

# Pegasus 2025

*Kia atawhai ki te tangata*



## A MESSAGE FROM OUR CEO

Tēnā koutou katoa - Greetings to you all

**We are currently seeing overwhelming demand for acute medical care across Aotearoa. General Practice, emergency rooms, and urgent care facilities are inundated with patients as winter illnesses such as, influenza and COVID-19 run through our communities. It is essential that we make a conscientious effort to protect our health and wellbeing this winter.**

The eligibility criteria for free flu vaccines has just been expanded to include children aged three to 12 and people with serious mental health or addiction needs. Remember that vaccination is your best defence against influenza and adds another layer of protection through the winter months.

This month, we are looking at some of the supports and resources available to help you through the colder months. From our Partnership Community Workers who are available to help you understand

and access health and wellbeing support, to our Child Health Services programme, we have teams who are dedicated to ensuring you and your whānau stay warm and healthy this winter.

July 1 saw the official launch of Te Whatu Ora | Health New Zealand and Te Aka Whai Ora | Māori Health Authority, replacing the District Health Board structure. This has very little immediate impact on how you access health care. Your GPs, Christchurch Hospital and other health care providers continue to operate unchanged at this time.

*Ko ngā pae tawhiti whaia kia tata,  
ko ngā pae tata, whakamaua kia tina.  
Seek out distant horizons and cherish those  
you attain. The potential for tomorrow  
depends on what we do today.*

**MARK LIDDLE**  
MANUKURA /  
CHIEF EXECUTIVE OFFICER



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# CHANGES TO STREAMING PROCESSES AT 24 HOUR SURGERY

Due to periods of high demand, Pegasus Health 24 Hour Surgery has made some changes to the way patients are streamed then triaged on arrival.

“We had predicted lower COVID-19 numbers in Canterbury by now, than what we are currently experiencing. With increasing viral illnesses other than COVID, we needed to be conscious of the risks of maintaining the triage outside,” says Jasmine MacKay, Clinical Director 24 Hour Surgery.

Approved by the Canterbury DHB (now Te Whatu Ora - Waitaha Canterbury) COVID Technical Advisory Group, and still utilising infection control measures, triage is now inside for most patients, while the confirmed COVID-19 cases will still be managed safely in heated portacabins. Patients will be greeted at the entrance before being allocated to their safest area.

Before you leave home, call Healthline on 0800 611 116 for advice on what care you need. If you do not need to come to urgent care, make an appointment to see your General Practitioner. In a medical emergency, call 111.

Here is what to expect if you are directed to visit Pegasus Health 24 Hour Surgery.

## IF YOU HAVE WALKED OR CAUGHT A TAXI HERE:



If you arrived by foot or taxi, please walk to the main entrance.



You will be greeted and asked a few questions by our streamers.



If you have tested positive for COVID-19 in the last 10 days, or if you have any COVID-19 symptoms, please let the staff member know immediately.



From here, you may be asked to wait inside or in a portable cabin to be seen.

## IF YOU HAVE DRIVEN HERE:



If you arrived by car, please park your vehicle and walk to the main entrance.



You will be greeted and asked a few questions by our streamers.



If you have tested positive for COVID-19 in the last 10 days, or if you have any COVID-19 symptoms, please let the staff member know immediately.



From here, you may be asked to wait inside, in a portable cabin, or in your car to be seen.





## CHOLMONDELEY SUPPORTS TAMARIKI

**A growing relationship between Pegasus Health and Cholmondeley Children's Centre is ensuring tamariki in need get access to vital health and wellbeing support.**

Cholmondeley is a charity based in Governor's Bay that provides short-term, planned and emergency respite for tamariki aged 3-12, as well as support to whānau in the community through its outreach programme.

Cholmondeley General Manager Toni Tinirau says she reached out to Pegasus Health after taking on the leadership role at the charity last year.

"I asked for support with the health needs of our tamariki. Since then we are building and growing a relationship of mutual trust," she says.

Pegasus Health has already provided Cholmondeley with medical supplies such as epi pens, which some tamariki need, particularly in Spring when there is a lot of pollen around Governor's Bay.

Pegasus Health also liaised with the Canterbury DHB (now Te Whatu Ora – Waitaha Canterbury) to arrange for free toothbrushes and toothpaste for children.

