

## Changes within our team...

We recently welcomed a new nurse, **Loredana**, and a new receptionist, **Colette**, to our team.

**Dr Julia Hudson** returned from parental leave at the end of May. Her usual days are Mon, Tues, and Wed (with evening clinic on Wednesdays).

## Keeping winter bugs at bay...

There are things that you can do to help avoid the winter bugs. Looking after yourself helps maintain a good immune system.



- Get enough sleep
- Get exercise
- Eat well
- Avoid smoking and second-hand smoke which can increase the vulnerability of our respiratory system to infection
- Wash your hands frequently—cold viruses can live on surfaces, like door handles, etc
- Get a flu immunisation (protects you against the current strains of the virus)

If you do get sick:

- Rest—you will recover sooner and won't spread the virus to colleagues, friends, etc
- Keep hydrated
- Practice good infection control (use tissues rather than hankies and cough into your elbow). Wash your hands regularly.

If you continue to feel unwell, or your symptoms worsen, please phone us for advice. Our nurses will discuss your symptoms and can advise if an appointment with your GP is needed.

## Toys in the waiting room over winter...



We put our toys away over winter due to infection control. You may prefer to bring your own toy in from home to amuse your child while waiting.

If you have any suggestions regarding our waiting room please use the Feedback terminal to record your comments.

## 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.



## Measles...

Update—unfortunately the supplier of the vaccine continues to experience intermittent difficulties in providing a steady supply of vaccines. As a result we may have to place you on a waiting list.

Requests are assessed and the most vulnerable patients are given priority, as per guidelines from Regional Public Health and the Ministry.

Thank you for your patience and understanding.

More information can be found on the News page of our website.

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

## Booking an appointment via the patient portal.

To encourage continuity of care we wish to advise that we have altered the settings. You may now only book an appointment via the portal with your usual GP.

A reminder that you are unable to book appointments on the day via the portal. Please phone the medical centre if you think you may need to be seen urgently.



## Stay Safe Online...Child Safety with Social Media

Social media can be particularly addictive for teens and tweens. It also opens the door to a variety of issues, like cyberbullying, inappropriate sharing, and talking to strangers. Access to social media is also central to teens' developing a social identity. It's the way that they connect with their friends, and it can be a healthy way to hang out. The key is to figure out some boundaries so that it remains a positive experience.

1. Discuss the pressure to share—Kids constantly feel pressure to share pictures and other details about their lives. Have a positive conversation about privacy to help relieve them of that pressure
2. Understand the permanence of social media—remind your kids that there is no such thing as deleting something on social media. Knowing that whatever they share is permanent (even if they take it down) will encourage them to think about what they post.
3. Educate them about online strangers—predators use the internet to track and contact children. Its important your child knows who they contact and or accept friend requests from.

How to enforce a safe environment:

- Don't let your kids on social media until they reach the required age.
- Keep the computer in a public, accessible location where you can see your child's activity.
- Limit the amount of time your kids can be on social media or online.
- Block location access to all social medical apps.
- Adjust the privacy settings to make your child's account as private as possible.
- Monitor your child's activity online. Make sure the content they post is harmless with no identifiable features.



Source: NZ Police Managers; Guild Trust Crime Prevention Journal— "Safer Communities Together"

[www.pmgmt.org.nz/blog/child-safety-with-social-media](http://www.pmgmt.org.nz/blog/child-safety-with-social-media)



## Self check in kiosk...

Just a reminder of the alternative way of letting us know you have arrived for your appointment. Inside the door is our check in kiosk. A few simple steps and you can then take a seat in the waiting room. It is pretty easy to use but if you would like a hand just ask one of our team. Please be assured the touch screen is cleaned regularly for infection control. Of course you are always welcome to wait in the queue for one of the receptionists if you prefer.

## Welcoming new patients...

Now that we are fully staffed we are welcoming new patients. The following GPs are accepting new enrolments:

- Dr Duncan Baird
- Dr Madeline Gee
- Dr Elton Nguy
- Dr Mathanki Vivekananda

Information on these GPs and the enrolment process can be found on our website.

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

## Thank you...

We would like to acknowledge your support and patience over the past 18 months. Many of you will be aware of the significant staffing changes we have been through since September 2017. We know many of you now have a new GP that you are getting to know, and we appreciate that this takes time.

To the credit of our amazing team we have maintained our expected levels of service and care to you. This was helped along by your messages, cards, baking, and overall kindness.

Our team are very grateful.



## Are you a smoker? Would you like to quit?

The risks associated with smoking, and the harm it can do to both short-term and long-term health, has been well proven. We also appreciate how hard it is for many people to stop. However we urge you to try. **We are committed to supporting all smokers who want to quit.** Please make an appointment with one of our nurses to discuss your options for cessation support.

