



PINK SHIRT DAY 17/05/24

Pink Shirt day is an annual event that Silverstream gets involved with every year. Here are a few snaps of the Team doing their part looking very **PINK!**



NEWSLETTER JUNE 2024

Hello Winter!

We have now officially hit Winter in NZ.

Winter sports are in full swing and so is the flu season. During this time, we see a spike in ACC sporting injuries as well as patients and staff with Cold and Flu illnesses. When staff are unwell it can result in clinics having to be shut down and patients having to be rescheduled. We understand this is extremely frustrating and apologise for the inconvenience.

Stay warm!

Kind Regards,

The Doctors Silverstream.

"Kindness is doing what you can, where you can, with what you have." - Raktivist

Bowel Cancer Awareness Month

June is Bowel Cancer Awareness Month in New Zealand.

Bowel cancer is the second biggest cancer killer in New Zealand, every year over 3,300 Kiwis are diagnosed and 1,200 die from it. The more awareness and knowledge of symptoms the more lives that can be saved!

If you're aged 60-74 you are eligible for free bowel screening every two years. A test kit will be sent to you so you can carry out the simple test in the comfort from your own home. The test can help detect bowel cancer early which is key to treating it successfully.

For more information please visit:

<https://bowelcancernz.org.nz/awareness-month/>

or

https://www.timetoscreen.nz/bowel-screening/?utm_source=googlesearch&utm_medium=cpc&utm_campaign=NBSP&utm_content=programme&gclid=EAlaIQobChMI0arti6qThgMV3CCDAx0BFQzqEAAYASAAEgL2j_D_BwE



"Awareness is the first step in healing." – Dean Ornish



Introducing The Doctors App

On the 20th of May We launched The Doctors App. The Doctors App has replaced Manage My Health and has the same awesome features such as:

- Booking and managing appointments
- Requesting repeat prescriptions
- Viewing lab results
- Seeing a summary of your health information

It's easy to use and has a passcode, touch/facial recognition – *no more forgetting your username and password!*

Please note that The Doctors app is currently available to enrolled patients over the age of 16 only.

To download - scan QR, then search 'The Doctors'



Select 'Create Account' and enter the invite code for your practice: MUSS

Enter your details

Quick tip! To complete the registration, your name, date of birth and mobile number must match the information held on file at your general practice.

While The Doctors is best experienced on the app, it can also be accessed online. You can use the above invite code to [create an account online](#).

When you download The Doctors app and start using it, we will automatically enter you in to the draw to win a Samsung Galaxy A22 mobile phone! [Terms and conditions](#) apply.

Got a question? Check out our FAQs [here](#).

If you're having any issues trying to log in please contact reception.



“Any change, even a change for the better, is always accompanied by discomforts.” – Arnold Bennett



OTHER MONTH EVENTS

-1st-30th June – Bowel Cancer Awareness Month

-5th June – World Environment Day

-12th June – Men's Health Week
– Coeliac Awareness Week

-14th June – World Blood Donor Day

-17th June – World Continence Week

-19th June – National Volunteer Week

-20th June – World Refugee Day

-26th June – International Day Against Drug Abuse and Illicit Trafficking

-28th June – Matariki (Maori New Year) **CLOSED**

We have a new Health Improvement Practitioner!

Hi, Kia ora, Talofa!

My name is Ruth Peoples and I am honoured to be the new Health Improvement practitioner (HIP) based at The Doctors Silverstream on Tuesdays and Wednesdays. My background is in general health and community support (including physical disabilities and neurodiversity challenges). I have experience supporting people of all ages including families/whanau and older people. I am passionate about helping people discover solutions to life challenges that are in line with what matters most to them.

It is FREE to see a HIP. Appointments are 20-30 minutes. You can choose to see a HIP for a one-off consult, or you may choose to return for follow up. Your GP or RN may encourage you to meet with a HIP, or you can ask our wonderful reception team to book a consult at a time that suits you. Consults can be via phone or in person. HIPs work alongside your GP and RNs to best support your wellbeing needs.

HIPs are generalists - that means that they provide support for a wide variety of challenges, including managing chronic conditions or coping with issues that impact on daily life. This might be change of circumstances, sleep difficulties, pain, mood, stress, anxiety, new diagnosis, parenting and relationships, etc.

I will help you to explore whatever is "on top" for you and then together we will develop a simple plan to help you move forward. What this will look like will vary depending on the difficulty you face and what you want to achieve.

Nga mihi, I look forward meeting you.

Ruth Peoples



Contact us

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 **the doctors**