Toni says the two organisations are working together to provide training on diabetes for Cholmondeley staff so they can better assist children in their care with the condition. Pegasus Health general practices also provide ongoing support in the management of medications for some tamariki.

Cholmondeley also has relationships with Pegasus Health's Partnership Community Workers (PCW) and outreach staff from general practices who arrange for tamariki to stay at Cholmondeley when their parents are unwell or having an operation.

"We are a charity so assistance with medical supplies and expert medical advice for our tamariki is wonderful. The evolving relationship with Pegasus Health has already produced some great results and will continue as both organisations play their part in the collective effort to support whānau in need."



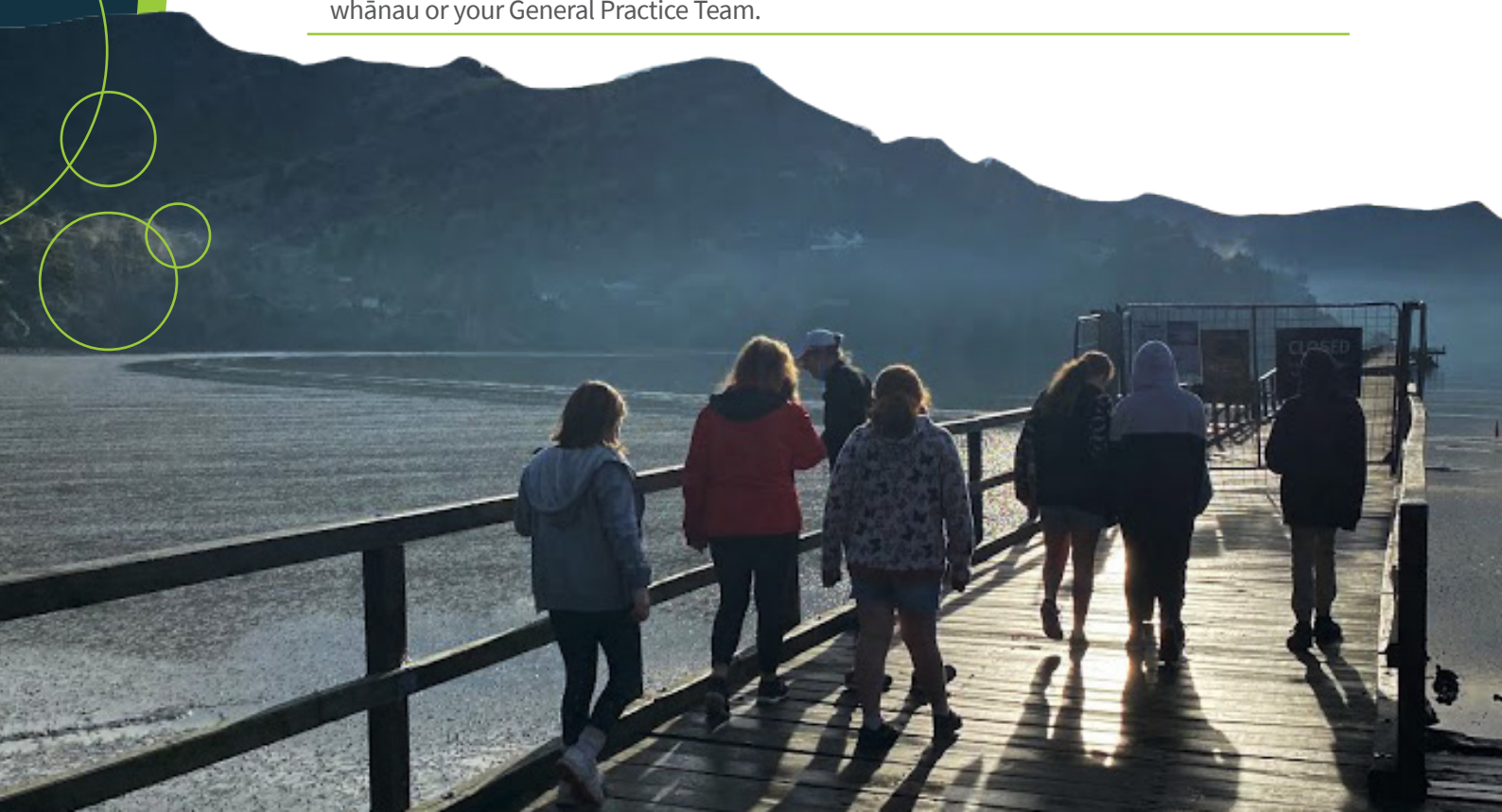
**Cholmondeley**  
whakanuia a tatou tamariki value our children



