes, likes to keep medical instruments on his desk.

"Do you know what these are?" he asks. "Intramedullary rods. Do you know where they used to be?" He taps his thighs. "In here."

Six months into one of his first major construction jobs in Australia, Andrew – AKA 'Holmsie' – was in a serious site accident.

"I got crushed under three tonnes of steel. I had eight breaks in my left femur and a massive spiral rotation on the right. Fortuitously, if you smash both your femurs you're less likely to end up with a limp." He grins. "In my case, I ended up slightly taller."

Holmsie spent six hours in surgery, three days in intensive care, and five weeks in hospital before flying back to New Zealand.

"They ream all the marrow out of your femurs, like cleaning a drainpipe. Then they tap the intramedullary rods down

and lock them in place," he says. "Years later they yank them out, and the marrow grows back."

Holmsie went on to have a career that survived the Global Financial Crisis, and includes success stories like the Otago Regional Corrections Facility, earthquake rebuilds, and the Forsyth Barr Stadium.

But first, he had to learn how to walk again.

"I went to the physio pool and finned slowly through the water to build up muscle. I wasn't allowed to stand up and bear weight for 12 weeks."

Now an award-winning leader in the field, Holmsie's taking the lessons he's learnt from past projects into our new hospital.

"It's great that we're getting early and practical clinical input from the Project Management Office. We've got a good, united team – and this project will be something that transforms the region."

The lowdown on Legionnaires' disease

Safe gardening this spring.

Six simple steps to avoid Legionnaires' disease.



FACE MASK

Wear a well-fitting disposable face mask



GLOVES

Wear gloves



OPEN WITH SCISSORS

Open potting mix and compost bags carefully with scissors



DAMPEN

Reduce dust by dampening down potting mix or compost



OPEN AIR

Work in a well ventilated area outside



WASH HANDS

Wash your hands after handling and before removing your mask

With warmer days upon us (for the most part!), it's a wonderful time to start planning spring projects, spending time outside and giving our gardens some love.

If you are planning on using potting mix, please be aware of Legionnaires' disease.

What is Legionnaires' disease?

Legionnaires' disease is a flu-like illness caused by the Legionella bacteria that can live in potting mix and compost. It can lead to severe pneumonia and even death. Garden safely by being Legionnaires' aware.

How do I get it?

People get Legionnaires' disease from breathing in legionella bacteria that is found in potting mix.

How to be safe when planting

- Open potting mix/compost in an open space with scissors.
- If soil is dry, dampen it down with water.
- You can protect yourself from Legionnaires' disease by wearing a mask and gloves.

For more information about Legionnaires' disease, visit www.southernhealth.nz/legionnaires

Unsure where to go for help? You have options

Keep ED for Emergencies

Emergency Departments are experiencing high presentation numbers.

Piki te ora



A friendly reminder to please keep our Emergency Departments (ED) clear for people who are in need of emergency care.

ED is for emergencies only – such as injuries that threaten life or limb – and people who have non-urgent illnesses or injuries should see their GP early, visit an after-hours clinic, or call Healthline (0800 611 116) for free health advice from a registered nurse.

Keeping EDs for emergencies only will help ensure people are seen faster and allow staff to provide the best care for patients and whānau.

Where possible, please visit your GP early and make use of Healthline if you do not have serious emergency needs. Please also remember to make sure you get your repeat prescriptions early too.

There is information on Healthpoint www.healthpoint.co.nz about GP services in your area, and more information about Emergency care is available on the Te Whatu Ora Southern website www.southernhealth.nz/getting-help-you-need/emergency-care. Your local pharmacy is also a great source for non-emergency information and advice.

If you need help enrolling with a GP in Southern call 0800 478 256.

Thank you for helping our busy Emergency Department staff focus their time and resources on caring for emergencies.

Please remember that anyone who does need emergency care should come to ED without delay or, in an emergency, call 111.

Dunedin mental health crisis respite care home opens

Dunedin’s new mental health crisis respite care home has opened, significantly increasing the city’s capacity for emergency respite care.

Located less than 10 minutes from Dunedin Hospital, the five-bedroom property and its dedicated team of clinical staff and trained mental health support workers will provide adults experiencing acute mental distress with 24-hour residential support.

