



Helen Mason

Healthy, thriving communities, Kia Momoho Te Hāpori Ōranga.



8 October 2018

Staff recognition

The annual Staff Recognition Celebrations are two events Board Chair Sally Webb and I really look forward to the each year. They're a chance to catch up with long-serving staff members, to thank them, recognise them their contributions to our community, and hear some of the stories about their time with the DHB and how things have changed.

This year's Whakatāne event is being held at the Mataatua Marae on 15 November, whilst the Tauranga event is on Tuesday 13 November at the ASB Arena.

If you are one of those being recognised this year, please save the date as it would be wonderful to see you. Those who are being recognised are welcome to bring two of your loved ones along as well. Please specify family numbers with your RSVP (for catering purposes).

Having incorporated some of your feedback from last year, we are sure it's going to be a wonderful event and really hope you can join us.

Mental Health Awareness Week (8-14 October)

I know our teams have been incredibly busy organising some great events to help celebrate Mental Health Awareness Week (MHAW) this year. MHAW is a truly global event now, being marked in over 150 countries and in New Zealand runs from 8–14 October. The theme this year is *Let nature in, strengthen your wellbeing – Mā te taiao, kia whakapakari tōu oranga.*

Connecting with nature can uplift your wairua/spirit and promote mental health and wellbeing. That nature theme is aligned to the simple message of applying the Five Ways to Wellbeing to your everyday life. These are: Connect/Whakawhanaungatanga; Take Notice/Me Aro Tonu; Keep Learning/Me Ako Tonu; Be Active/Me Kori Tonu; and Give/Tukua.

Look out for more information on the planned events (including bush walks, barbecues, picnics, mindfulness sessions, and a guest appearance by some of our local sporting stars) on OnePlace, our website and social media channels.

Trial role to focus on Strategic Health Services Plan gains

Over recent months at our Board and Executive Team meetings there has been much discussion about the ongoing growth in demand for services across the Bay of Plenty Health System. Many of the aspirations contained within our Strategic Health Services Plan will help us to navigate growth and re-think how we best organise ourselves and our services, to ensure we're doing our very best to support our communities to be healthy and thriving.

There have been many great initiatives progressed as part of our ongoing Evolution. At the same time we are mindful that:

- Sometimes initiatives are competing for similar resource and so we need to sequence and prioritise what we do more effectively
- We want to improve our communication about the priority things we're working on and ensure people have the opportunity to get involved
- At times it feels like making sensible changes to improve things is much harder than it should be
- Most people are very busy, so finding the time and space to ensure we are joined up and well co-ordinated can be a challenge.

Therefore, as a trial for the next four months, I have asked our Chief Operating Officer Pete Chandler to focus his time on working through these challenges to ensure that we are taking a well organised and successful approach to achieving the things that are most important for our communities. Pete will bring a whole of system focus to this work.

To free up Pete's time and create some Executive level capacity, Bronwyn Anstis has kindly agreed to act in Pete's current role during this period. I am optimistic about our direction of travel, and look forward to us gaining greater momentum over the coming months.

Pete will provide regular updates on progress, working alongside our many stakeholders. Please support Bron and Pete as they step into these new roles.

Being cyber smart 24/7

Also being marked next week is Cyber Smart Week (8-12 October) and I encourage you to get along to one of the presentations for staff members we are putting on to mark it. You will get the chance to learn some invaluable information on spam and phishing, information theft, computer viruses, passwords, and much more.

Being cyber smart is about safety at work and at home. It is about 24/7 awareness, and creating the habits which will help keep us safe wherever we are. We live in an increasingly digital world, where everything is connected. Our relationships, our jobs, our finances – so much is now online. And, while there are some real benefits to digital life, any weaknesses in our online connections can make us vulnerable to a cyber security attack.

Cyber Security Presentations (for BOPDHB staff only)

Tauranga Hospital Conference Centre (behind the library)

Tuesday 9 October from 9:30-10am

Wednesday 10 October from 1:30-2pm

Whakatāne Hospital Clinical School, Meeting Room 2

Thursday 11 October from 10:30-11am

"If you want something new, you have to stop doing something old."

Peter Drucker (1909-2005) American management consultant, educator, and author.