## TIPS FOR KEEPING YOUR WHĀNAU WARM AND HEALTHY THIS WINTER

With the weather getting colder, COVID and other illnesses such as influenza, and gastro bugs are widespread in the community. The cost of essentials such as food, electricity and petrol are also rising, it makes it more difficult for parents and caregivers to keep their tamariki warm, happy and healthy this winter. Pegasus Health's Child Health Support Service Manager Karen Meadows-Taurua has tips for maintaining children's winter wellness.

- Stop the spread of germs and sickness by ensuring your child washes and dries their hands regularly.
- Get the flu Vaccine for your child, it is free for children aged 3-12 years old.
- Keep your child at home when they are sick so they do not spread illness to others.
- Keep warm - insulation, heating and ventilation keep your home warm and dry. Canterbury has curtain banks and a blanket bank and Community Energy Action has advice on saving power and keeping your home warm.
- Keep homes and cars smoke-free.
- Keep to established routines where possible such as regular meal times and bed times. Children often find routine comforting.
- Turn devices off well before bedtime to help children get a better night's sleep. Try to limit device time during the day too, and spend time playing, moving, or talking with your tamariki.
- Try to eat as healthy as possible. (This newsletter has an article on how to eat well for less this winter. Cost-effective recipes and tips are also at [puawai.org.nz](http://puawai.org.nz) or [lovefoodhatewaste](http://lovefoodhatewaste))
- If your tamariki shares their feelings, validate them. For example, acknowledging that they are feeling frustrated or angry about all the things happening beyond their control.
- If you or your tamariki need support, ask for it from friends, whānau or your General Practice Team.





## EATING WELL

Over the past few months, basic foods have jumped in price, making it more of a challenge for families to prepare healthy kai. Our Puāwai-Kai Healthy Lifestyle Service share some ways to help stretch the budget and prepare and share healthy meals.

- Have a plan. Check the cupboards and fridge and write a list so you do not buy items you do not need.
- Find cheaper places to shop by chatting to friends or colleagues. Ōtautahi has lots of fruit and vegetable shops where these items may be cheaper than at the supermarket.
- Look for plain packaged items such as Pams, Budget and Homebrand. These are not always at eye level on the shelf, so have a good look around.
- Buy vegetables and fruit that are in season. Not only do they taste better, they will also be cheaper. If you are not sure what is in season take a look at the 5+ a day site.
- Have a look in the frozen and canned foods aisles. These might be a cheaper option than fresh. Some vegetables such as fresh corn have a short season but you can enjoy canned or frozen corn all year round. It is a great way to enjoy a wider range of produce in winter.
- Drink water instead of buying sugary drinks. This will save money and improve your health.



### MINESTRONE SOUP

- 1 large Onion, chopped
- 6 cups Stock – chicken or vegetables
- 1 x 500ml jar Tomato pasta sauce
- 1 teaspoon Oregano
- 1 cup Pumpkin, peeled and chopped
- 1 large Potato, scrubbed and chopped
- 1 large Carrot, scrubbed and chopped
- 1 cup Pasta spirals or shells
- 1 cup Frozen peas
- 1 can Canned 4-bean mix, drained and rinsed
- 2 tablespoons Fresh parsley, finely chopped

#### Method

- Combine onion, stock, pasta sauce, oregano, pumpkin, potato and carrot in a large saucepan. Bring to the boil, reduce heat and gently boil, uncovered for 15 minutes.
- Add pasta, peas and 4-bean mix and cook for a further 10 minutes.
- Add parsley and serve.

#### Serving suggestion

Sprinkle with grated cheese and serve with bread or toast.



