

# Elstree Ave Family Drs Christmas Edition

# 2023

*A few words from Donna!*

*2023 has been an incredibly challenging year for many of us in New Zealand. I can say without hesitation, it has been the worst year of my working life, which sad to say now dates back over 35 years! A lack of available doctors and nurses to employ, changes and ambiguity with our funding from Te Whatu Ora, prolonged waiting times for hospital appointments and treatments, patients sicker and requiring more care with fewer resources to access and support that care, and a period of uncertainty for the future of the NZ health system as we have known it. This is our Annus Horribilis (a horrible year).*

*I would very much like to thank YOU, our patients, for your kindness, understanding and patience over this year, and the challenging Covid times that have gone before. I am extremely thankful to the team here at Elstree Ave Family Doctors for their dedication, professionalism and positive attitude as we have faced challenges in our professional lives' unseen before, whilst all dealing with our own personal, family and health issues as normal human beings!*

*We plan to make 2024 our Annus Mirabilis (a wonderful year)! Our vision is to provide the very best care to our enrolled patients, to ensure you can lead your best possible lives. In 2024 this will be more than just your relationship with your doctor. Just as it takes a village to raise a child, it takes a team of health professionals in your community to enable you to be the best that you can and deserve to be. Supporting your doctor, our team of nurse practitioner, registered nurses, dietitian, Health Improvement Practitioner (HIP), health coach, and our administrative team will work together for you and your whanau, ensuring you are given the time and expertise you require to make healthy lifestyle choices.*

*These are changing times which are both stressful and exciting. We plan to rejuvenate ourselves, reset the year, and use our passion to construct a better model for healthcare for our patients.*

*We truly wish you all a safe and happy holiday season, and look forward to sharing with you the wide skills of our talented team in 2024.*

*Mere Kirihimete*

*Donna.*

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**Elstree Ave Christmas Hours:**

**Friday December 22nd (8am - 3pm)** will be the last day to see patients for 2023.

We will reopen on **Wednesday 3rd January 2024**

## Staff News

We are very excited to welcome our new team member, Registered Nurse **Diane Knock**. Diane has been a nurse for nearly 40 years and the last 20 years Diane has enjoyed working as a practice nurse. Read more about Diane and our other team members on our website.

[https://  
www.elstreeavefamilydrs.co.  
nz/team](https://www.elstreeavefamilydrs.co.nz/team)

We are thrilled to have our nurse practitioner **Angela Moananu** assisting with phone consultations Thursdays and on-site Fridays. Angela will be increasing her available hours in the new year.

February 2024 we will welcome back **Dr Suei Lin**. Templates will be open for February bookings in January.



### Repeat Prescription

Planning for the holiday break make sure you have sufficient medications to see you over the Christmas New Year break.

The last day for prescription repeats will be Wednesday 20th December to ensure the script is received by the pharmacy of your choice.

### Urgent care options while we are closed

#### Practice plus

Using your phone or home computer, register with Practice Plus and book a convenient time or choose to wait in the queue for the next available doctors video appointment.

#### Costs are :

\$65 - 14 years and over

\$55 - 13 years and under

**\$19.50** - if you have a current Community Services Card (CSC)

When you book your appointment, you will be asked for credit card or debit card details and be charged following the consultation.

[www.practiceplus.nz](http://www.practiceplus.nz)

**0800 7722 7587**

### Elstree Ave Family Doctors

Bookings can be made for 2024 using the Manage My Health portal

[https://](https://portal.managemyhealth.co.nz/)

[portal.managemyhealth.co.nz/m/Main/login](https://portal.managemyhealth.co.nz/m/Main/login)



### TAMAKI URBAN MARKET GARDEN

Ever wondered what's happening in our back yard? That's the **Tāmaki Urban Market Garden** growing nutrient rich vegetables for our community. A social enterprise from TāmakiWRAP modelling zero waste and climate action. Two part time farmers work the space, harvesting on Monday evenings, Tuesday and Friday mornings. Get in touch if you would like to volunteer, support or receive vegetables via [tamakiurbanmarketgarden@gmail.com](mailto:tamakiurbanmarketgarden@gmail.com)

- Lucy Pierpoint

### Christmas can bring extra stress to our families.

Giving our time, our words and our presence makes others feel great, but it also lifts our own mood and makes us feel our lives have more meaning. It's one of our Five Ways to Wellbeing – simple things we can all do to feel great. Mental Health Foundation of NZ <https://mhaw.nz/assets/Let-Nature-In-About-the-Five-Ways-to-Wellbeing-FS.pdf>

If you ever feel Christmas pressure is affecting you or someone else's mental health, you don't need to keep it to yourself – call or text 1737. Their trained counsellors will always be on hand to help.



From all our team at Elstree Ave Family Doctors, we wish you and your whanau a very safe and happy holiday season.



## Local Christmas Events

The true gift of Christmas is sharing quality time with whanau. Check out these options for family time

- ◇ Farmers Santa Parade. Queen Street Auckland City  
**Sun 26<sup>th</sup> November 1.00pm to 2.30pm (Free)**
- ◇ Coca Cola Christmas in the Park. Auckland Domain  
**Sat. 9<sup>th</sup> December 7.30pm to 10.05 pm (Free)**
- ◇ Howick Santa Parade Picton Street Howick  
**Sun. 10<sup>th</sup> December 1.30pm to 2.30pm (Free)**
- ◇ Drive your local streets to see houses decorated in Christmas lights (Free)
- ◇ Christmas Lights Trains at Night Glenbrook check  
<https://www.gvr.org.nz/trips-events/xmas-lights> for more details
- ◇ City Mission Christmas Day lunch  
<https://www.aucklandcitymission.org.nz/christmas-2/>  
Check their website for details.



### **Fruit Christmas Tree idea.**

#### *Ingredients:*

- ◆ Watermelon
- ◆ Oranges
- ◆ Kiwi fruit
- ◆ Red grapes
- ◆ Blueberries
- ◆ Raspberries
- ◆ Strawberries
- ◆ Rosemary