The new service is the result of an expanded contract between Te Whatu Ora Southern and community service provider Pact. The service will be run by Pact, which specialises in helping people recovering from mental illness through supported 24/7 accommodation, respite care and community support. Pact manages a similar home in Lower Hutt.

It will accommodate clients referred by Mental Health, Addiction and Intellectual Disability (MHAIDS) or General Practice teams, who require crisis respite in a residential setting. Pact will work closely with the teams

and inpatient services to ensure tangata whaiora (those seeking wellbeing) receive the support they need.

The specialist home will result in a fivefold increase in Dunedin’s mental health respite capacity – from 365 bed nights per year to 1,825 bed nights per year – and aims to free up hospital beds and staff. Inpatient hospital services will continue to be available for those who need them.

Toni Gutschlag, Executive Director of Mental Health, Addictions and Intellectual Disability for Te Whatu Ora Southern, says Dunedin has historically had a one-bed unit available for emergency respite care so the capacity expansion is addressing a long-standing service gap.

“Many more people in crisis will be able to access professional, clinically-led, community-based support rather than hospitalisation, enabling them to remain closer to home,” she says. “Our aim is to provide earlier intervention and more focused care for people in

the Dunedin region, and an improved experience for users and their whānau.”

Pact General Manager Thomas Cardy says Pact is delighted to offer the new support option as a potential alternative to hospital admission for the Dunedin community.

“We anticipate it will help a number of people who otherwise might have been admitted or sent home to access short term support with clinical oversight

in collaboration with Te Whatu Ora Southern mental health teams and the Emergency Psychiatric service.”

The Dunedin initiative meets areas of need identified through the 2021 Time for Change – Te Hurihanga review. It is part of a larger programme of mental health reforms underway to bring mental health and wellbeing care closer to home and make it easier to access for everyone.



Whakamana youth mental health programme takes off across the Whakatipu

A targeted programme to improve the mental wellbeing of Whakatipu school children is taking off thanks to an unique community-business partnership and funding from Te Hau Toka Southern Lakes Wellbeing Group.

Since 'iFLY Whakamana' launched in late 2021, more than 100 local school children aged 11 and 12 (Years 7 and 8) have completed the pilot programme that helps address the increased anxiety, lack of confidence, and associated behaviours affecting the school community.

iFLY Whakamana is the brainchild of iFLY Indoor Skydiving Queenstown business owners Matt and Amy Wong, Whakatipu Youth Trust General Manager Jacqui Moir and Epic Living youth empowerment and wellness coach Sunny Sky.

The long-time locals were concerned about the rising mental health issues in under 14-year-olds, particularly those transitioning to high school.

After listening to parents and education sector leadership, Sunny Sky took the lead in co-designing a community-based programme for tamariki. Combining their skillsets and

resources, she developed tools and experiential learning aimed at helping tamariki understand and manage their emotions, build self-esteem, develop healthy relationships, and care for their wellbeing.

Sunny also facilitates the innovative one-day programme, which is held at iFLY Queenstown Flying Academy. She says the combination of activities, which include youth-specific wellbeing, creative art, team building and communication, active movement, and personal reflections, "is designed to help tamariki experience a deep sense of body connection, confidence and courage as they overcome their fears and learn new skills".

Whakatipu Youth Trust's Jacqui Moir says her team has loved being involved in the collaboration and the feedback so far has been outstanding.

"The outcomes for these kids are nothing short of spectacular and we're totally invested in continuing to support them to thrive. For me, this collaboration has taken the concept of 'it takes a village to raise a child' and made it real. It's a fantastic example of the positive impact we can make as a community.



Marie Day, Sunny Sky, Jacqui Moir, Matt and Amy Wong

Te Whatu Ora staff reconnect during Mental Health Awareness Week

This year’s Mental Health Awareness Week saw staff take part in many different ways including group walks, wellbeing workshops and acts of kindness. Focusing on the theme 'Reconnect' and the '5 Ways to Wellbeing' framework was a great way to bring awareness to mental health during this week. Here are a few photos staff shared to show how they take care of their mental health and wellbeing.

Photo entries L to R: Louise Mainvil, Josh MacMillan, Olivia Galloway.