### SAVOURY MINCE

- 1 tablespoon oil
- 1 medium onion, chopped
- 1 teaspoon crushed garlic (optional)
- 250g lean mince
- 1 medium carrot, chopped
- 1 cup of other seasonal vegetables, chopped e.g. peppers, courgette or celery
- 2 regular sized cans chopped tomatoes
- ½ cup red lentils
- 1 teaspoon dried herbs e.g. basil, oregano, mixed herbs
- 1 teaspoon sugar
- 1 cup water
- Salt and pepper to taste

#### Method

- Heat oil in heavy bottomed saucepan, add onion and garlic and cook for a few minutes over medium heat until softened.
- Add mince and cook for a few minutes until browned, stirring constantly to break up large pieces.
- Add remaining ingredients except salt and pepper, bring to the boil then reduce heat.
- Gently simmer for 30-40 minutes.
- Add salt and pepper to taste then serve.

## A.C.T.I.S SUPPORTS ARANUI COMMUNITY'S HEALTH

Aranui Community Trust Incorporated Society (A.C.T.I.S) works to develop and support the Aranui community, with its key focus ensuring its community has good access to healthcare services.

An area they have identified to focus on is health and wellbeing. In partnership with Pegasus Health, they can support the Aranui community to sort a plan for their needs.

"A lot of mahi goes into getting them linked into health and wellbeing services, such as getting them enrolled with a General Practice. We want our people to be seen at the top of the cliff not the bottom, when they end up in the Emergency Department," says Rachel Fonotia, Manager of A.C.T.I.S.

One way to support the community's health and wellbeing is by having a Pegasus Community Worker (PCW), Chrissie Robertson, based at their Hampshire Street office. Chrissie has a particular focus on supporting mental health by helping the community access the services they need.

"We work hard to ensure people know about and have access to healthcare services that they need. We want to empower people to manage their own health and wellbeing, but often they do not know what is available, or how to get help, that is where we come in," Chrissie says.

Being enrolled with a General Practice is important, especially during winter so people can get the help they need before they become sicker, or to get their whānau protected against infections such as influenza or whooping cough.

### VISIT YOUR GP FOR

- Vaccinations, including COVID-19, influenza and childhood immunisations.
- Health Improvement Practitioners and Health Coaches are based in many GPs to provide free health, mental health and wellbeing support.
- Brief Intervention Talking Therapy (BITT) counselling sessions.

### URGENT CARE

- Before you leave home, call Healthline on 0800 611 116 for advice on what care you need.
- If you don't need to come to urgent care, please make an appointment to see your GP.

### COMMUNITY PARTNERS

Pegasus Health Partnership Community Workers (PCWs) are available through the following agencies:

- He Waka Tapu
- Te Ora Hau
- Linwood Avenue Community Corner Trust
- Christchurch City Mission
- Tangata Atumotu Trust
- Christchurch Resettlement Services
- Christchurch Methodist Mission
- Presbyterian Support
- Aranui Community Trust Incorporated Society

***"Any time of the year our people need safe, dry, warm homes. In winter, this becomes even more crucial because without these basics their health, mental health and wellbeing can be badly impacted."***





## ANGELIN PERAMBULLY

### PEGASUS HEALTH WORKFORCE DEVELOPMENT SCHOLARSHIP RECIPIENT 2022

Angelin Perumbally grew up learning two languages: Malayalam which is native to Kerala, India where she was born, and English. Angelin is now in her fourth and final year studying a Bachelor of Speech and Language Pathology at the University of Canterbury.

"I'm currently doing an optional research project in my Honours year, looking at stuttering in bilingual children," says Angelin.

With bilingualism on the rise, the amount of research into therapy and support for bilingual children is alarmingly low.

"I had a small stutter as a child, so it is a very interesting area for me to research," she says.



Angelin has discovered a real passion for supporting adults with speech and language needs, particularly in a hospital setting.

"I had a small placement last year at Southland DHB (now Te Whatu Ora - Southern) in Invercargill and discovered that working with adults is definitely where my strengths are and where I would like to take my career in the future," says Angelin.

## BREAST CANCER SURVIVOR CHANGES CAREER TO NURSING

Nursing student, Leah Ruha (Ngāi Tahu, Te Whānau a Apanui), has been interested in working in health since she was 15. When she was made redundant from her role as a short haul flight attendant in 2020, she took the leap to nursing.

"I was diagnosed with breast cancer when I was 31. After my journey through diagnosis, treatment, and recovery, that is when I realised, I do want to become a nurse. So then when I was made redundant, I thought, 'it is now or never.' It has been a whirlwind," Leah says.

