



What's new?

New building!

For the past 4 months we were busy with the construction of the new extension of our building. The bigger space will enable more room to expand, employ more doctors and have more specialists on site.



We are now well settled into the new space! Our reception area has not moved, and patients will still use the entrance and exit as previously.

We realise it was sometimes noisy and busy with the construction next door and would like to thank all our patients for their understanding and tolerance during this time.

New staff!

✓ We wish to welcome **Dr Judikje Scheffer**.



Dr Scheffer has a strong Sport Medicine background, also working as a sports doctor for High Performance Sport NZ. She has an active lifestyle being a competitive cyclist and rower. Dr Scheffer works at Cambridge Medical Centre on a Tuesday and a Wednesday.

✓ Welcome to **Linsey and Raewyn**, our two new nurses who joined our team recently. We are pleased to have you part of our team!



SunSmart!

Summer is here!

Be safe - be SunSmart
New Zealand sunlight can have high levels of ultraviolet (UV) radiation. UV radiation can cause skin and eye damage. You can protect yourself and your children by being SunSmart.



Slip on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun.

Slip into the shade. Plan your outdoor activities for early/late in the day when the sun's UV levels are lower.



Slop on plenty of broad-spectrum, water resistant sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours.

Slap on a hat with a wide brim or a cap with flaps. More people are sunburnt on the face and neck than any other part of the body.



Wrap on sunglasses. Not all sunglasses protect against UV radiation, so always check the label for the sun protection rating.
www.sunsmart.org.nz

Did you know? An adult needs between 1.5 – 2 litres of fluid per day! – Stay hydrated!



Changes in funding

Community Services Cards

As of 1 December 2018 patients with Community Services Cards qualify for reduced consultation fees on some services



If you have a valid Community Service Card, please ensure that we have your card details on our system

For more information or your eligibility, please contact the Ministry of Social Development on 0800 999 999 or visit www.workandincome.govt.nz

Changes to Children's funding

The free consultations and prescription fees for registered patients under 13-years old has been extended to under 14 years old. This will be effective as of 1 December.

Advance Care Plan



Advance care planning is the process of exploring what matters to you when thinking about end-of-life care and sharing that information with your loved ones and health care team, so treatment and care plans can support your wishes.

- More information on this topic can be found at: <https://www.hqsc.govt.nz/our-programmes/advancecareplanning/about-acp/>
- A template to help you write down what's most important to you: https://www.hqsc.govt.nz/assets/ACP/PR/ACP_Plan_forms_.pdf

We would like to wish you and your loved ones happy holidays and a prosperous New Year!

24/12/2018	Monday	Open	31/12/2018	Monday	Open
25/12/2018	Tuesday	Closed (Christmas Day)	01/01/2019	Tuesday	Closed (New Year's Day)
26/12/2018	Wednesday	Closed (Boxing Day)	02/01/2019	Wednesday	Closed
27/12/2018	Thursday	Open	03/01/2019	Thursday	Open
28/12/2018	Friday	Open	04/01/2019	Friday	Open
29/12/2018	Saturday	Closed	05/01/2019	Saturday	Open



Remember to request repeat prescriptions in time!

In Case of Emergencies : Call Healthline 0800 611 116 or Anglesea A&E 858 0800