

# PEGASUS 2025

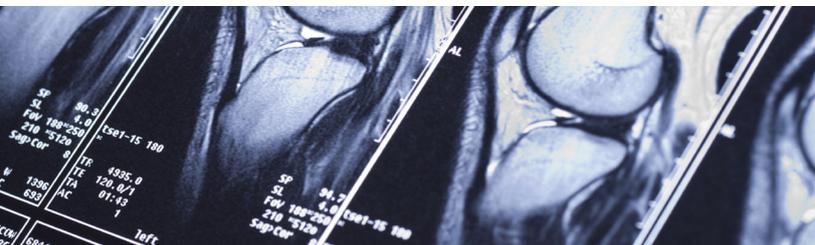
Kia atawhai ki te tangata

## Choose your Best Health Option



Find them here

[yourbestcare.co.nz](https://yourbestcare.co.nz)



# CONTENTS

A MESSAGE FROM CEO	3
INCREASING OPTIONS FOR PEOPLE NEEDING TO SEE A GP	4
SPECIAL CHILDREN'S CHRISTMAS PARTY CANTERBURY	5
PEGASUS WORKFORCE DEVELOPMENT SCHOLARSHIP RECIPIENT	6
NEW MRI INITIATIVE SEES AN 80% REDUCTION IN WAIT TIMES	7
COMMON ACC INJURES OVER SUMMER	8
CONNECT WITH FRIENDS AND WHĀNAU THIS SUMMER	9
FAMILY HARM	10
CHRISTMAS & NEW YEAR HOLIDAY CHECKLIST	11
PEGASUS HEALTH SERVICES OVER CHRISTMAS	12
CHOOSE YOUR BEST HEALTH OPTION	13



## A MESSAGE FROM OUR CEO

**Kia hora te marino, kia whakapapa pounamu te moana, kia tere te kārohirohi i mua i tō huarahi.**

*May peace be widespread, may the sea glisten like greenstone, and may the shimmer of light guide you on your way.*

Tēnā koutou katoa,

This year saw a lot of transition for Pegasus Health and the health system in Aotearoa. The establishment and launch of Te Whatu Ora - Health New Zealand and Te Aka Whai Ora - Māori Health Authority saw the beginning of reform across the sector. In this vein, Pegasus also looked at our structure and made changes to ensure we are able to continue to meet the needs of the health workforce and community in Canterbury.

COVID-19 continued to be a stressor on the health system. While COVID-19 restrictions were lifted and people saw a return to something resembling normality, hospitals, urgent care, and primary health continued to face staff shortages and overwhelming demand for services. I acknowledge and thank the incredible team of health professionals across Canterbury that have worked tirelessly to care for and support us all.

As we come into the holiday period, I am sure we are all looking forward to spending time with whānau and getting out into the wonderful Kiwi summer. Please take care of yourselves and those around you. In this edition we highlight some of the common injuries and illnesses we see at 24 Hour Surgery over summer, and I encourage you to stay safe so you can make the most of the summer months.

**MARK LIDDLE**

MANUKURA | CHIEF EXECUTIVE OFFICER

# INCREASING OPTIONS FOR PEOPLE NEEDING TO SEE A GP

Virtual consultations are another way you can get an appointment with a GP when your general practice team is busy or closed.

Pegasus Health is rolling out Practice Plus to its member practices for free, meaning that you will now have more options for accessing healthcare.

**“We’re offering Practice Plus to General Practices to make it easier for you to access care after hours and on weekends, but this does not replace your existing general practice healthcare provider”** Lovey Ratima-Rapson, Pegasus Health said.

