



## DRY JULY IS HERE!

Dry July encourages people to go alcohol-free for the month of July to support and raise funds for people affected by cancer.

The campaign started July 2008 in Australia, 3 friends wanted to raise \$3000 to buy a tv for their local hospital's waiting room. They had a family member at the hospital receiving treatment for cancer.

Dry July is a good way to challenge yourself while helping others! The money you raise goes towards improving the overall wellbeing of New Zealanders affected by cancer.

Benefits to going alcohol-free:

- Clear your head
- More energy
- Better sleep
- Weight loss
- Healthier skin
- Sense of achievement

For more information please head to [www.dryjuly.co.nz](http://www.dryjuly.co.nz)



## NEWSLETTER JULY 2024

Kia Ora,

We hope you're all keeping, dry, healthy and safe during these winter months.

Silverstream have welcomed and put in place more changes to try and accommodate and aid the increase in demand for patients seeking medical attention.

We would like to thank our patients for their continued support and patience during this time.

Kind Regards,  
The Doctors Silverstream.

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***“Change is not an event, it’s a process.” – Cheryl James***

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### **The Doctors Silverstream are Supporting High Street Health Hub**

The Doctors Silverstream are working with High Street Health Hub to form a stronger more comprehensive healthcare provider. As you may be aware, healthcare providers across the country are facing significant challenges in recruiting clinical workforce. By joining forces, we aim to address these challenges head-on and ensure that we continue to provide you with the highest standard of care.

What This Means for You:

1. **Enhanced Access to Care:** Working together will allow us to pool our resources and expertise, providing you with better access to healthcare services. This includes more appointment availability and a wider range of specialised services.
2. **Investment in Virtual Care:** We understand the importance of convenience in healthcare. As part of working together, we are making significant investments in virtual care options. This means more opportunities for telehealth and virtual consultations, making it easier for you to receive care from the comfort of your home.
3. **Strengthened Onsite Workforce:** We are committed to improving our onsite services at both sites as well. Working together will enable increased investment in our clinical workforce, ensuring that you have access to highly qualified healthcare professionals when you visit our practices.

We believe that these changes will greatly benefit you, providing improved access and continuity of care during these challenging times. Our priority remains your health and well-being.



**GREEN  
CROSS  
HEALTH**





## IDEAS TO ENTERTAIN THE KIDS DURING SCHOOL HOLIDAYS

- **Staglands** – A wildlife Reserve located in Akatarawa, Upper Hutt.  
<https://www.staglands.co.nz/>
- **Wellington Zoo** – Open 9.30am – 5pm  
<https://wellingtonzoo.com/>
- **Wellington Cable Car** – Catch a ride to take in the Wellington views.  
<https://www.wellingtoncablecar.co.nz/>
- **Wellington Chocolate Factory** – Junior Chocolate Experience classes are run during school holidays.  
<https://wcf.co.nz/collections/tours/products/school-holiday-programme>
- **Whirinaki Whare Taonga** – Current exhibition ABC: 160 Years of Schools in Upper Hutt. A view in to Upper Hutt Schools over the years and the evolution.  
<https://www.whirinakiarts.org.nz/exhibitions/current-exhibitions/abc-160-years-of-schools-in-upper-hutt/>
- **Brewtown** – Daytona Adventure Park, Chipmunks and Eateries  
<https://www.brewtown.co.nz/>

## Urgent Clinic changes 1<sup>st</sup> August 2024

As of Thursday the 1<sup>st</sup> of August, there will be changes to our same day/urgent appointment process.

We believe these changes will improve access and quality of care working in this challenging healthcare environment. Please note we are not an urgent care facility and we work on a booked appointment basis.

For registered patients seeking urgent care we will be moving to GP Phone Consultations. Issues will be resolved over the phone or alternative arrangements made during your Phone Consultation. You will be charged a consultation fee for this service.

We have limited availability for GP Phone Consults, once we are at maximum capacity you will be directed to other service providers such as House Call, Practice Plus, After Hours, ED and Healthline.

**If you're experiencing a Medical Emergency please dial 111.**

We would like to thank our patients for their continued support and understanding while we continue to navigate the current healthcare environment.

# GP Triage

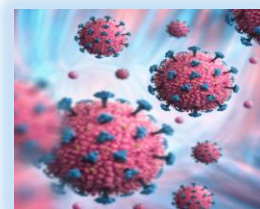
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***"The secret of change is to focus all of your energy, not fighting the old, but on building the new." - Socrates***

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## COVID funding for General Practice ceases 1/07/2024

As of the 1<sup>st</sup> of July, the government has advised that there will no longer be any COVID funding available to General Practice. This means that if you're seeking antivirals or treatment because of COVID infection a charge will be incurred.





## WELCOME!

We're very excited to announce we have a new Receptionist that has joined our team. Chanel started on the 17<sup>th</sup> June and is completing her orientation process.

Chanel joins the centre with a strong background in front line customer service.

## OTHER MONTH EVENTS

- 1<sup>st</sup> – 31<sup>st</sup> July – Dry July
- 4<sup>th</sup> July – Independence Day
- 5<sup>th</sup> July – Red nose day & School Holidays start
- 17<sup>th</sup> – 18<sup>th</sup> July – Festival for the Future
- 28<sup>th</sup> July - World Hepatitis Awareness Day
- 30<sup>th</sup> July – International Day of Friendship

## Introducing our new Health Coach Zina Foon

Kia ora I'm Zina,

I have recently moved to the Hutt from Palmerston North and have been a health coach for 3 years. I come from a science background which comes in handy for my consultations. My services are FREE 50-minute appointments and as a Health Coach, I can support anyone over 18 to manage & achieve their health and wellbeing goals.

The Health Coach role was developed based on the saying **"if you give a person a fish, they will eat it for a day, but if you teach them how to fish, they will eat for a lifetime"**.

I am here to provide you with the tools, education, accountability and motivation to help you manage your health goals. Wanting to make a start or needing extra support on your health & wellbeing journey? Book an appointment on a Tuesday or Wednesday and we can have a chat!

*Silverstream's Health Coach – Zina Foon*



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**"Motivation is what gets you started, Habit is what keeps you going." – Jim Ryan**

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### Contact us

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