



PRACTICE NEWSLETTER NO.4

Covid Vaccination:

Continues to be rolled out particularly efficiently in our region. We have been far out in the lead with the highest percentage of our eligible population having had at least one dose. In fact it was the only DHB that had vaccinated a higher percentage than the world average. West Coast has recently caught up to us and others improve.

Our practice has now sent messages to all our group three patients so they can book their vaccination. That means everyone over sixty five or with a condition that increases the risk of serious illness.

Please read the bold red section on the homepage of our website. We keep it up to date with everything you need to know, including what to do if you have been missed or need early vaccination on compassionate grounds.

Heart Health Check:

The New Zealand Heart Foundation offers a free online tool to assess your heart health.

It is aimed at kiwis between the ages of thirty and seventy-five. It is not appropriate if you have already had a stroke, heart attack or other heart condition. Medical advice on how to manage your condition is best in that case. It might be a useful tool for someone who wonders about their heart health but doesn't go to the doctor. You might know someone like this.

To check it out go to: <https://www.heartfoundation.org.nz/your-heart/my-heart-checknow>.



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New Admin Staff:

Jane, one of our most popular and our longest-serving receptionist has reduced her workload. Luckily she is not retiring, but will continue to work for us casually covering leave. That means we get to appreciate her warm greetings, often in te Reo, and distinctive style for a little longer. Rachel has joined the permanent staff in reception and is making extremely fast progress picking up everything she needs to know.

Closed Books:

In June we had to close our books again. This is so we continue to provide the highest level of care to our existing patients. This should be temporary and after approximately three months we hope to be able to accept new enrolments again.

The Nelson Bays PHO website has lists of those practices taking on new enrolments plus their standard charges.

Matariki:

Is celebrated when certain constellations appear in the night sky. It is a time for whanau to come together, often around kai in quiet reflection. Winter is perfect for this purpose. People who have passed on are remembered and whanau goals and aspirations are discussed and set.

Next year this will be commemorated with a holiday on the closest Friday. Those planning for this hope the celebration won't become commercialised and will be marked in the same spirit it traditionally has been.