



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

WINTER NEWSLETTER 2016



Health Centre Staff:

Nurse Practitioner - Ingrid Cheer

Nurse - Rochelle Murphy

Relieving Nurse – Lisa Dine

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



From the Health Centre Committee Chairman

We recently held our AGM and our Health Centre continues to grow with record numbers for the past year. This shows that our Centre is a much needed and valued asset in our community.

We were very sorry to farewell Pip Halford who resigned after 13 years on our Committee. Pip made a great contribution, filling the roles of Secretary and of Treasurer.



We are pleased to welcome two new members on to the Committee – Michele Buckley and Craig Bishop, with Craig filling the role of Treasurer. New members always bring new ideas.

Our alliance with Tararua Health Group continues to be a great success and our Nurses, Ingrid and Rochelle, and our Relieving Nurse, Lisa, are a vital part of our Centre, that is going from strength to strength.

Contact details for our Committee are:

Neil Malcolm (Chairman) – phone 374 0701

Marianna Domper (Secretary) – phone 374 0792

Craig Bishop (Treasurer) – phone 374 1774

John Read – phone 374 0716

Charlotte Heald – phone 560 8115

Hiraina Tamihana – phone 374 0933

Michele Buckley – phone 374 0494



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.



Winter Ills

The winter "flu" season is upon us and here are a few measures you can take to protect yourself and your family/whanau:

* Hand hygiene is very important at all times. Always cover coughs and sneezes – preferably with a tissue. Dispose of tissues correctly and wash hands afterwards. Try to rest and drink more fluids when you feel the onset of "flu-like" symptoms. You can also help stop the spread of flu by avoiding all unnecessary contact with other people while you're infectious.

- * **The flu vaccine is now available**.** This is **FREE (until 31st July)** to anyone aged over 65 years and to the eligible population with certain conditions, e.g. diabetes, kidney or heart disease, pregnant women, etc. Please ask and we will tell you if you qualify for a **FREE** vaccine. Children can be given the flu vaccine from the age of six months.

****Please note – due to regulations requiring two nurses on site for flu vaccinations, we are unable to offer the vaccinations at Norsewood & Districts Health Centre, but encourage you to attend a GP practice in Dannevirke to have your flu vaccination.**

- * Healthy homes – Energy Smart are running a subsidised programme for home insulation. A warm, well-ventilated home can reduce mould, damp and condensation. Please ask your nurse about this.
- * Dress yourself and your children warmly and appropriately for the weather.

Influenza is a serious illness with potential severe effects including hospitalisation, complications and even death. DON'T LET THE FLU KNOCK YOU! GET IMMUNISED!



MEASLES ALERT!

Many of you will be aware that there are confirmed cases of measles in the MidCentral Health district.

Measles is an extremely contagious viral infection, and has the following symptoms:

- Fever;
- Cough;
- Runny nose;
- Sore and watery 'pink' eyes;
- Small white spots on the back inner cheek of the mouth;
- A blotchy rash which tends to start on the face, behind the ears, before moving over the head and down your body, lasting up to a week.

IF YOU BELIEVE YOU HAVE BEEN IN CONTACT WITH SOMEONE WITH SUSPECTED MEASLES AND/OR HAVING THE SYMPTOMS ABOVE, PLEASE IMMEDIATELY NOTIFY THE NURSE AND ASK FOR A FACE-MASK. IF POSSIBLE, PLEASE AVOID CALLING IN TO THE CENTRE, BUT PHONE FOR ADVICE.



So... it is timely for a reminder for having your children up to date with their immunisations (particularly the 'MMR': Measles/Mumps/Rubella vaccine).

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 talk to our nurses if you have any questions regarding childhood immunisations.

**** Please note – due to regulations requiring two nurses on site for immunisations, we are unable to offer immunisations at Norsewood & Districts Health Centre, but we encourage you to attend a GP practice in Dannevirke to have your child immunised.**



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 - 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 clinical aspects of our service please inform the staff or contact Kylie Hoskin (THG Director of Nursing/Allied Health) or Sharon Wards (THG CEO) on (06) 374 5691