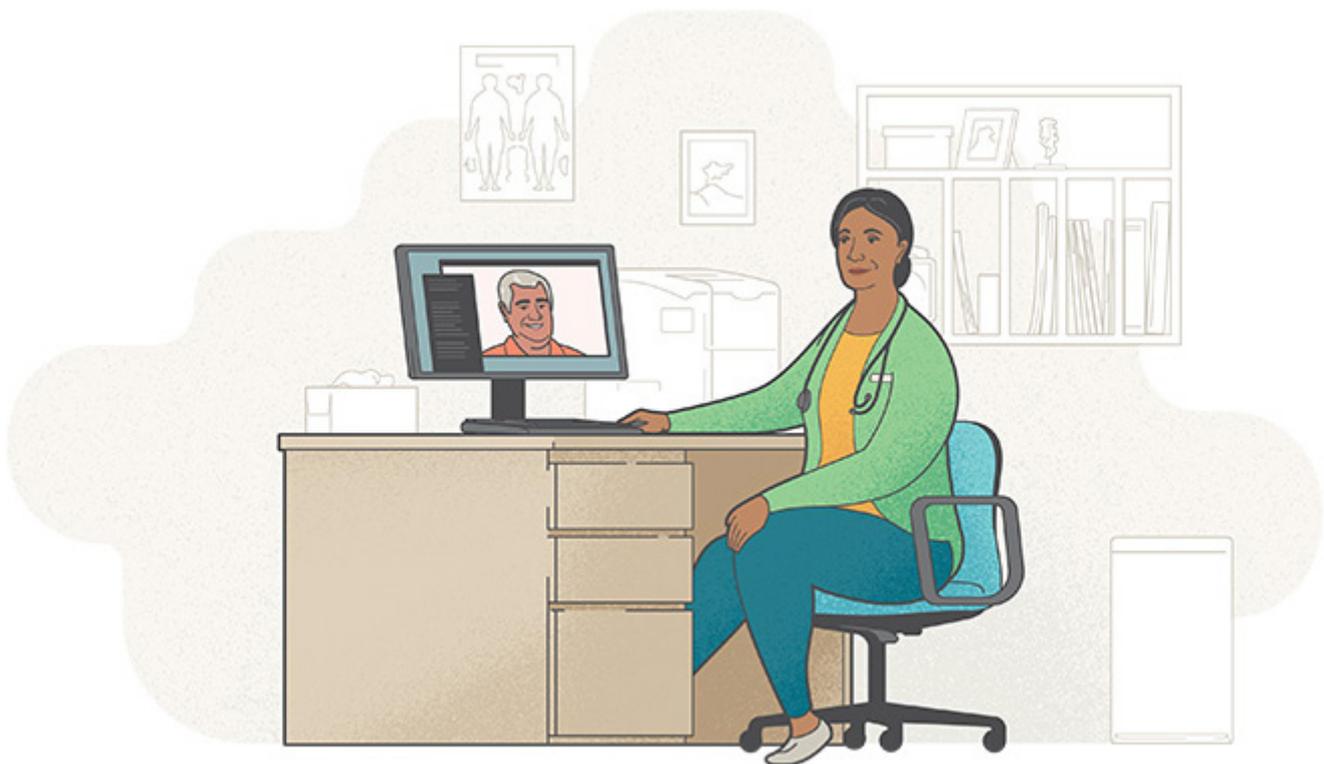
Practice Plus offers same day virtual after hours clinician appointments to suit you and your whānau. All clinicians are experienced, and licensed medical practitioners, registered with the Medical Council of New Zealand..

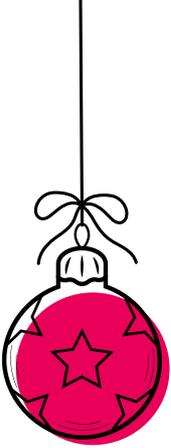
Pandora is a patient who recently used the new service.

**“The best thing about it was I could do the consult in my own time after the kids were sorted. The website was easy to navigate, and the appointment was very professional. I was happy to have used it for non-urgent care,”** she said.

Interpreter services are available and the fee schedule with CSC options are on the website.

If you would like to know more about Practice Plus, visit their website at [practiceplus.nz](http://practiceplus.nz) or give them a call on 0800PRACPLUS





# SPECIAL CHILDREN'S CHRISTMAS PARTY CANTERBURY

Pegasus Health is proud to support the annual Special Children's Christmas Party again this year, to help support kids in Canterbury who live with life threatening illness, physical or intellectual impairment, domestic violence or in underprivileged circumstances. The Christmas party is an opportunity to help them forget everything else that is going on and focus on them and having a fun time.

Immunisation Coordinator at Pegasus Health, Sherryn Edwardson and her husband Mark volunteered for the day, dressing up as Mr & Mrs Claus while handing out presents to the children.

"To see the smiles on their faces and the gratitude from the parents and family was heart-warming. They were all so grateful to be able to have something for their children, some of whom may not get anything else. It was such an easy thing to do to volunteer a few hours of our time and I would highly recommend doing it. I know I will be there next year if they ask," Sherryn said.

The Special Children's Christmas Party is an annual event providing special Kiwi children a spectacular day to remember.

This year 1,800 children aged 0 – 12 years old from all over Canterbury were invited to attend the special event, enjoying celebrity stage shows, fun rides, interactive games, yummy food, face painting and more.

"These kids live with ill-health, disability, or challenging home circumstances. Our parties make a huge difference. It is the small things that can make a big difference to these children," NZ Event Manager for Special Children's Christmas Parties, Mark Wikstrom said.



