

Dr Sarah Dalziel Dr Neil Poskitt Dr Andrew McMenamin Dr Sally Hoskins Dr Robyn Parker Dr Ron Vail

### Practice News

#### Dr Neil Poskitt returns in October



Neil's patients will be pleased to learn that Neil is returning from his sabbatical in October. We are looking forward to having Neil (and his very dry sense of humour) back. Neil has been working at different practices in Christchurch while away, so we look forward to his insight and new ideas.

#### Dr Rachel Lynskey is joining the practice



Rachel has been with us since December last year, initially as our summer locum and then as Neil's locum while he has been away. We are delighted that Rachel is staying on at Te Ngae Medical, initially just two days a week.

### Urgent Clinic

The urgent clinic has been extremely busy over the last three months while we (and the rest of the country) were inundated with lots of patients with nasty colds, flu and viruses. We did put on more Doctors to help with the work load, but are aware that many of you had long waits— and we sincerely apologise for this.

With spring arriving, although still busy—we are no longer seeing the large numbers of sick patients needing care.

However, please remember, for standard health checks and 3 monthly follow-ups—please try to plan in advance and book with your usual Doctor, the urgent clinic is for one, urgent problem only .

### Do you have feedback?



If you aren't happy with the service or care you are receiving, we want to know.

Henri Egger, the Practice Manager is more than happy to hear your concerns so please make yourself known. Alternatively, there is now a questionnaire and feedback form on top of the bookcase in the waiting room for you to complete. If you would like us to contact you, please ensure you put your name and contact details on the form. Your feedback gives us the opportunity to assess and review the service we provide.

## National health initiatives this month are all 'below the belt' stuff starting off with

### Blue September

If you come into the practice this month you may see a little more of the colour blue around as we promote Blue September. Blue September is all about creating awareness around prostate cancer and the importance of having regular check ups.

Rotorua Prostate Cancer Support Group invite those interested to: **A Men's' Night In**

- To be held on Thursday 14th September at 6.30pm
- Committee Room, Rotorua Lakes Council
- Guest speaker including Liam Wilson, Urologist, Leah White, Physiotherapist, Wayne Borrell, Nutrition advice, Roger Willis GP
- RSVP to Rotorua@prostate.org.nz or 0272528365

### Cervical Screening Month

When did you last have a smear? All women between 20 and 70 who have ever had sex should have regular smear tests, usually every 3 years.

And why is this so important?

Because cervical cancer is one of the easiest cancers to prevent – as long as we detect the cell changes that cause it, early.

We have 3 lovely, competent nurses who are all trained in smear taking, if you aren't sure when you are due, or have been putting it off—please phone the practice and we will help.

### Let's Talk—communities working together to make a difference

The Key to Life Charitable Trust— Cool to Korero with Mike King

Monday 25th Sept at Rotorua Lakes High School 6.30 –8.30

Tuesday 26th September at John Paul College 6.30 –m 8.30

Members of the community are invited to attend and join in the discussion. It is based on empowering young people and adults to open up and talk. Mike will share his story and talk about some of the problems faced by today's youth. There is also a Q & A session.

The two hour session is to be solution driven with plenty of useful information and tools that everyone needs to make a positive difference in our communities.

Gold coin donation.

### Community Spirit

**LoveSoup:** Thank you to those who have placed donations in our receptions donation box. It is lovely to be able to catch up with Elmer and Gina each month and pass in your donations in the form of petrol vouchers.

**Eastside Mokoia Community Association** thank everyone who contributed to their food bank, we will start this up again prior to Xmas.

**Random Act of Kindness Day**—we had a little bit of fun on Friday 1st Sept celebrating Random Act of Kindness Day with bowls of fresh fruit and just a few hidden chocolates for our patients to help themselves. Henri must thank our patient Paul who went next door and bought her a yummy savoury muffin from the Coffee Club. 😊