

# Newsletter



Uraidla Family Practice  
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## October 2020 News

### Sad Farewell

It is with sadness that we let our patients know that Dr Cynthia Say will be retiring at the end of October.

Cindy started her career as a Registered Nurse before studying medicine in Adelaide and completing her post graduate Registrar training in Alice Springs. She brought her wealth of knowledge with her when she joined Uraidla Family Practice in January 2013.

She quickly grew a strong patient base and has become a much loved member of the Uraidla team. Her warmth, approachability and caring nature has made her popular with all age groups

While we will miss Cindy dearly we are excited to see what this creative and motivated lady does next! Have you seen her beautiful sculpture in the hallway window above the entrance to our treatment room?



Cindy wanted to pass on the following message to her patients:

***I have thoroughly enjoyed my time working here at Uraidla Family Practice and, if I don't have the opportunity to speak with you all in person prior to leaving, I want to take the opportunity to give you my heartfelt thanks for allowing me to share your stories and to assist you in maintaining your health.***

***It has been a pleasure and I wish you all the very best for the future .***

We thank Cindy for her hard work and dedication to the practice, genuine care for her patients and staff alike, sense of humour, baking and preserve treats and so much more!

***Go well Cindy!***

### COVID Update

We are very fortunate to live here in South Australia, never has it been more evident than in the current COVID climate, keep it up SA! Our Practice continues to monitor any changes in directives from SA Health and are encouraging face to face consults with several restrictions in place:

-Please continue to call from the car park when you arrive so we can maintain social distancing in our waiting room

- Please let our reception staff know if you are suffering symptoms of respiratory infection:

Cough

Sore throat

Shortness of breath

Runny nose

OR

Acute loss of smell or altered sense of taste

Fever

Please advise our reception staff prior to entering the practice if you have travelled from interstate in the last 14 days or had close contact with a COVID-19 confirmed case.

**Our Practice strongly encourages the use of the COVIDSafe app.**

## Reminders and Recalls

Many of you would have already received a reminder text message on your phone for an upcoming scheduled appointment. From our point of view the system has been working well with less people forgetting appointments and patients cancelling an appointment that is no longer required, enabling other patients to use them.

A text message will now also be sent to you if your Doctor would like to see you to discuss a test result or perhaps a letter from another health provider they have received. These appointments are classified as non-urgent so please do not panic if you receive one, just give us a call to make an appointment! We welcome any feedback, good or otherwise, that you may have on this service

***Please ask our reception staff if you have any questions or would prefer to opt out of this service.***



## Do you know how to get help for an alcohol or other drug problem for yourself or someone you care about?

Your GP is a great first step as they can offer advice, counselling and referrals to other, often free, organisations that can help you.

Another great resource is the Government of South Australia's website :

**[www.knowyouroptions.sa.gov.au](http://www.knowyouroptions.sa.gov.au)**

This is an easy to navigate, user friendly website that breaks down the services available specific to your location and your individual situation.

Similarly if you would like to speak to someone on the phone the Alcohol and Drug Information Service (ADIS) is a confidential telephone counselling and referral service available to SA residents 7 days/week, 8:30-10pm

**1300 13 1340**

## Massage

As many of you would know, Uraidla Physiotherapy has its very own massage therapist available for massage on Monday and Friday all day and Saturday mornings.

Ricky uses both remedial and deep tissue massage and cupping techniques. If you would like to make an appointment with Ricky, please call the practice or speak with Angelica at your next appointment.

**Initial Consultations are always 60 minutes with a fee of \$85**

Subsequent Consultations can be either:

**30 minutes with a fee of \$65**  
**or 60 minutes with a fee of \$85**

