



PRACTICE NEWSLETTER NO.6

Cheaper Fees 1st December:

We are thrilled to announce that all consultation fees will soon be significantly cheaper for patients and their dependents with a Community Services Card - \$18.50 for adults, \$12.50 for those aged 14-17 and free for all under-14-year-olds.

It pays to find out if you are eligible for a Community Services Card.

The Work and Income website has information on this. Many people haven't looked into their eligibility for some time believing there wasn't enough benefit in having one. That has changed. If you have a card please bring it with you when you come, so we can update your details and charge you cheaper fees after December 1st.

Welcome back Alannah:

Dr Alannah Stockwell returned at the end of October, following her maternity leave.

Staff and patients alike are happy to have her back although Dr Ed Johnson has done such a superb job as her locum that we are keeping him on as well.

Ed will do a couple of regular sessions per week, while Alannah focusses on her advanced skin surgery training over the next months, as well as ongoing locum cover.

Pregnancy-Related News:

Nelson Marlborough District Health Board is running a new free 2 day program Hapu Wananga.

It will be held in Nelson on the 6th & 7th of December, and in Motueka on the 22nd & 23rd of November. Dates for 2019 are yet to be decided. It is for hapu wahine who are about 22-36 weeks' and support whanau. It is an interactive forum that includes information about parenting, pregnancy, and childbirth including traditional Maori birth practices.

Kai is provided and transport is available if necessary. You receive a pepi – pack of goodies on completion and your choice of wahakura or pepi-pod. You can register interest by phoning or texting 021 014 1804 or emailing felicity.spencer@nmdhb.govt.nz.

Recent research has shown that sleeping on your side from 28 weeks is safer because it reduces the already-small risk of stillbirth even further www.sleeponside.org.nz.

Merry Christmas:

Once again we hope you have a happy Christmas and a relaxing holiday.

Please remember to stock up on your regular medication so you don't run out over the holiday period as this is now less than three months away. We will be closed on all public holidays, plus Monday 24th & Monday 31st of December. The Medical and Injury Centre (546 8881) will be open for urgent care on those days. If you phone the Surgery on a public holiday or weekend, your call will be diverted there.

We will be open, for urgent care only, on the days between Christmas and New Year (28th and 29th December). Things go back to normal on Thursday 3rd of January.