



PRACTICE NEWSLETTER NO.1

Happy Christmas & Happy New Year 2021:

As always, we wish you all the very best for the holiday season and the coming year.

Many people are relieved to see the end of 2020 but there are always positives and valuable lessons that can be taken from any experience. Lock down helped us focus on what really matters.

Working co-operatively with government and health systems gave us great results. Covid is far from our only challenge, but we have seen what we can do collectively to tackle a major national problem. If you plan to tackle a personal health or wellbeing problem with a New Year's resolution for 2021, we may be able to help.

Last year I advocated cycling as a New Year's resolution because it can fulfil health and fitness, money-saving and environmental goals all at the same time. I am happy to report that the Health@132 building has recently had to provide a second bike rack. The newer one has slightly less capacity but is properly fixed and no longer blocks the disability park beside it. The old rack has been moved temporarily to assess the best permanent site and type of rack.

Welcome Dr Arwen Mohr:

Dr Arwen Mohr joins us in February. Dr Mohr like Dr Dawson, will have eight clinics a week, which is excellent for those who like or need maximal continuity of care.

Our books have been closed for several months, but can re-open in February as with the arrival of Arwen we will have a full complement of doctors again.



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Congratulations:

Dr Stockwell had a (big) healthy baby boy in early December.

Dr Janneke Patterson passed her Aviation medicine exam with a high mark. She will be joining Shaun in providing pilot medical certification on her return from maternity leave later this year.

Dr Simon Harbinson has gained his Advanced Clinical Certificate of Skin Cancer Medicine & Surgery (a qualification Dr Stockwell is close to completing also).

Measles Catch-up Immunisation Programme:

The Programme was launched last year. Although the seriousness of the measles epidemic, particularly in the Pacific, has been somewhat overshadowed by the Coronavirus pandemic, it is essential we don't forget this disease is also deadly.

Our nurses have started recalling those patients who need catch-up MMR, and are offering HPV vaccination to those who haven't had this, at the same time.

The PHO is also offering drop-in clinics for catch-up MMR from 4-7pm at 281 Queen St Richmond on the 21st January and 4th of February. This immunisation is free wherever you choose. Our practice nurses are happy to answer any questions or give you any information you need.