## PEGASUS WORKFORCE DEVELOPMENT

### *Scholarship Recipient*

# KIRSTYN MACDONALD

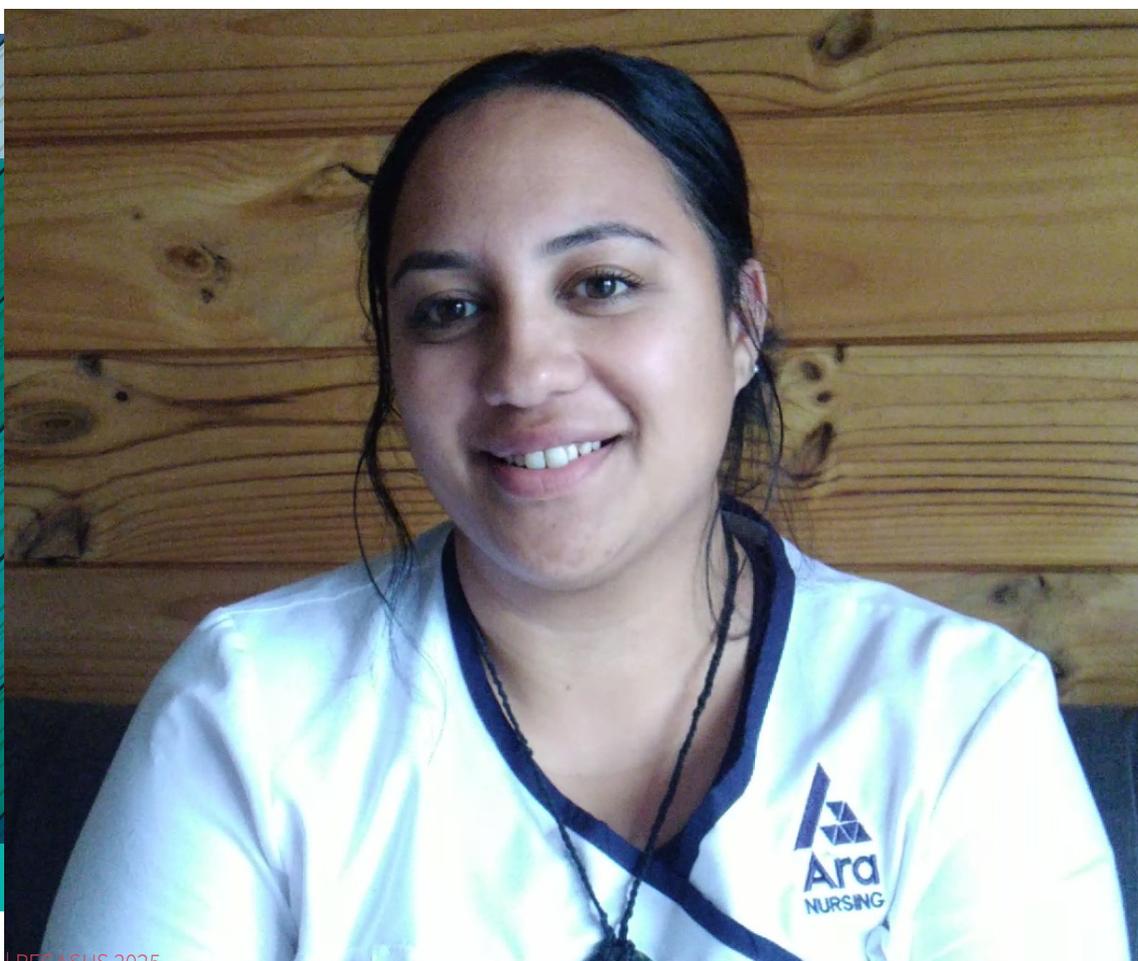
Kirstyn MacDonald (Ngāti Kahungunu) has just completed the third year of her Bachelor of Nursing at Ara-Te Pukenga. Life is busy as a mum and a full-time student, but her desire to support Māori whānau to better health outcomes keeps her motivated. Her own experiences as a young Māori māmā has fuelled her passion to ensure a more equitable health workforce that can welcome and support Māori whānau and enable better health outcomes for them.

“I believe it is my role and responsibility, and a personal goal of mine, to become active in improving

health disparities in Māori health. In doing that it is helping to change the style and stigma imprinted on Māori,” Kirstyn said.

In particular, Kirstyn wants to work in primary healthcare, so she is directly involved with and supporting the community. In particular, she would like to work in a whānau ora organisation working with young families and ensuring young mothers have a better healthcare experience.