Still in her second year at Ara Institute of Technology, Leah is undecided about where she would like her nursing career to take her.

"I would really like to spend some time in Oncology, or work in a primary care so that I am exposed to what is actually going on in the community and what people are dealing with every day," she says.

While she is still on the fence about what area she wants to work in, Leah does know what kind of nurse she wants to be. In addition to her own breast cancer journey, Leah spent a lot of time around nurses when her mum was diagnosed with breast cancer when she was 15.

"I would always see nurses come in and out of our home and look after Mum so well. And even in her final days at Christchurch Hospital, the care she received was just

amazing," Leah says.

She wants her patients to feel comfortable to ask her anything and walk away understanding what is happening to them.

"I want them to know what treatment they will be receiving and with the understanding that they can contact me. I want them to have that reassurance that I am there for them," says Leah.

Although life as an adult student has its challenges, Leah's confident that she has made the right decision.

"I look back now and think, this is the right path for me," she says.



## ARA HEALTH STUDENT WIKITORIA JOINS SUICIDE PREVENTION & POSTVENTION TEAM

**Wikitoria Kurene has joined the Suicide Prevention and Postvention Team (SP&P) for her 130 hour student internship based as Pegasus Health Team, where she will be with us one to two days a week until November 2022.**

She has recently finished her first year in her Applied Science Degree majoring in Health Promotion at Ara Institute of Technology. Prior to starting with SP&P Wiki has been working with the Māori/Indigenous Health Innovation (MIHI) Māori vaccination team.

"I jumped at the opportunity to join the Pegasus Health Team for placement as it focused on areas that were relevant to health promotion and areas I am personally interested in," says Wiki.

"I chose to work within the Suicide Prevention and Postvention space as I felt a pull to learn and understand more in this space and have always felt passionate about people and their wellbeing," she says.

Team Leader of the Suicide Prevention and Postvention Team, Tim Chainey says it's great to have Wiki on the team.

"Despite challenges of Omicron, Wiki has joined our hui online, connected with members of the team, and has taken opportunities to learn more about the mahi we do and help with the development and rollout of some suicide prevention initiatives," says Tim.

Wiki is focused on the voice of those that the SP&P team work with and the vulnerable and disadvantage groups.

"Her strong interest and background in health promotion has resonated well with the team and has encouraged us to think about this as another aspect of suicide prevention," says Tim.

Wiki has enjoyed her placement so far, saying it has confirmed the spaces she would like to be further involved in and how she can utilise her skills and knowledge further to help others.

"A quote that I think relates well to how my placement is going so far, and what I believe this team represents for me is:

***Ehara taku toa i te toa takitahi,  
engari he toa takitini***

***My strength is not that of one,  
but that of many."***

"I am looking forward to the rest of my time with the SP&P team. There are some exciting projects I would love to get stuck into and see where and how they progress in the coming months," says Wiki.





## WORKING WITH COMMUNITY TO SUPPORT MĀORI VACCINATION RATES

In June, 2021, Pegasus Health Hauora Māori Manager, Melody Tuliau, was seconded to the Canterbury DHB (now Te Whatu Ora - Waitaha Canterbury) vaccination team as Māori Equity Lead.

Over that year, Melody worked with a number of Māori providers to facilitate COVID-19 vaccinations for Māori and ensure Māori and Pasifika were able to receive their vaccination in a safe and respectful way.

This involved supporting the set-up of vaccination clinics in partnership with Māori providers, particularly Ngā Hau e Whā, Māui Clinic @ The Hub Hornby and Māui Clinic @ South City. She worked alongside Maria Pasene, Pegasus Pacific Health Manager, to collaborate with Te Puawaitanga ki Ōtautahi Trust and Tangata Atumotu to provide mobile vaccination events in schools.

This year, the focus has been on paediatric vaccinations and boosters. Melody collaborated with organisations such as Te Puawaitanga ki Ōtautahi Trust, He Waka Tapu, Purapura Whetu, and MIHI

(Māori/Indigenous Health Innovation, University of Otago, Canterbury to provide mobile vaccination events within Māori communities. She also worked with the Canterbury DHB (now Te Whatu Ora - Waitaha Canterbury) to develop the service specs that enabled Māori providers to provide home vaccinations to whānau who may have difficulty getting out to a vaccination site.

