

Te Whatu Ora Southern team wins heartfelt national award

A team of Dunedin-based medical imaging technologists have won a national award for the care and support of a patient who was also their friend.

Te Whatu Ora Southern MITs were awarded Team of the Year at the New Zealand Institute of MRTs annual conference on 20 August for their support of their colleague Craig French as he battled with heart failure.

Te Whatu Ora Southern Senior Charge MIT and Joint Professional Lead Radiology Debbie Cragg says Craig, a fellow radiographer at Dunedin Hospital, sadly passed away from heart failure while awaiting a heart transplant in 2020.

"Since his diagnosis in 2017, he had incredible support from his colleagues, which increased as his condition deteriorated."

Debbie says the support also extended into social support – Craig lived alone so the team supported him with cleaning and other household chores, and arranged social occasions for him.

"Towards the end of his illness, they took him to the mountains so he could see the snow one final time. They even busted

him out of hospital on his birthday (with the approval of his clinician Anouska Moynagh) and took him out for a fancy dinner in his wheelchair."

In order to be accepted onto the waiting list for a heart transplant, Craig needed a support person present with him (in person) at every appointment – and this person needed to stay with him overnight when he travelled to appointments in Auckland. So, a group of ten MITs formed a support group around him, attending every appointment and using their own leave entitlements to do so.

Te Whatu Ora Southern District Service Manager of Radiology Stephen Jenkins says he's very proud of the team's efforts.

"The extent to which Craig's friends and colleagues supported him throughout this is nothing short of remarkable," Stephen says. "It really was a whole of team effort, which continued until well after Craig sadly passed away."

"While I know all the support given was provided with no expectation of reward or recognition, I am so pleased that the MIT group has received this thoroughly deserved award."



Courtney Taylor, Bernie Bowen, Nicola McLeod and Jess Coulston

Mental Health Awareness Week: 26 Sept. – 2 Oct.

There's no better time to promote the 5 Ways to Wellbeing than national Mental Health Awareness Week!

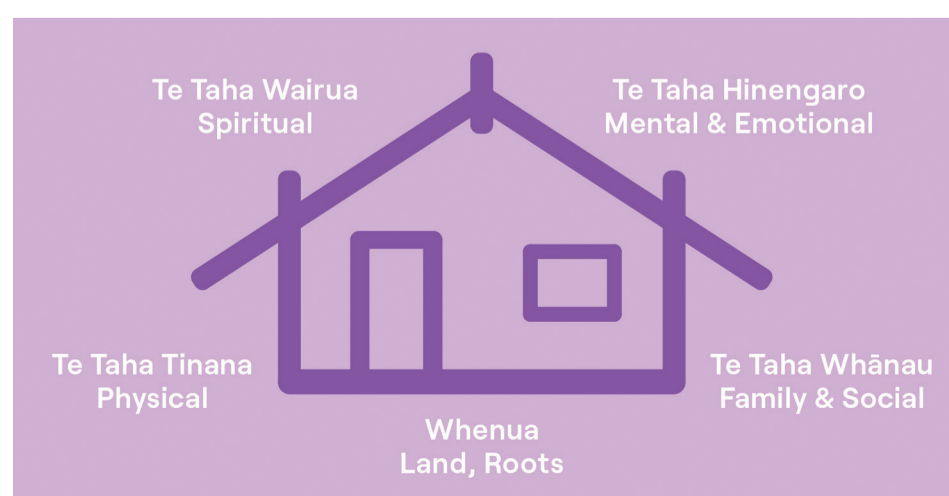
This year's theme is 'Reconnect - with the people and places that lift you up'.

But here in the Southern Lakes region, we're taking it a step further and holding a 'Give It A Go Week' to encourage our communities to reconnect, try something new, and have some fun!

Some great events are already forming so please have a think about how you and your organisation could encourage people to get involved. Here are a few suggestions:

- **Community organisations could** promote their classes/activities under the Give It A Go tagline to encourage people to reconnect and try something new e.g. sports, creative arts/crafts, music, learning a new language/skill.
- **Businesses could** consider offering a community discount to locals/frontline staff/kids to try their activity (the dates are outside of school hols).
- **Workplaces could:**
 - host a wellbeing event to acknowledge the hard work of their staff and do something new and fun
 - wear mental health awareness t-shirts or a costume for the week
 - share kai/food together
 - bring pets to work!

Free resources are available to order/print or can be downloaded from the Mental Health Awareness Week website (<https://mhaw.nz>) to help you reconnect with the people and places that lift you up. Check out the MHAW 2022 Guide or online calendar for ideas and activities in your 'hood or to submit your event.



Spent time in hospital? We want to hear from you!

Have you been admitted to a ward at Dunedin, Southland or Lakes Hospital? We would like to hear your feedback so we can continue to improve our services.

You can do this by:

- Scanning the QR code below with a smartphone camera or;
- Going to <https://forms.microsoft.com/r/31zLTMPxFP> or;
- Contacting tui.smith@southernhb.govt.nz or kathryn.harkin@southernhb.govt.nz for a paper copy.

The survey will take approximately 10 minutes and all information is collected anonymously.



Keep up to date with your COVID-19 vaccinations

Keeping up to date with your vaccinations is important, even if you've already had COVID-19. Your immunity against infection reduces over time and you can catch COVID-19 more than once. Having your booster dose will provide extra protection to a previous vaccination and help your immunity be stronger and last longer.

You are eligible for a booster if:

- you are aged 18 or over and your last dose of the COVID-19 vaccine was three months ago
- you are 16-17 and your last dose of the COVID-19 vaccine was six months ago

Second boosters are recommended for those at increased risk of severe illness from COVID-19, at least six months after a first booster. Visit www.southernhealth.nz/COVID19/vaccine for more information and eligibility criteria.

If you have had COVID-19, wait three months after recovery before getting a COVID-19 vaccination.

By staying as healthy as you can, you help reduce pressure on our communities, businesses and the health sector.

Find your nearest vaccination clinic at www.southernhealth.nz/COVID19/clinics