“I want to make sure that we are giving our whānau the right education and the right resources to enable them to make the best decisions for themselves and maintaining their autonomy. I believe this is how we will be able to improve the poor health statistics for Māori throughout Aotearoa,” Kirstyn said.





# NEW MRI INITIATIVE SEES AN 80% REDUCTION IN WAIT TIMES

Damaging her knee when landing awkwardly after playing a game of tag with her children, resulted in Kirsty Crates needing a magnetic resonance imaging (MRI) scan.

Kirsty was able to get an MRI quickly thanks to an initiative between Pegasus Health, ACC and Pacific Radiology.

Clinical Leader of the initiative and General Practitioner at Health & Sport Central, Dr Robyn Barnes says in the four years it has been running more than 4,000 Canterbury patients have benefited from the initiative that allows general practitioners to refer patients with knee, neck, or lower back injuries directly for an MRI, rather than having to wait for a specialist appointment.

“The initiative has cut waiting times for an MRI appointment from three months to around one week,” Robyn said.

Getting a scan and then an appointment with a specialist quickly made Kirsty feel calmer about the injury and its likely impact on her, and her family’s life.

“It made me feel better knowing what was wrong and what needed to happen to be fix my knee. If I had to wait months to see a specialist, it would have been terrible. I am pleased that I can now focus on healing,” Kirsty said.

This new initiative which began in November 2018 allows specially trained general practitioners to refer eligible patients directly for an MRI and then refer them on to a specialist.

Pegasus Health Strategic Business Development Manager, Dr Akshey Shulka says the initiative has now been made available to general practices in Canterbury, Nelson, Marlborough, and Timaru as part of Pegasus’ efforts to reduce barriers for GPs to provide care for their patients.

IN FOUR YEARS, MORE THAN

**4,000** MRI REQUESTED

NOW AVAILABLE TO PATIENTS IN **CANTERBURY, NELSON, MARLBOROUGH AND TIMARU.**



ALMOST **300** CANTERBURY GPs TRAINED TO PROVIDE THE SERVICE.

WAIT TIMES FOR MRIS FOR PATIENTS WITH KNEE, NECK OR LOWER BACK INJURIES HAVE BEEN REDUCED BY

**80%**

# COMMON ACC INJURIES OVER SUMMER



## LAST SUMMER THERE WERE

**2,560**

**SPRAINS/FRACTURES**



**61**

**BEE STINGS**



**1,100**

**WOUNDS**



**74**

**DISLOCATIONS**

Summer is all about spending time with your friends and whānau and having fun outdoors. Remember to be careful and drink responsibly to avoid a trip to the 24 Hour Surgery.



## CONNECT WITH FRIENDS AND WHĀNAU THIS SUMMER

Summer is just around the corner with longer days and warmer weather it is the perfect time to connect with friends and whānau. Here are a few ways you can enjoy the outdoors and spend time with loved ones from the Puāwai-Kai team:

- Move your next whānau meal **outside** to enjoy fresh air. Lay out a rug, move a table outside, or take your meal to a park. Then you can enjoy a walk, game of touch, a slide or a swing. Slip, Slop, Slap, and Wrap.
- If you are indoors try and eat dinner with your whānau or flatmates **around a table**. Put your phones away and kōrero over kai, such as sharing the day's events
- Enjoy summer **vegetables and fruit**. Why not try our Tomato and Bean Salad, using cherry tomatoes and cucumber or whip up a Green Salad with whatever you have in your fridge, or even better, your garden
- Host a **potluck** catch up or BBQ with neighbours, friends or whānau. Check out the array of salads on our website
- Often celebrations are focused on ultra processed foods. Take time to think about how you can provide kai that **looks after the health** of your whānau. Make a tasty side dish such as hummus, pea pesto or roasted chickpeas; balance out BBQ meats with salads and vegetables or serve a beautiful platter with summer fruits
- If you live alone, **invite a friend** for a meal, and share the load by bringing a dish
- Summertime can be a chance to catch your breath. Take time to reflect on your health and **set some goals**. Think about your eating, activity, managing your stress, connecting with others and your sleep. What small steps can you take?

Find out about the Puāwai-Kai healthy lifestyle and cooking programme.



# FAMILY HARM

Family harm – which includes family violence, intimate partner violence, elder abuse, and child abuse and neglect – is a longstanding, common and complex problem with significant health implications in Canterbury and the whole of New Zealand.

Where to turn to if you need help over the holiday season.

