

Caught on tape

Visitors and staff at Hutt Hospital are seeing new faces in the windows recently.

The person behind them is Erica Duthie, the artist-in-residence at the hospital. Her unique art form uses tape, giving her the freedom to turn hospital windows and walls into temporary canvases for art. In Erica's series of 'murals on request' she makes vignettes inspired by patients and their lives. Erica says that discovering someone makes amazing cakes or loves their garden allows her to connect with people on a personal level.



Mary Pomeroy beside her portrait

Erica's portrait of Mary Pomeroy captures Mary's desire to be at home, tending her roses.

Her work is funded by two Creative NZ 'Creative Communities Grants' from the Lower Hutt and Upper Hutt City Councils.

More information about Tape Art is available at: www.tapeart-nz.com

Board meetings

Hospital Advisory Committee
11.00am Friday 20 April 2012
Hutt Valley DHB Boardroom

Community & Public Health Advisory Committee
9.00am Monday 14 May 2012
Hutt Valley DHB Boardroom

Disability Support Advisory Committee
1.00pm Monday 14 May 2012
Capital & Coast DHB Boardroom

Board Meeting
9.00am Friday 15 June 2012
Hutt Valley DHB Boardroom

Members of the public are welcome to attend these meetings. Meeting agendas are available on our website: www.huttvalleydhb.org.nz

The Hospital Foundation Shop - giving back

The Hospital Foundation Shop is an initiative from the Hutt Hospital Foundation Trust, a charitable trust that raises funds for projects supporting patients and staff at the Hutt Hospital.

The shop was opened in September last year. It offers a range of toiletries, magazines and gifts and the profits from every sale help fund new hospital equipment and other services. One future project is a children's playground.



Cathy and Gracious, volunteers for the Hospital Shop trolley service

It's a community effort. The shop was built with the help of local businesses - many of whom provided services for free or at reduced cost. The shop is primarily staffed by volunteers.

In the last six weeks the shop has added a trolley service to the wards. This service not only helps to raise awareness of the shop, it also ensures that the needs of the patients, staff and visitors on the ward are met.

The trolley service is run exclusively by volunteers. Currently the service operates two days a week, but the aim is to make it available every day.

"It takes a special kind of person to go out into the wards," says store manager Gemma Whitehead. "You're coming into contact with people who are often in very difficult or stressful situations. However for the right person, it's extremely rewarding. Having access to simple things like magazines can really make someone's day."

Gemma is also keen to extend the shop's hours so they can stay open during evenings and over weekends.

If you are interested in volunteering - either in the shop or on a trolley round, contact Gemma on **(04) 587 2804** or email: hfhf.trust.shop@gmail.com

For more information on the trust visit: www.huthospitalfoundation.org.nz

The Hospital Foundation Shop is located on the ground floor at the High Street entrance to the Hospital, opposite reception. It is open between 9.00am and 4.30pm every weekday.

Protect yourself against the flu this winter

As the days get shorter and colder, it's inevitable that winter is on its way. It's time to think about protecting yourself from the flu.

Immunisation is your best defence against the flu. The vaccine is available from your GP, so ask them about flu protection for you and your family.

In temperate climates like ours influenza is seasonal, meaning people are more likely to get it in winter. For most people it means a couple of days off in bed, but some people get very sick. At its worst, influenza can cause death.

Symptoms include fever, chills, muscle ache, a runny nose, coughing and stomach upsets. The flu feels worse than a cold and spreads easily.

Influenza poses particular risks to people with long-term health conditions, women who are pregnant and anyone over 65 years of age. For these people the vaccine is free.



**STOP THE FLU
BEFORE IT GETS YOU**

Protect yourself and your patients against influenza.

IMMUNISE NOW



(04) 566 6999
main hospital phone number