



Tararua Health Group LTD

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- Dannevirke Community Hospital
- Barraud Street Health Centre
- Te Rongopai
- Pahiatua Medical Centre
- Norsewood & District Health Centre
- Woodville Health Centre

website www.thg.org.nz



SUMMER NEWSLETTER 2016/17 Barraud Street Health Centre



Haere mai and welcome to our practice.
Our acute clinics continue to be busy and our staff appreciate you phoning in advance as we can allocate you an appointment directly rather than have you waiting around in our busy waiting room to be triaged "acutely".

Our acute clinics are reserved for patients who are acutely unwell with chest pain, bleeding, breathing problems, or a child is acutely unwell.

These clinics are not set aside for patients who require regular prescriptions, medical certificates, depo provera etc.

Before the Christmas season is upon us – please ensure your necessary prescriptions are requested in time.

PHONE US FOR AN APPOINTMENT on (06) 374 5691.

Opening hours for the centre: reception opens at 8.45am with appointments for GPs and nurses commencing at 9:00am. Please phone (06) 374 5691. If you are calling about a repeat prescription you may be directed to an answerphone which is cleared by our duty nurse.

After hours: the national Healthline is 0800 611 116. After hours services are provided by City Doctors in Palmerston North or at the A&E department, Palmerston North hospital.

Saturday clinics: Each Saturday there is a GP clinic held at Barraud St Health Centre from 10am to 12 noon.
N.B. there is a \$20 extra charge for consultations at these clinics.



A friendly reminder...
pharmacies and our health centre will be very busy before and over the holiday period. Please remember to allow plenty of time

to request your prescriptions from your prescriber and also try to get them filled at the pharmacy well before the holiday periods and long weekends.

12:30pm to 2pm lunch-break
Please note that we will only see emergency presentations during the lunch-break of 12:30pm to 2pm. This allows our staff time to have lunch and complete paperwork.

Presentations for routine consultations during this time will be given an appointment at a later date.

We'll be back soon...

Staff: you will be welcomed and possibly seen by the following staff:

<u>Doctors</u> Pauline Blackmore Marta Kroo Jane Laver Brian Quick Narae Song Katharina Stankowski Abigail Ward Bobbi-Jo Whitfield <u>Other locums, students or trainees</u> Ashleigh Parrott <u>Nurse practitioner</u> Ingrid Cheer	<u>Nurse practitioner intern</u> Sue Dykes <u>Community Nursing team</u> Sue Dykes Katherine Emmerson Maree Hoggard Raewyn Smith Vicky Stretch <u>Social Worker</u> Christine Grimmett <u>Nursing/Allied Health Director</u> Kylie Hoskin	<u>Practice nurses</u> Lisa Dine Dorothy Halliwell Richelle Hartgill Sabine James Rochelle Murphy Rowena Panchaud Rebecca Stinson Sarah Thomson Michelle Wilson <u>Senior Administrators</u> Bron Wotherspoon Josie Savage <u>Administration Manager</u> Tania Last	<u>Administration and Receptionists</u> Mary Boyden Sheryl Brighthouse Paula Erskine Kris Exeter Amy Gooding Leanne Mildon Correna Richards Jose Small Rebecca Watts Janet Williams <u>CEO</u> Sharon Wards
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Slip, Slop, Slap and Wrap.

Protect your skin and eyes from the sun's damaging rays (UV radiation).

Fact: You can be sunburnt on cool or cloudy days.

Fact: Around 90% of melanoma skin cancers are caused by too much sun exposure.

- ✓ **Slip on a shirt with long sleeves. Fabrics with a tighter weave and darker colours will give you better protection from the sun.**
- ✓ **Slip into the shade of an umbrella or a leafy tree. Plan your outdoor activities for early or later in the day when the sun's UV levels are lower.**
- ✓ **Slop on plenty of broad spectrum sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating.**
- ✓ **Slap on a hat with a wide brim or a cap with flaps. More people are sunburnt on the face and neck than any other part of the body.**
- ✓ **Wrap on sunglasses. Choose close fitting, wrap around style sunglasses. Not all sunglasses protect against UV radiation, so always check the label for the sun protection rating.**

A friendly reminder to keep your children up to date with their immunisations - particularly the 'MMR': Measles/Mumps/Rubella vaccine, as well as the HPV (Gardasil).

Having children home from school for the summer holidays is the perfect opportunity to have their immunisations checked and updated.

During childhood, our children are exposed to thousands of germs, some of which are potentially harmful to their health. Immunisation is the most effective way to actively protect your child from preventable diseases, ranging from whooping cough to meningitis and measles.

Please contact one of our nurses if you have any questions regarding childhood immunisations.



NEW PAYMENT TERMS

AS FROM WEDNESDAY 1ST JUNE 2016

- * WE APPRECIATE PAYMENT FOR SERVICES ON THE DAY OF CONSULTATION.
- * CHARGE ACCOUNT BALANCES MUST NOT BE MORE THAN \$100.
- * WE WILL TAKE STEPS TO RECOVER DEBT IF YOUR ACCOUNT BALANCE IS MORE THAN \$100.
- * PATIENTS ARE ENCOURAGED TO HAVE AUTOMATIC PAYMENTS IN PLACE, WITH A MINIMUM PAYMENT OF \$10 PER WEEK.
- * IF YOUR ACCOUNT IS MORE THAN \$100, YOU MAY BE ASKED TO PAY FOR YOUR CONSULTATION AT THE TIME.

IF YOU HAVE ANY CONCERNS REGARDING OUR NEW TERMS, OR IF YOU WOULD LIKE TO DISCUSS YOUR ACCOUNT BALANCE, PLEASE ASK AT RECEPTION TO SPEAK WITH THE SENIOR ADMINISTRATOR.



Paying Fees by Automatic Payment



A friendly reminder that if you are paying your fees by automatic payment, please

remember to include your PATIENT CHART NUMBER or NHI NUMBER AS THE REFERENCE (your chart number appears on the right-hand side of your statement). This will ensure that the payment is allocated to the correct account. Thank you.



Our summer holiday and Christmas tips: we recognise that Christmas time and summer holiday breaks can provide other types of pressure for everyone. If you feel that things are getting on top of you then we encourage you to talk to a member of our healthcare team.

Financial stresses can be an added pressure at this time – if you are struggling with paying your account with us then please talk with reception or the Senior Administrator so we can set up an automatic payment. Even a small contribution on a weekly basis will help.

Enjoy your parties and summer barbeques. We encourage you to keep safe, watch your alcohol intake and look after yourselves.



Wishing you all a Happy New Year!