

## Changes to our team

Introducing our GPs accepting new patients...



### Dr Caitlyn O'Fallon

Caitlyn was our GP registrar earlier in the year and many of you will have met her then. She is returning to us from December 18th 2017 after completing her GP specialty training.

Caitlyn will be here Mondays, Tuesdays, Thursdays and Fridays.

### Dr Duncan Baird

Duncan is an experienced GP who has worked in NZ and Australia over recent years. Duncan is well known to members of our team—he is a medical school classmate of Tony, Anna and Helen.

Duncan is here Mondays, Wednesdays and Thursdays.

### Dr Lauren Wills

Since graduating from Otago in 2003 Lauren has worked at Wellington Hospital, then at various others around the country. She really enjoys the variety of people that she meets while working in General Practice. Lauren is here Mondays, Tuesdays, Thursdays and Fridays.

### Dr Madeline Gee

Many of you may have met Madeline during her time with us this year as a GP registrar. She will be staying on with us after she completes her GP specialty training in December.

Madeline will be here Mondays, Tuesdays and Fridays.

## When we are closed

Please contact:

Wellington Accident & Urgent Medical Centre  
17 Adelaide Rd  
Newtown



Wellington (04) 384-4944

Open every day **8am-11pm**

**Or 11pm-8am**

Wellington Hospital Emergency Dept  
Riddiford St  
Newtown  
Wellington

**Or**



## We are now on ... Facebook.

This is another way we plan to keep in touch with patients & let you know what is happening at NMC. Please "LIKE" our page.



## Farewell to Dr Jim Aubrey...

After over 30 years as a GP in Newlands, Jim retires from general practice on Friday 22nd December 2017. Jim has considered it a privilege to have been a part of so many individual's and families' lives over the years.



We wish Jim all the very best for his retirement.

## Summer Hours...

To enable our team to take a break over the summer months our opening hours alter for a few weeks.

Our hours are:

Mon Dec 25th and Tues Dec 26th—CLOSED

Wed Dec 27th to Fri Dec 29th—9.00am to 4.00pm

Mon Jan 1st and Tues Jan 2nd—CLOSED

Wed Jan 3rd to Fri Jan 5th—9.00am to 4.00pm

Mon Jan 8th to Fri Jan 19th—9.00am to 5.00pm (ie.no evening clinics)

Mon Jan 22nd-CLOSED

Tues Jan 23rd-normal hours resume.

We are closed weekends and public holidays.



## Have you registered for the patient portal yet?

Over 23% of our patients now use the portal to:

- ◆ request prescriptions
- ◆ book appointments
- ◆ communicate via secure email with their doctor
- ◆ view some of their health information

For more information, talk to one of our team or visit this website:

[www.managemyhealth.co.nz](http://www.managemyhealth.co.nz)



The "Pt Portal Registration" form is available on our website:

[www.newlandsmedical.co.nz/enrol](http://www.newlandsmedical.co.nz/enrol)

## Summer self-care

**Skin Check...**Summer is often when we notice moles or skin lesions. If you have concerns please book an appointment with your GP.

**When socialising...**Some tips for drinking responsibly to help you survive the party season:

- Eat before you drink & while you are drinking
- Plan how you are going to get home before you go out—who is your sober driver?
- Have some non-alcoholic drinks—pace yourself
- Do not allow others to “top up” your drink

**Christmas can be a stressful time...**The expense of buying gifts, the pressure of last minute shopping, & the heightened expectations of family togetherness can combine to create 'Christmas stress'. Survival tips include:

- Practice moderation—food & drink
- Keep moving—get some exercise and fresh air
- Get plenty of sleep
- Share the load—delegate tasks to friends and family
- Avoid known triggers—distract people from talking about “touchy” subjects
- Practice relaxation techniques, eg breathing exercises & meditation
- Shop with a list—you are less likely to impulse spend.

If it all gets too much...**please** seek help...

NMC 478-9858 / Healthline 0800 611 116 / or Samaritans 0800 726 666

**Slip**



**Slop**



**Slap**



**Seek**



**Slide**



## A reminder to...



... order your repeat prescription for your regular medications early in December (remember we like you to keep a two week supply on hand, wherever possible, in case of emergencies). This also helps us to manage our workflow during this busy period.

... pack your regular medications if you are heading away over summer. This saves you the expense and stress of obtaining an emergency supply from a provider in your holiday destination (as we may not be open when you discover you are without your medications).

## Summer OUR HEALTH TIP: BE FOOD SMART



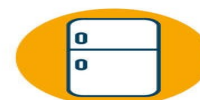
**Clean**



**Cook**



**Cover**



**Chill**



**We wish you** a safe and happy festive season. Please take care when travelling this summer, and we look forward to seeing you in 2018.