



PRACTICE NEWSLETTER NO.5

Opening Books:

Our books have had to be closed for the last three months so that we can provide the best care for the patients we have.

We want all patients to have a choice, and understand many other Nelson practices are closed, which does limit choice.

We regret turning patients away, but our patient numbers are still such that we can only offer enrolment to family members of existing patients, and to patients not already enrolled in another local practice.

All general practices in our region provide excellent care and we can thoroughly recommend any of them.

To find out which practices have open books go to www.nbph.org.nz/practice-locations.

Dr Stockwell:

We are sending a letter to all patients registered with Dr Alannah Stockwell to advise of her postponed return.

We are regrettably asking all her patients to register with another doctor of their choice.

If you have any questions about this speak to the reception staff or email sharon@nelsonfamilymedicine.co.nz.



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Wellbeing Help:

Lots of work has gone into developing accessible, free or affordable, online help. We have recommended some of these helpful services in past newsletters. A new one offers a range of wellbeing practices you may have wanted to try or find out more about.

Peer support is also a useful option, especially when normal supports are unavailable in lockdown. Go to www.wellbeingsessions.nz.

Miscellaneous Covid Information:

The latest information is in a red section on the homepage of our website. We try and keep it up to date with everything you need to know. However, there are still a few things, not on the website, that you may need to know.

One is that there are some scam texts being sent telling people their Covid test result is positive. Only negative results will ever be sent by text. Positive results, and what that means for you, would always be communicated by a phonecall from the public health service.

Sadly the incidence of domestic violence can increase during lockdown. You have a right to safety so you can break your bubble in lockdown if you are in danger. You can call 111 and if it is unsafe to talk, you have an option of 55 for help, by remaining silent.

Absolutely anyone 12 years and over is eligible for vaccination now. Some patients are reluctant to go to a covid vaccination centre, preferring vaccination here. Some have doubts and want to discuss these with someone they trust first. If you want us to provide this service please email sharon@nelsonfamilymedicine.co.nz.