



## PRACTICE NEWSLETTER NO.2

### Jodie's Maternity Leave:

Jodie, one of our practice nurses is having a baby in May, so will be taking maternity leave from April. Although everyone is overjoyed for her, she will be missed. Luckily we have already found good locum cover. It also helps that Bridget, the latest addition to our nursing team, is extremely competent and fits in so well.

### More on Falls prevention:

In the last newsletter there was an article on the importance of exercise for falls prevention. The Nelson Tai Chi Society has since contacted me with information about their classes. These are held regularly in their clubrooms at 55 Muritai St. Tahunanui and at the Mapua Hall. Their contact phone number is 545 8375. Leave a message if the phone is unattended. You can also email [nelsontaoist.org](mailto:nelsontaoist.org) for information. The proven benefits of Tai Chi are not limited to older people of course. Another option, at least for this month, is Yoga at the Beach. This is held on Tahuna Beach at 7.30 am Wednesdays and 8am Saturdays. The cost is \$5 for a casual class of mixed ages and abilities. The sand is a very forgiving surface for beginners or for anyone with restricted flexibility . Bring a beachtowel or yoga mat to the class.

### Unusually Busy Period:

February has been an unusually busy month for us. It seems to have been the case in Medical and Injury, E.D. and other Nelson practices as well. No one knows the reason for this, however we expect demand will settle to a more manageable level soon. We are sorry if you haven't always been able to get an appointment with the doctor of your choice during this period. Our receptionists have been doing an exceptional job but they can only work with the appointments they have.



## Youth Health Survey:

Nelson Bays PHO is trying to improve health services for youth in our region. They are starting with a survey of 12-24 year olds about their experiences. If you are aged 12-24 and would like to take part in this survey we have forms and a return box here, or you can do it online at <https://surveymonkey.com/r/youthhealth16>

## Patient Portal Update:

So far 72 of you have registered your interest in using a patient portal, either by filling out the form in the waiting room or registering your interest directly by emailing [sharon@nelsonfamilymedicine.co.nz](mailto:sharon@nelsonfamilymedicine.co.nz). Some of you are clearly very keen to have this, so persuade your friends. Once there is sufficient interest to justify the significant cost of implementation we will introduce it. At the moment what we are trying to do is find the best balance between satisfying patients' demand for a particular service and keeping the cost services down for all. Remember I am always happy to explain anything or answer any questions you may have, please use the email address above to contact me.