



Forgotten to give it back? Now's good!

Are you hanging on to hospital equipment you no longer need? We'd love it back to be used by people that do! Please return your unused crutches and other recovery equipment to the hospital, or to your local medical centre for us to collect. No questions asked!

Flu vax champs!

Awesome work, team Wairarapa. 75% of our 65+ year olds have received influenza vaccinations this year - and we have bettered the national average across all ages. It's not too late - vaccinate today at your medical centre.



ILLS & CHILLS?

Here's some tips to help you be well and stay well

- Eat well and avoid alcohol
- Drink lots of water
- Get plenty of sleep at night
- Do some exercise you enjoy
- See friends and family
- Plan something fun to do
- Have your flu vaccination



Improving for you, and with you

Wairarapa District Health Board is investing in the development of our future services to ensure they are high quality, safe and efficient for our community.

Last month, Health Highlights featured Hauora Mō Tātou, Wairarapa District Health Board's strategic direction for 2020-2030. Hauora Mō Tātou calls for a major shift in the way we do things if we are to achieve equity for our population, meet future demand and ensure that services are sustainable for the long term. We are taking action.

Partnering with Francis Health - a company that has worked with DHBs across the country on service improvement through redesign and implementation - we are rising to the challenges facing healthcare and our services, and we are designing new and

improved models of care. The work is collaborative, and we have ambitious expectations.

With the patient at the centre of our service it is important that we hear and understand our consumers. From this week, people presenting at the emergency department may be asked to help us with our improvement work by gifting a small amount of time to share their healthcare experiences in a short, anonymous interview.

We will use the information we receive to build a picture of how well our community can navigate care, find out what is working and what is not, and identify barriers and gaps we need to address in our improvement planning.

Your contribution will influence our action, and pave the way to better service. We look forward to your

COVID-19 TESTING

If you have flu-like symptoms and are offered a Covid-19 test, please do it!

While New Zealand does not have any community transmission right now, we have to remain vigilant. The last thing we need is to go back up the alert levels like we are seeing happen overseas.

If you are sick - stay home, and call your medical practice or free phone Healthline on 0800 611 116 for advice.

involvement and your support as we develop better, more efficient and sustainable healthcare services for our community.

Improved working processes will soon be evident across all workstream areas:

- Virtual front of house
- Hospital at Home
- Acute model of care
- COVID-19 processes
- SAFER care bundle
- Service collaboration
- Inter District Flow (IDF)
- Surgical services
- Non-surgical management

UNWELL OR INJURED?

Where should I be?



- Call your medical centre first
- Ask your local pharmacist for advice



- Call Healthline 0800 611 116 for free medical advice 24/7
- Weekends/public holidays: Wairarapa After Hours service 9am-5pm Based at Masterton Medical Centre, call 06 370 0011



- Keep ED for emergencies

GETTING THROUGH TOGETHER
WHĀIA E TĀTOU TE PAE TAWHITI

Having trouble getting through?

For some great Wellbeing Tips at a click, visit mentalhealth.org.nz
Times are tough, and we all need to manage our mental health. Looking after our wellbeing is essential and the team at the Mental Health Foundation and All Right? Community and Public Health have made it easy to find the support you need.

www.wairarapa.dhb.org.nz

E: communications@wairarapa.dhb.org.nz

Call Healthline free on 0800 611 116 for health advice and information 24 hours/day, 7 days/week

