



Practice Newsletter #1

Jan/ Feb 2015

Welcome to the first of our practice newsletters. One of our New Year's resolutions is to improve our communication with you, through a bi-monthly newsletter. These will be at reception and downloadable from our website: www.nelsonfamilymedicine.co.nz. Let us know if there is something you want covered.

Welcome to some new staff members. Nikki Barlow and Nicky Douglas joined us at about the same time last year (confusingly enough). Nikki is a friendly, fresh face in reception, and Nicky joins Sharon (Brinsdon) as a Practice Manager. Both are proving to be real assets.

This time last year Dr Simon Harbinson and his wife Susie worked for us as locums. Simon, Susie and their three young boys came to live in Nelson from the UK. We found them to be so good, that we invited Simon to join us permanently. Simon had his own practice in Scotland and has worked in Australia and New Zealand before.

Summer Holidays: We encourage our staff, especially those with young children, to take a good break at this time of year. It can be frustrating not being able to see your own doctor, but you can always choose to see another doctor because your medical record is available to any of the clinic's doctors. During January our regular and popular locum Dr Hilary Burbidge will be working and Dr Simon Harbinson is working from Mid-Jan onwards.

New Year Resolutions: No matter what your resolution is, if it is health – related we can almost certainly help you with it. Perhaps you want to stop smoking, lose weight, increase your exercise, eat healthily, or just check your alcohol consumption is within recommended limits. We are here to help.

The Entrance Door: We think we have finally solved the problem of our heavy entrance door. Rollos are booked to come Mid-January to completely replace the hinge mechanism on one side. For many of you it is a real struggle, if not impossible, to open. The receptionists are very willing to assist, or leave the door open for you if you ring ahead, but this should be a whole lot better. When we designed the building, the plan was checked by a number of specialists in disability access. Unfortunately the door wasn't picked up as a problem until it was installed and in use. Finding a fix for it has been surprisingly (and frustratingly) difficult.

Healthy Home Insulation: Winter feels a long way off, but if your house is cold and damp it can affect your health, particularly by worsening chronic respiratory illness. This year there is limited funding available to insulate the homes of some of our worst-affected patients. Homes have to be pre-2000 and patients have to have a community services card (CSC) or a gold card with CSC endorsement to be eligible. If you want to discuss your eligibility, talk to one of the practice nurses. Either a doctor or a nurse can refer you to the scheme for consideration.