



# PRACTICE NEWSLETTER NO.3

## Skin Surgery:

Congratulations to Dr Simon Harbinson who has joined Dr Alannah Stockwell in gaining the Certificate of Skin Cancer Medicine from the Skin Cancer College of Australasia.

All Nelson Family Medicine GPs are very competent in the diagnosis and treatment of skin problems, but Simon and Alannah are the only ones pursuing advanced clinical qualifications at this stage. This is so we can provide more specialised treatment to patients at affordable prices.

We will still refer more complex problems to the Skin Institute in Richmond, or the Skin Centre in Nelson.

## Introducing Sandy:

Sandy is another new smiling face in reception. She starts working on 5th June but is training every Wednesday until then.

## Mothers:

Are recognised on Mothers' Day every May.

We all have a mother somewhere, and we should recognise their invaluable work. One Kiwi mother has designed an app especially for mothers. It is a support and personal development resource, broken into bite-sized sessions that can be squeezed into a mother's busy day. It can be downloaded for a free seven day trial and then bought at a modest cost.

For more information go to [www.thekiteprogram.com](http://www.thekiteprogram.com).



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## Keep Moving:

As we get older we start thinking a bit more about our mobility and independence. If you are, you will be interested in some beneficial sessions you can attend in the community, completely free of charge. One session focuses on osteoarthritis. Bookings and enquiries for this: call 03 543 7828 or email [tjp@nbph.org.nz](mailto:tjp@nbph.org.nz).

The other focuses on strength and balance and is great for preventing or recovering from a fall. Bookings and enquiries for this: call 03 543 7823 or email [marnie.brown@nbph.org.nz](mailto:marnie.brown@nbph.org.nz).

Both these sessions are two and a half hours long. They are not only fun, informative and social, they even include a cuppa.

## Dr Jenny Cooper:

We know many of Jenny's former patients still miss her. We do too. After a break from general practice for a couple of years she has joined Tasman Medical Centre at Richmond and does have her own patient list there.

We wish we could have welcomed her back here, but as Richmond is much closer to her home, it works better for her family.

## Wifi:

We now offer you wifi during your visit here. The current password is [wireless@nfm](mailto:wireless@nfm).

It may change from time to time, so ask for the latest at reception.