

The Canterbury Regional Council Delegates are elected by NZNO Members to represent you on matters raised in your workplaces. This regular newsletter keeps you in the loop on their work.

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Regional Council Awards

These awards are to recognise someone who has made a contribution to the Canterbury Region of the New Zealand Nurses Organisation. Awards are made at the Regional Council December meeting/Christmas Dinner.

If you have anyone you would like to nominate please email Fiona

A word from the Canterbury | Waitaha Regional Council Chair

Kia ora team

The icy breath of winter is still upon us, the frost sitting on our car windscreens reminding us that we're still some time away from summer. We've had one of the hardest winters, what felt like months of rain, with tsunamis of patients seeping in from outside. We've had the first budget from the new coalition, several denials from their leaders that we're in a hiring freeze or a health care crisis (despite what I'm hearing from members on a daily basis).

We're dealing with both a harsh winter and a harsh climate, and with what feels like poachers watching our every move, waiting for us to slip up.

It's times like this that I am reminded of what happens in the animal kingdom. Because, really, we're just big animals that discovered the use of shoes. And you know who faces some of the harshest environments on earth? Penguins. Now you might have heard the joke from Nurse/Comedian Georgie Carroll about mid-career Nurses being like penguins. But we're more like them, than we realise.

Penguins live in some of the harshest conditions in the world – the Arctic, the Antarctic, Dunedin. New Zealanders are known for the John Mulgan 'Man Alone', the rugged individualism that keeps us often isolated from each other. We need to stand together, and direct some of our collective warmth, skills and safe guarding that we typically reserve for our patients on to each other. One or two people standing up in the workplace might be able to make some changes, but if we stand together, that strength is multiplied. That strength also helps those of us who might be more vulnerable. Be it those who are less experienced nurses, maybe those struggling with life balance, or with burnout. We deserve support, not global emails with finger pointing.

In the fight against nature penguins also developed extra layers Now, I'm not commenting on the physique of Nurses, I'm talking emotional and psychological buffers that should be instilled and encouraged by workplaces. I'm two weeks into a new job and in my first week I had a hui booked into my calendar, on the impact of vicarious trauma, grim humour and how we can care for our employees. But this isn't universal across workplaces, we're encouraged to battle on. We should be encouraged to be soft, to develop our own layers that we can rely on during lean times, along with leaning on others for support.

Now, I don't have all the answers, just some thoughts to ponder on.

So stay warm penguins, and we hope to see safer times ahead.

Erica Donovan

Regional Chair Canterbury | Waitaha Regional Council



Image by Freemages.com

GET IN TOUCH

We welcome readers to submit a comment, feedback, question, praise or complaint or suggestion please contact Fiona.Palframan@nzno.org.nz

Forthcoming Events

NZNO AGM and Conference

18-19 September

Takina Wellington
Convention and Exhibition
Centre, Wellington



Sounds Cottage holiday home for members!

If you enjoy outdoor activities or just want to get away from it all the Sounds Cottage offers an affordable opportunity to recharge and relax in peaceful surroundings. The cottage is a typical Kiwi bach, nestled in remote Opua Bay in the Queen Charlotte Sound, Marlborough. The Sounds Cottage has three bedrooms; two with double bunks and one with a queen-sized bed. The section is flat and can be used for pitching tents.

[Click here for more details](#)

Anzac Day 25 April 2024



Janine Randle and Erica Donovan marched at the Dawn Service and laid wreath on behalf of Canterbury Nurses.



International Nurses Day 12 May 2024

There was a service at the Nurses Chapel with a talk by Becky Hickmott. A few people then walked down to the Earthquake Memorial Wall to lay a wreath on behalf of the nurses who died on 22 February 2011.



He Puna Taimoana, Christchurch Hot Pools

The Canterbury | Waitaha Regional Council again arranged for tickets to the hot pools in New Brighton on 6 May 2023 for NZNO members to celebrate Nurse Appreciation Week and to relax and unwind for the evening. Numbers were limited but those able to attend enjoyed their evening.



Comments included

It was a very relaxing time and a lovely opportunity to talk with colleagues outside of work.

Thank you so much what a great gift. It was a lovely evening



Access Bargaining

Access Christchurch members were out in force with their messages, in rain and sun shine.

About 155 community nurse members around the country have been in negotiations with Access Community Health for the past year, after their collective agreement expired last year on June 30. Access was sold last year by Green Cross Health to Australian private equity company, Anchorage, for NZ\$50 million.

After a strike in July, Access offered its nurses a dollar per hour (not back paid) and long-service leave for nurses who had worked there for more than seven years. With a pay gap of up to \$18,000 per annum between community and hospital nurses, delegates say that \$1-per-hour falls far short of member expectations. A further strike was held on August 5 and the parties are now making a joint application to the Employment Relations Authority for facilitation.



Ratio Justice

9 May 2024
Day of Action



WE CALL ON THIS GOVERNMENT TO:

- Commit to minimum nurse-to-patient ratios in all health settings.
- In Budget 2024 to put more money into health to fund more health workers.

Ratio Justice



June 2024

Bus Tour





NZNO Tōpūtanga Tapuhi Kaitiaki O Aotearoa
Canterbury | Waitaha Regional Convention 2024

“Nurses: A Voice to Lead”



Nearly 150 people attended the Regional Convention and heard from some inspiring speakers who included Tracey Morgan, Chair of the NZ College of Primary Health Care Nurses, Debbie Rawiri and Tania McSweeney, Māori Diabetes CNS and RN, and Manu Pelayo the Principal Clinical Advisor at the Assisted Dying Service.

The Convention was held at the Hornby Club for the first time.





May Day event

This was organised by First Union.

It was awesome to see delegates and members from a diverse range of workplaces including Foodstuffs, Kmart, Bunnings and Mc Donald's.

There were also talks from those representing workers with disabilities and a group representing Filipino workers.



Nurses Memorial Chapel tea towel



Please email Heather.symes@cdhb.health.nz or Sharon.Minchington@cdhb.health.nz if you would like to buy one of these amazing tea towels \$20 each. Pick up.

You can find out more about the Nurses Memorial Chapel here: [Christchurch Hospital Nurses Memorial Chapel | New Zealand \(cnmc.org.nz\)](http://ChristchurchHospitalNursesMemorialChapel|NewZealand.cnmc.org.nz)

Public Opening Hours

Opening Hours (Summer - daylight savings time)
Wednesday, Saturday and Sunday
1pm - 4pm*

Opening Hours: (Winter - non daylight savings time)
Wednesday, Saturday and Sunday
1pm - 3pm*

Doctors' Strike Day

NZNO staff and members attended the strike to show their support.

