

Summer Newsletter

December 2019

Open Days during Christmas Period

Please note we will only be booking same day appointments between 23 Dec'19 and 3 Jan'20. No prior booked appointments will be made for this time period. If you need your medication reviewed, please book your appointment well in advance.

*Thank you for your loyal support!
We would like to wish you and your loved ones happy holidays and a prosperous New Year!*

23/12/2019	Monday	Open
24/12/2019	Tuesday	Open
25/12/2019	Wednesday	Closed (Christmas Day)
26/12/2019	Thursday	Closed (Boxing Day)
27/12/2019	Friday	Open
28/12/2019	Saturday	Closed
30/12/2019	Monday	Open
31/12/2019	Tuesday	Open
01/01/2020	Wednesday	Closed (New Year's Day)
02/01/2020	Thursday	Closed
03/01/2020	Friday	Open
04/01/2020	Saturday	Open



Remember to request repeat prescriptions in time!

Doctors on leave

Dr Clare Hamilton 23 Dec – 13 Jan
 Dr Shirley Chan 6 – 10 Jan
 Dr Mark Taylor 27 Dec – 3 Jan
 Dr Judikje Scheffer 18 Dec – 24 Jan
 Dr Sadiya Naeem - Maternity leave



SUNSMART

Tips on keeping cool and staying hydrated this summer:

Drink plenty of water. Stay hydrated with a regular intake of fluid. Try adding a slice of lemon, lime or mint to a jug of water in

Cut down on alcohol. Water is the best form of fluid, alcohol can dehydrate you more in this hot weather.

Eat frozen snacks. Try eating frozen banana or other fruit as a cold snack.

Stay out of the sun. Find shade outside wherever possible and stay indoors when you can.

Staying cool. Exercise or do outdoor activities early in the morning or later in the evening if possible.

Look out for your neighbours. Keep a close eye on neighbours, especially the elderly, to check they're okay. Remember, children, older people or those with health concerns may find it more difficult to cope with the heat.

Look after your pets. Keep them safe, hydrated and cool.

For more information:

<https://www.sunsmart.org.nz>

**Remember to
Slip, Slop, Slap and Wrap**

Planning on having Fun in the Sun?

New Zealand sun has high levels of ultraviolet (UV) radiation. UV radiation can cause skin and eye damage. You can protect yourself and your children by using SunSmart. Learn how to keep safe while still living life in the sun.

Cervical Screening start age change to 25 yrs.

Commencement for cervical screening age change to 25 years. Women under 25, who have already been screening, can *commence* screening at 25.

It is important to note that any women, including those outside the screening age range, who have concerning symptoms should see their health care provider, who will arrange appropriate tests.

For more information:

<https://www.timetoscreen.nz/cervicalscreening/why-go/change-to-the-cervicalscreening-start-age/>

Comments/Suggestions/Complaints

To improve our services and meet patients' needs, we welcome all feedback - positive or constructive. Wendy, our Business Manager, is happy to discuss any ideas or concerns you may have!

For your convenience we also have feedback forms in our reception area. We have recently implemented the following upgrades for our patients:

- ✓ We've added an extra water dispenser for our patients seating in the west wing.
- ✓ We've purchased a longer mat for our foyer so no-one will slip on a wet floor during rainy days.

Exciting news in the practice – we are making improvements to our IT services and Patient Management System in February 2020. We will be posting updates on Facebook and through Manage my Health to keep patients informed of any changes that may affect them.