## FOR EVERYONE



**Aviva** supports all people in their walk of life, to create healthier personal and family relationships. They can provide advice if you're concerned about someone else. They are available 24/7 0800-AVIVA-NOW

**It's not OK** gives out advice and information for anyone experiencing or involved family violence. They will support if you're concerned about someone else. They are available from 9am-11pm daily on 0800-456-450

**Victim Support** will give Information for anyone experiencing family harm. Available 24/7 to take calls on 0800-VICTIM

## FOR MEN



**Canterbury Men's Centre** has Counselling and other resources for men. Contact them on (03) 365-9000

**Hey Bro** Supports men who feel they're going to harm a loved one or whānau/ family member. Available to chat 24/7 on 0800HEYBRO

## WOMEN'S REFUGE SHIELDED WEBSITE

The Women's Refuge has created a tool for victims of abuse to access help. This shields your history from anyone you do not want to see this. The Women's Refuge Shielded Site icon is displayed above, you will see it on many New Zealand websites including:



## FOR WOMEN



**Battered Women's Trust** Support for women and children affected by family harm available 24/7 on 0800-REFUGE

**Shakti Ethnic Women's Support Group** Shakti is a group of cultural specialist, confidential support services to women and their children of Asian, African and Middle Eastern origin. Available 24/7 on 0800-SHAKTI

**Te Whare Hauora** Te Whare Hauora provides a safe place for wahine and tamariki affected by domestic violence. Available to korero on 0800-11-74-74.

## FOR RAINBOW COMMUNITY



**Hohou Te Rongo Kahukura** is dedicated to building rainbow communities and supporting to be free of partner and sexual violence. Have a look at their website for support and people to contact kahukura.co.nz/information/need-help/



# Christmas & New Year holiday checklist

Urgent Care and After Hours facilities are busy with long wait times. We want to help you avoid visiting Urgent Care over the holidays with a handy checklist.

- Check you have enough medication to get you through. If you don't, phone your family practice for a repeat prescription before they close.
- Have a good supply of SPF50 sunscreen. Even when conditions are cloudy, you can still burn.
- Add Healthline (0800 611 116) to your contacts for easy access to healthcare advice 24/7.
- Remember to stay hydrated. Aim for 1.5-2 litres a day.
- Know your physical limits. Think before you act. Fractures and broken bones are no fun.
- Save [yourbestcare.co.nz](http://yourbestcare.co.nz) on your homepage for quick access on finding your best healthcare options if you start to feel unwell.
- Swim within your own capabilities. Check the river conditions, and/or stick between the flags.



# PEGASUS HEALTH SERVICES OVER CHRISTMAS

Pegasus Health corporate offices close between 23 December and 6 January. This includes Child Support Services, Partnership Community Workers (PCWs) and the Mental Health Team.

## **Need to talk?**

You can call or text 1737 at any time to talk or text with a trained counsellor.

## **Partnership Community Workers**

The PCW team will be on leave from 23 December. Most of the team will be checking referrals from 9 January. If you have trouble contacting a particular PCW after 9 January, they may be on leave.

Email [Maureen.vanvenrooy@pegasus.health.nz](mailto:Maureen.vanvenrooy@pegasus.health.nz) for assistance.

## **24 Hour Surgery**

Urgent medical care is available throughout the holiday period at 24 Hour Surgery. Follow us on Facebook for updates on wait times and tips for avoiding urgent care over the summer season.

<https://www.facebook.com/pegasushealthcanterbury>

# YOUR BEST HEALTHCARE OPTION CAMPAIGN

Pegasus Health has created a new campaign 'Choose Your Best Healthcare Option'.

Our purpose is to help educate and inform our communities the many options for healthcare, and to provide information so they can choose their best fit.

A user friendly website has been set up for the public to help find their best option.

## **yourbestcare.co.nz**

We have created a toolkit for you to use at your practice, feel free to use all resources.

The kit includes:

- Social Media Tiles
- Posters
- Screensavers
- Email signature

Your support in sharing the *Choose Your Best Healthcare Option* messaging across your channels helps educate people living in Canterbury to become more aware of their healthcare options.

Download the toolkit here: [SharePoint](#)

If you have any suggestions for information to add to our website, we would love to hear from you. Please email [communication@pegasus.health.nz](mailto:communication@pegasus.health.nz)



## Choose your Best Health Option



Pegasus 2025 is produced by the Communications Team at Pegasus Health (Charitable) Ltd. Content within Pegasus 2025 newsletters has been included with the approval of content providers therefore please contact us if you wish to reproduce or alter and transmit any of the information or images contained within. Contact [communication@pegasus.org.nz](mailto:communication@pegasus.org.nz)

