



NEWSLETTER JANUARY 2024

Kia Ora,

To our patients, acquaintances and wider community Happy New Year! We hope you have enjoyed your Christmas and New Year's Day. Best wishes for 2024, take care and stay safe.

Kind Regards,
The Doctors Silverstream

“And now we welcome the new year. Full of things that have never been.” - Rainer Maria Rilke

JANUARY HOURS 2024

We will still be working reduced hours of 8am-5pm Through till 23/01/2024.

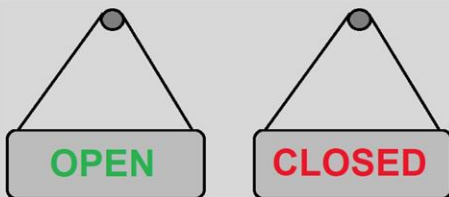
-1st January – New Year's Day
Closed

-2nd January – Day after New Year's Day
Closed

-22nd January – Wellington Anniversary
Closed

If you need medical attention outside of these hours please contact an after hours service.
In a medical emergency please call 111

23rd January back to normal hours
Mon-Wed 8am - 8pm
Thurs-Fri 8am – 5pm



Food Hygiene

With Summer we see an increase in BBQ's, consumption of cold meats and leftover food so it is important we take care of our food to reduce the risk of food poisoning.

Food poisoning is caused by harmful bacteria in or on the food we consume. Around 200,000 new Zealanders get food poisoning every year. The most common bacteria that causes food poisoning is Camplobacter, Salmonella and Yersinia.

Here are some tips to help keep safe:

- Wash your hands with soap and dry well before handling, cooking, and eating food
- Wash chopping boards and kitchen tools in hot, soapy water and dry well
- Use different chopping boards/utensils for raw meat, cooked meat seafood, and ready-to-eat foods like salads and cheese
- Use a meat thermometer to check temperatures at the middle of the thickest part (where the temperature should be 75°C or more)
- Refrigerate or freeze any leftovers within 2 hours
- Cool hot foods for up to 30 minutes in room temperature before refrigerating to prevent raising the fridge temperature
- When eating outdoors, keep chilled foods in a chilly bag/bin with ice packs until required
- Eat leftovers within 2 days
- Keep raw and cooked foods separate in the fridge. Keep cooked food on a higher shelf than raw meat or chicken. This will prevent cross contamination
- Keep your fridge clean, and don't overfill it. This can prevent cold air from circulating properly, which can affect the temperature of food inside the fridge
- Use ice packs if you have long travel times with food





NURSE STARTING MID JAN 2024

We are excited to announce that we have nurse Trinity starting at the centre mid January. Trinity was placed with the centre for 3 months last year as a student nurse. It will be good to have her back onboard!

OTHER MONTH EVENTS

- 1st Jan – New Year's Day (CLOSED)
- 2nd Jan – Day After New Year's Day (CLOSED)
- 4th Jan – World Braille Day
- 6th Jan – World War Orphans Day
- 10th Jan – World Hindi Day
- 22nd Jan – Wellington Anniversary (CLOSED)
- 24th Jan – International Day of Education

Slip, Slop, Slap and Wrap!

Just a reminder while you're out enjoying the outdoors to be sunsmart and protect yourself/whanau from the damaging UV rays (ultraviolet radiation). Over 80,000 New Zealanders get skin cancer every year. There are a few ways to reduce the risk, read the below sunsmart tips!

SLIP- Slip on clothing that covers as much skin as possible. Fabrics with a tighter weave and darker material gives you better protection from the UV rays as they cannot pass through them as easily and are absorbed better than other fabrics. Slip in to shade where you can as this reduces your exposure to the UV rays.

SLOP- Slop on sunscreen. Always use a broad-spectrum, water-resistant sunscreen of at least SPF 30. Sunscreen should be applied 20 minutes before going outside. Reapply at least every 2 hours or more regularly if you have been swimming or sweating. An average-sized adult should apply at least 1 teaspoon of sunscreen to each arm and leg, the front of the body and the back of the body, and 1 teaspoon to the face neck and ears (7 teaspoons in total).

SLAP- Slap on a hat. Wear a hat while you're outside, some hats provide more protection than others. Hats with a wide brim or with flaps that cover the back of your neck and ears have better protection.

WRAP- Wrap on close fitting sunglasses to protect your eyes from UV rays. Always check the lable for the sun protection rating as not all sunglasses protect against UV rays.



"Sun protection doesn't need to be complicated or expensive – it needs to be consistent. Keep it simple, but do it forever!" – Hillary Foaelson

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 **the doctors**