In May, hundreds attended a Health Day event held at Takahanga Marae in Kaikoura. The event offered COVID-19, influenza and MMR vaccines. In addition, a Māori pharmacist was on site to do medication reviews and a doctor was available for health checks. The event was a partnership between Māori health and social services provider, Te Tai o Marokura and MIHI and was supported by Melody and the Canterbury DHB COVID-19 vaccination team.

As the colder weather hits, we are seeing an increase in respiratory illnesses like colds and flu in addition to the ongoing stream of new COVID-19 cases.

“We know winter can be tough for many people in our community. Hand hygiene and mask wearing proved to be effective in reducing the spread of COVID-19 and also applies to colds and flu, particularly when we’re close together or without good ventilation,” Melody says.

Vaccination remains an effective tool against illness so now is also a good time to kōrero with whānau and check Influenza, Measles, COVID-19 and other childhood immunisations are up to date. Other ways to take care of our hauora include staying active, eating good kai and keeping warm.

Fully vaccinated  
**94.0%**  
4TH HIGHEST IN COUNTRY

Partial vaccination  
**97.0%**  
HIGHEST IN COUNTRY

CANTERBURY  
Māori vaccination rate  
**12+ YRS**

Boosted  
**60.5%**  
3RD HIGHEST IN COUNTRY



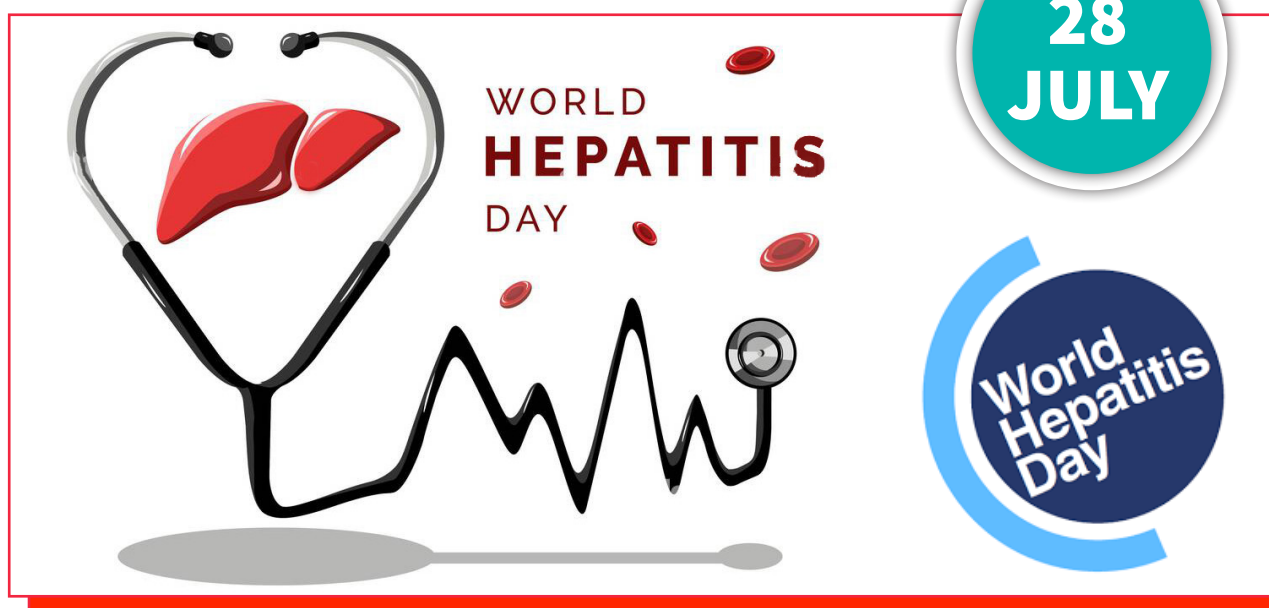
Partial vaccination  
**44.9%**  
4TH HIGHEST IN COUNTRY

CANTERBURY  
Māori vaccination rate  
**5-11 YRS**

Fully vaccinated  
**19.3%**  
3RD HIGHEST IN COUNTRY



## WHAT'S ON IN JULY



**STAY WELL  
THIS WINTER**