

Welcome...

... to **Keri** who joined us as a Practice Nurse in late November. We are delighted that she has joined our team.

... to **Te Rauhina** and **Maihi** who are helping us out over summer, on reception and helping the team out in our respiratory clinic



When we are closed

Please contact:

Wellington Accident & Urgent Medical Centre
17 Adelaide Rd
Newtown
Wellington (04) 384-4944
Open every day **8am-8pm**



Or 8pm-8am
Wellington Hospital Emergency Dept
Riddiford St
Newtown
Wellington

Or



Covid19 Update...

While many of the recent cases in NZ have been caught within the managed isolation facilities there have been a few that have made it into the community. Summer is a time when many of us travel around the country to enjoy a holiday and visit family and friends. In the event that you come into contact with someone who tests positive for Covid19 it is important that you are able to recall everywhere that you have been.



The NZ COVID Tracer is a Ministry of Health app that creates "a digital diary of places you visit by scanning the official QR codes."

More information on the app can be found at:

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-resources-and-tools/nz-covid-tracer-app>

The app is free to download from the Apple App store or Google Play.

Find us 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.



Staying safe over summer...

It is always worth repeating these tips about staying safe over the holiday season...

Water safety—supervision of children, without distraction, is the single most important precaution you can take to prevent drowning. Check with your local council re pool fencing requirements.



Sun safety—Slip (on a shirt), Slop (on some sun screen), Slap (on a hat), Seek (shade), and Slide (on sunglasses).

Socialise responsibly—eat before and while you are drinking; plan how you are getting home before going out; pace yourself with non-alcoholic drinks; know who your sober driver is; don't leave your drink unattended or allow others to "top up" your drink.



A reminder to...

... order your repeat prescription for your regular medications **BEFORE** you run out (remember we like you to keep a two week supply on hand, wherever possible, in case of any emergencies). This also helps us to manage our workflow during this busy period and enables your regular GP to prepare the prescription for you.



... 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).



Where to get help...

The holiday season can add another layer of pressure and stress to our already busy lives. You are not alone. We are here to help and there are also several agencies that can offer help when you need it. Their help can often be free. Just some of them are:

| | | |
|-------------------------------|--|--------------|
| Citizens Advice Bureau | www.cab.org.nz | 0800-367-222 |
| Alcohol and Drug Helpline | www.alcoholdrughelp.org.nz | 0800-787-797 |
| Gambling Helpline | www.gamblinghelpline.co.nz | 0800-654-655 |
| Family Violence | www.areyouok.org.nz | 0800-456-450 |
| Women's Refuge | www.womensrefuge.org.nz | 0800-733-843 |
| Youthline | www.youthline.co.nz | 0800-376-633 |
| Samaritans | www.samaritans.org.nz | 0800-726-666 |
| Lifeline Aotearoa | www.lifeline.org.nz | 0800-543-354 |
| Victim Support | www.victimsupport.org.nz | 0800-842-846 |
| Christians Against Poverty NZ | www.capnz.org | 0508-227-111 |
| Clear Head | www.clearhead.org.nz | n/a |

Summer hours...

While we are only closed on weekends and statutory holidays we do operate reduced hours and with fewer staff than usual over summer.

We will be closed on:

- ⇒ Friday December 25th 2020
- ⇒ Monday December 28th 2020
- ⇒ Friday January 1st 2021
- ⇒ Monday January 4th 2021
- ⇒ Monday January 25th 2021



We will be **closing early** on Christmas Eve (Thursday Dec 24th) and New Years Eve (Thursday Dec 31st).

There are **no evening clinics** in January—these will resume on Tuesday February 2nd 2021.

Information on where to get help when we are closed is on the front page of this newsletter, and on our website.

2020 has been quite a year....

...full of challenges and changes. We hope you find time over the summer holiday season to relax and recharge.

Please stay safe, drive carefully, keep sunsmart, and keep up good infection control measures.



We look forward to helping you with your health care in 2021.

The team at Newlands Medical Centre wishes you and your families a safe, happy, and healthy holiday season.

Holiday activities in our own backyard...

Summer is a good opportunity to get out and about and explore our city, and a chance to support local businesses...here are just a few things to do in Wellington—many are FREE:

- ◇ Visit Te Papa
- ◇ Walk through the Botanic Gardens
- ◇ Visit the Weta Cave in Miramar
- ◇ Have a picnic at Scorching Bay
- ◇ Visit the Marine Education Centre at Lyall Bay
- ◇ Walk to Red Rocks to see the seals
- ◇ Visit the Brooklyn wind turbine—great views!
- ◇ Tour the Beehive and Parliament Buildings
- ◇ Go into the wild at Otari-Wiltons bush reserve
- ◇ Visit Petone Settler's museum
- ◇ Check out free concerts at the Botanic Garden soundshell

...and many more! Enjoy our beautiful city!

