



PRACTICE NEWSLETTER NO.3

Prostate Screening:

Kupe, www.kupe.net.nz is a new website launched by the Ministry of Health. It offers easy-to-understand information and decision support for men considering the pros and cons of prostate screening. Have a look at this, or encourage someone you care about to do so.

Healthy Homes:

In the last newsletter we advised that there are grants available for home insulation. These grants are for 50% or 80% of the cost of insulation depending on how many of the required criteria are met. To be eligible, the home must be built pre-2000 and the tenant or resident of the home must be eligible for a community services card. Additional criteria are: a chronic medical condition worsened by cold, or a child or children under the age of 5 resident at the address. Please note that all applications must be received by the 30th June 2018 in order to be considered. For a referral you can talk to your GP or practice nurse, or directly email me, sharon@nelsonfamilymedicine.co.nz. I am happy to answer any questions you have about this worthwhile initiative.



Flu Vaccines and Shingles Vaccines:

The flu vaccine arrived somewhat late this year, so the nurses are extremely busy trying to give these vaccinations as quickly as possible, especially to our at-risk patients. We are encouraging patients to use our flu vaccination clinics which can be booked online via the patient portal. Appointments for shingles vaccinations cannot be booked online in a flu clinic, because that requires a 15 minute appointment with a nurse (whether or not you have a flu vaccine at the same time).

If you ring reception they will book this for you. We have not sent text reminders so far this year because the demand created, may have overwhelmed our capacity and stocks of the vaccine. We apologise if you rely on this.

Baby News:

Dr Alannah Stockwell is now on maternity leave. Her last day was Wednesday 18th April. We got the news on the morning of Monday 30th that she has given birth to a healthy baby girl. Baby Nina and Alannah are both doing very well. We expect Alannah back from maternity leave at the end of October.

Did you know ?

That we post these newsletters (and our previous newsletters) on the homepage of our website. The website address is www.nelsonfamilymedicine.co.nz.

If you have any queries, corrections, or suggestions about the content you can email them to: sharon@nelsonfamilymedicine.co.nz.