



Tararua Health Group LTD

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



NORSEWOOD & DISTRICTS' HEALTH CENTRE

Te Whare Hau Ora O Nga Mokopuna

SUMMER NEWSLETTER 2016/17

Health Centre Staff:

Nurse Practitioner - Ingrid Cheer

Nurse - Rochelle Murphy

Relieving Nurses – Lisa Dine and Michelle Wilson

Address:

War Memorial Community Centre, Coronation Street, Norsewood

Postal Address:

Box 36, Norsewood 4943

Telephone:

(06) 374 0995 (call minder in operation)

Fax:

(06) 374 0993

Email:

norsewood@thg.org.nz

Business Hours:

Mondays from 9:00am to 12:00noon

Wednesdays from 1:30pm to 4:30pm

Fridays from 9:00am to 12:00noon



A friendly reminder... pharmacies and health centres 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.



We welcome **Michelle Wilson** to the Health Centre, to join Lisa as a relieving nurse for Rochelle.

The Health Centre will be closed for the festive holiday period

from Thursday 22nd December 2016

and will re-open on Wednesday 4th January 2017.

**** The Centre will also be closed on Friday 13th January 2017.**



For assistance during this closure period:

IN AN EMERGENCY, DIAL 111

For medical assistance or advice, please phone or go to your regular General Practice, or phone (06) 374 5691 for Barraud Street Health Centre in Dannevirke.

Out of business hours, phone HEALTHLINE 0800 611 116, OR Dannevirke Community Hospital, Barraud Street, Dannevirke, phone (06) 374 5691

Thank you to all of our district residents for your continued support of the Health Centre.

Thank you also to those of you who have donated goodies for our Christmas raffle! Tickets will be on sale during December.

Merry Christmas and a Happy New Year!!

Health Centre Committee

Contact details for our Committee are:

Neil Malcolm (Chairman) – phone 374 0701

Marianna Domper (Secretary) – phone 374 0792

Craig Bishop (Treasurer) – phone 374 1774

Michele Buckley – phone 374 0494

John Read – phone 374 0716

Charlotte Heald – phone 560 8115

Hiraina Tamihana – phone 374 0933

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 practice manager 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. Happy holidays!



Manage My Health – Access your healthcare information online at home

ManageMyHealth™ is a place where you can access medication information specific to yourself online. You can view: your medical conditions, allergies record, latest lab results, past prescriptions (and request repeat prescriptions), check your recalls and that your information is correct.

Tararua Health Group fully supports the concept of a patient held electronic health record. For us, it is a way to have secure electronic communication with you, which can help us manage the day to day running of our practice. Talk to your GP for further information.

Please note that you can only access your records from your registered general practice, i.e. if you are NOT registered with Tararua Health Group as your regular general practice, you CANNOT register for ManageMyHealth through Tararua Health Group.

Services

- * Accident, injury and wound care
- * Administration of Vitamin B12 injections
- * Blood pressure and heart rate checks
- * Cervical screening/smears (Wednesdays and Fridays)
- * Diabetes testing and reviews (Wednesdays and Fridays)
- * Ear checks and ear syringing
- * Pregnancy and urine testing
- * Sexual health services
- * Smoking cessation
- * Taking of blood tests (Fridays only)
- * Toe-nail trimming
- * Vision testing
- * Well and Unwell Child and Adult Health Assessments
- * Home visiting for emergencies and housebound residents
- * Heart health checks
- * Advocacy and assistance in accessing health and social service agencies
- * Dietary and physical activity advice
- * Support, education and management of chronic health conditions
- * Advice, information and education on healthy lifestyles and health problems
- * Weight control management and support
- * Palliative care services
- * A wide range of pamphlets on health conditions



Fees - Payment is by cash or cheque at time of consultation. Our contract with Tararua Health Group allows us to keep our fees extremely low with the aim of improving access to our local community. Fees apply as follows:

| | |
|---|---------|
| * Nurse Consultations | \$5.00 |
| * Nurse Practitioners | \$5.00 |
| - consultations: | \$5.00 |
| - where the consultation involves referral to specialist services, renewal of WINZ Jobseeker Support Benefit, ordering of tests (laboratory or radiology), or prescriptions are required: | |
| Community Service Card (CSC) holder | \$20.00 |
| Non-CSC holder | \$25.00 |
| * Repeat prescriptions | \$10.00 |
| * ACC claimants – prescription fee..... | \$10.00 |
| * Cervical smears | \$10.00 |
| * Toe-nail trimming | \$10.00 |

Free services:

We do not charge for services for children under 13 years of age, or for ACC consultations (not including prescriptions)

For any feedback regarding aspects of the service please inform the staff or contact Kylie Hoskin (THG Director of Nursing/Allied Health) or Sharon Wards (THG CEO) on (06) 374 5691

