



PRACTICE NEWSLETTER NO.1

Cervical Screening Programme changes:

The age at which cervical screening starts has now been raised to 25. All our recall systems have been re-set to reflect this change. It is suggested however, that women younger than 25, already on the programme, should be recalled as before.

If you want to query or discuss this, our practice nurses are available.

Fundapen:

One EpiPen auto-injector is available free to each eligible child or young person with Dr-diagnosed risk of anaphylaxis. Applications can be made at GP surgeries for: holders of Community Services Cards, Maori, Pacifica, and residents of Quintile 5 areas.

Meningitis Immunisation:

Is now available to young people up to age 25, who are in their first year of living in institutional or close-living situations, such as: boarding hostels, university halls of residence, military barracks or prisons.

This immunisation is fully funded and one dose is sufficient to offer protection. Please talk to our practice nurses if you want to know more.



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Happy Christmas & Happy New Year 2020:

As always, we wish you all the very best for the holiday season and the coming year. We are happy to help with any health goal you have set as a New Year's resolution. So many patients are now biking to see us that we may need a second bike rack.

Biking is a good resolution because it can fulfil: health and fitness, cost-saving and environmental goals all at the same time. One of our patients managed to bike 12,000k and only drive 4000k in the last year – not possible for everyone, but an inspiring achievement!

Sadly we know that Christmas isn't always a happy time. Relationship and financial stresses can compound at this time of year. It is also a time of year when the usual supports may be unavailable. If you or anyone you know is suffering here is a list of free and readily available helplines:

Alcohol/Drugline = 0800 787 797

Family Violence = 0800 456 450

Youthline = 0800 376 633 or text 234

Need to Talk = Free call or text 1737

Suicide Crisis = 0508 828 868

Depression line = 0800 111 757

Lifeline = 0800 543 435

Healthline = 0800 611 110

St John Supporter Scheme:

The co-payment for an ambulance is currently \$98. If you have a condition that necessitates frequent ambulance trips - or an ambulance trip when you can least afford it, you may want to consider joining the St John Supporter scheme instead. You then pay an annual individual, joint, or household fee.

All of which cost less than a single trip plus you can help a worthy cause.