



HOURS

The Centres hours have resumed as normal after the Christmas/New years break.

Monday-Wednesday:
8am-8pm

Thursday-Friday:
8am-5pm

Weekends:
CLOSED

Public Holidays:
CLOSED



NEWSLETTER FEBRUARY 2024

Kia Ora,

We hope this newsletter finds you all well and refreshed after the Christmas and New Year break.

We are already 1 month through 2024 and commencing New Zealand's last month of Summer. February is usually the hottest month of the year so please remember to be sun smart while enjoying outdoor activities.

Kind Regards,
The Doctors Silverstream

"With the new day comes new strength and new thoughts." - Eleanor Roosevelt

Water Safety

It is this time of year when people are busy enjoying their time in or around water at our beaches, rivers and pools. Whilst this can be fun, refreshing and a source of exercise it is important that we take certain precautions to keep ourselves and whanau safe when we venture around water.

In 2022 there was a total of 94 drowning deaths which is the 15% higher than the 10-year average!

There are four simple rules to remember to help keep safe:

Be prepared - Learn to swim and set rules for safe play in the water. Use safe and correct equipment. Know the weather and water conditions before getting in.

Watch out for yourself and others - Always pay close attention to children you are supervising in or near water. Swim with others and in areas where lifeguards are present.

Be aware of the dangers - Enter shallow and unknown water feet first. Follow all safety signs and warning flags in the area. Do not enter the water after drinking alcohol.

Know your limits - Challenge yourself within your physical limits and experience. Learn safe ways of rescuing others without putting yourself in danger.



"Water is a dangerous place and we must respect it." - Water Safety New Zealand



REMINDERS

On Tuesday the 6th of February we will be closed for Waitangi Day. If you are needing medical assistance on this day please contact Lower Hutt After Hours, Practice Plus or present to ED. If it is a medical emergency please call 111.

Most schools are now back up and running. The carpark and traffic around 3pm is very busy. If you have an appointment booked around this time please plan accordingly to arrive on time for your appointment.



The Treaty of Waitangi (Te Tiriti o Waitangi) and Healthcare

Many of you know the vast history of The Treaty of Waitangi. In Short it is an agreement between the British Crown and Maori which was signed on the 6th of February 1840. The Treaty is New Zealand's founding document. The 6th of February is a Public Holiday in New Zealand which has also been Mondayised but will always be commemorated on the exact date as it recognises a specific historical event.

Maori as a population group have on average the poorest health status of any ethnic group in New Zealand. Because of this Primary Health framework was put in place to achieve Maori Health equity recognising and providing for the Treaty of Waitangi. Healthcare in New Zealand strives to achieve this by applying 5 principles in our day-to-day work as articulated by the Courts and the Waitangi Tribunal.

- **Tino rangatiratanga** which provides for Māori to self-determination in the design, delivery, and monitoring of health and disability services according to philosophies, values and practices.
- **Equity** which requires The Crown to commit to reach reasonable and fair health outcomes for Māori.
- **Active protection** which requires The Crown to act, in the fullest extent practicable, to achieve equitable health outcomes for Māori. This includes ensuring that it, its agents, and its Treaty partner are well informed on the extent, and nature, of both Māori health outcomes and efforts to achieve Māori health equity.
- **Options** requires The Crown to provide for and properly resource kaupapa Māori health and disability services. We are obliged to provide health and disability services in a culturally appropriate way that acknowledges Hauora models of care.
- **Partnership** Māori must be co-designers along with the Crown, of the primary health system for Māori.

For more information head to <https://www.health.govt.nz/our-work/populations/maori-health/te-tiriti-o-waitangi>



"Equity is the only acceptable goal" – Paul Farmer



Heart Health Awareness Month

February is recognised annually as Heart Health Awareness Month in New Zealand.

Heart Disease claims the life of one kiwi every 90 minutes. This month is all about raising awareness and the importance of heart health for all ages. For people 30-75 the heart health foundation has a tool available that estimates your heart age and shares tips to help improve your heart health.

If you are worried about your heart health please contact your Medical Centre and book an appointment to discuss with your Clinician. In a Medical Emergency or if you have heart attack symptoms call 111.

<https://myheartcheck.org.nz/> (My Heart Check Tool)

For advice and support regarding heart health, you can call the Heart Helpline on 0800 863 375 or (09) 571 9191 Monday-Friday 9am – 3pm to speak to an experienced cardiology nurse.

The National Heart Foundation of New Zealand is a charity with the purpose being to stop all people in New Zealand dying prematurely from heart disease and enable people with heart disease to live full lives. During the Month of February, you will see street collectors for the Big Heart Appeal the money from this collection goes towards world-class heart research and overseas training for New Zealand cardiologists so they can bring back the latest skills and treatments to benefit New Zealanders living with heart disease.

For more information head to <https://www.heartfoundation.org.nz/>



“With a healthy heart the beat goes on” – Unknown

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 **the doctors**

