



FAREWELL

After 13 years of working at Silverstream, we are having to say goodbye to our amazing Accounts Manager - Raelene.

Raelene started off as a part time receptionist proving her value with hard work and dedication soon moving to a management role. The Centre will not be the same without her. Thank you, Raelene, we wish you all the best. ❤️

We say goodbye to our Health Improvement Practitioner O'Donis who is moving on to an exciting opportunity! All the best O'Donis. A replacement HIP has not yet been sourced, we will keep our patients informed on when we are able to offer this service again.

We also want to say all the best and see you soon to our Practice Nurse Amy who has gone on Maternity Leave. We can not wait to meet her bundle of joy 😊



NEWSLETTER OCTOBER 2023

Kia Ora,

We hope you all well and you are starting to adjust to the change of time with Daylight Savings starting.

October is another month full of events and activities to get involved with before the hype of the Silly Season starts.

October also holds our last Public Holiday of the year before Christmas!

This year Labour Day is on Monday the 23rd October. Labour Day is an annual holiday to commemorate the struggle for an 8-hour working day.

The Centre will be closed on Labour Day (23/10/2023). If you require medical attention please attend Lower Hutt After Hours, Contact Practice Plus, Lower Hutt Hospital ED or in a Medical Emergency call 111.

Kind Regards,
The Doctors Silverstream.

"The beauty of daylight-saving time is that it just makes everyone fell sunnier." – Ed Markey

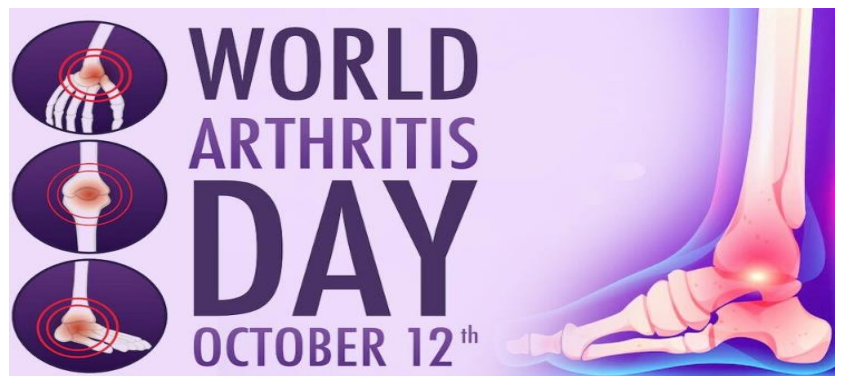
World Arthritis Day

World Arthritis day was initially established in 1996 and is an annual event held on the 12th October. The goal is to increase public awareness of the condition and its effects.

Arthritis is inflammation or pain of a joint. The 3 most common types of Arthritis are osteoarthritis, rheumatoid arthritis and gout arthritis.

Pain, swelling and stiffness are the most common symptoms.

For more information on World Arthritis Day and Arthritis in general please head to <https://www.arthritis.org.nz/>







"being able to walk pain-free is a blessing. Being able to walk without showing the pain is a skill." – Kylie McPharson



GUESS THE BABY ANIMAL NAME

To celebrate world animal day on the 4th October we want to put you to the test and see if you can name the baby animal!

For example, a dog as a baby is called a puppy. Fill in the gaps below 😊

No.	Animal	Baby
1.	Dog 	Puppy
2.	Cat 	
3.	Alligator 	
4.	Cow 	
5.	Deer 	
6.	Eagle 	
7.	Fox 	
8.	Crane 	
9.	Donkey 	
10.	Kangaroo 	
11.	Panda 	
12.	Owl 	
13.	Fish 	

Rugby World Cup 2023

The Rugby world cup kicked off on the 8th September and will be played through to the final on the 29th October.

The Rugby World Cup is played every 4 years this year being hosted by France.

If you like sports it's a good excuse to get together with friends and family to cheer on your favorite teams/country's.



"Rugby is a sport that demands courage, strength and a never-give-up attitude." – Brian O'Driscoll

When can I book a Phone Consultation?

Phone consultations - Seeing your doc without leaving the house.

Phone consults are appropriate for non-urgent health concerns when you do not need to be examined. We hope this will reduce the need for patients to travel to the practice from home or work. These types of appointments are suitable when a physical examination is not usually needed. To book a Phone Consultation you can call reception and request a phone consultation or by booking via Manage My Health. The Doctor will call you on the day around your appointment time. The call will come from a private number so make sure you are available to take a call in a space you are openly able to speak about your health concerns.

If you have booked a Phone Consultation for something that requires an examination, the doctor will ask you to book in a Face to Face appointment, they may be able to order tests you can do between consultation. There will be a charge for both appointments.



"The purpose of time is to prevent everything from happening at once." – X J Kennedy

Coping with the inevitability of change

Change can be difficult and for some individuals, depending on the nature of it, can feel quite traumatising. No matter how much we may want to resist change, the momentum is unstoppable and does not always come up at a convenient time in our life. These changes might include a significant move, birth of a child, new career, marriage, divorce or a dramatic lifestyle shift. The initial sense of overwhelm by these changes should not lead to self-judgment or a "get over it" mentality, but you can find ways to cope in making the transition as smooth as possible. Here are a few tips you might find helpful!

1. Embrace the Transition

Change can be an opportunity for growth and self-discovery. Rather than resisting it, embrace the transition with an open mind and a positive outlook. Understand that change is a natural part of life's journey and that it often leads to new and exciting opportunities. Even if it may not seem so in the beginning, this may turn into an advantage.

2. Seek Support

Don't go through significant changes alone. Reach out to friends, family, mentors, or support groups for guidance and encouragement. More than likely, someone you know has gone through a very similar change in the past or even currently. Sharing your thoughts and feelings can help alleviate stress while also receiving valuable insights.

3. Self-Care

During times of change, it's crucial to prioritise self-care. Take care of your physical and mental health through exercise, a balanced diet, relaxation techniques, and regular self-reflection. We are heading into spring, use this time to increase your vitamin D levels from the sun. A healthy body and mind are better equipped to handle life's twists and turns!

4. Stay Patient

Remember that adjusting to significant change takes time, things will feel more normal again but it will not happen overnight. Be patient with yourself and allow room for sitting with various emotions such as anger or sadness. Understand that these are very normal feelings and important to avoid bottling them up.

-Written by O'Donis Person Health Improvement Practitioner



OTHER MONTH EVENTS

-1st October – International Day of Older Persons – Breast Cancer Awareness Month – Health Literacy Month

-4th October – World Animal Day

-5th October – World Teachers Day

-9th October – Baby Loss Awareness Week – Save the Kiwi Week

-10th October – World Mental Health Day

-11th October – International Day of the Girl Child

-12th October – World Arthritis Day

-13th October – International Day for Natural Disaster Reduction

-15th October – World Hand Washing Day

-16th October – Restart a Heart Day - World Food Day

-19th October – Rotorua Bike Festival

-20th October – World Osteoporosis Day

-23rd October – Labour Day - International Lead Poisoning Prevention Week

-24th October – United Nations Day

-27th October – Loud Shirt Day – Shake Out (National Earthquake Drill and Tsunami Hikoi)

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