

Elstree Ave Family Doctors

Bi-Monthly Newsletter

Staff News

- A huge thank you to Angela for being such great part of our team. We will miss you while you are away with your new baby. Angela's last day until she goes on leave is May 19th.
- We would like to give a warm welcome our new locums Dr Jennifer Heazlewood & Dr Lesley Anne-Moore, who will be with us while Dr Donna, Dr Suei and Nurse Practitioner Angela is away on leave.
- We welcome our new healthcare assistant Erica Tudayan who will be supporting our clinical team.
- Dr Donna Lahood is off on her adventure this month. She is part of the medical team supporting sailors in the Ocean Race. She will follow the team from Newport USA to Denmark, then on to the Netherlands. Have a fantastic trip and remember to have some rest too!

International Nurses Day 12th May

- We are so very grateful for our passionate, expert team of nurses who support us in the care of our patients. We wish them all a great International Nurses Day.



Manage My Health

- The online platform gives you the freedom to manage your own and your family's health needs anytime, anywhere. If you are yet to join this online portal check out managemyhealth.co.nz, create a login and access our services and your information any time. This is an easy way to request a repeat prescription if you have seen a doctor or nurse practitioner in the last 6 months. All scripts are electronically sent to your pharmacy of choice.

Community Recourses on our Facebook page



Check out our Facebook page [Elstree Ave Family Drs.](#) We regularly post community resources which you and your whanau may find helpful and informative.

May/June Newsletter

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Health Navigator

- The Health Navigator website healthnavigator.org.nz provides one place for New Zealanders to find reliable and trustworthy health information and self-care resources. There are a number of resources in many different languages to help you and the whanau.



Flu Vaccine: Who can get free 2023 flu vaccine?

- All tamariki aged 6 months to 12 years old
- All over 65 year olds
- Maori and Pacific peoples aged 55 years and over
- Pregnant women
- People who have long-term medical conditions like diabetes. Asthma, or a heart condition
- People with serious mental health or addiction needs

*If you are eligible for a free flu jab, contact us and make a nurse appointment.
If you are not eligible for a free flu vaccination the cost will be : **Adults \$35 CSC \$20**
Children \$20 (13yrs—18yrs)*

House Rules!

We still Require you to wear a mask when in the waiting room.

This is a Te Whatu Ora (Ministry of Health) requirement. Please bring your own mask or if you forget, take one from the box outside the front door before entering the clinic.



International Day of Families

Every year on May 15th, the International Day of Family is celebrated throughout the world, which highlights the significance of family and it's value in society. The day aims to encourage us to take a break from our hectic lives and to spend some quality time with family and friends.

- Share a meal together around the dining table
- Take a walk together at a local park or beach
- Play games together
- Attend a church services together
- Visit a family member
- Tell family you are grateful for having them