

Newsletter

Uraidla Family Practice
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January 2021 News

HAPPY NEW YEAR!

We hope that you have all had a Merry Christmas and that the year ahead is a happy and healthy one for all.

How to make the most of your GP appointment

- * Did you know that a standard appointment with your GP is usually 10-15 minutes?
- * Sometimes this is not long enough to discuss the issues you may have (especially if you've been 'saving them up!') or perhaps you might have a complex issue like mental health that will take a bit more time to explore with your GP, if this is the case please consider making a longer appointment at the time of booking. If you do have a list—bring it with you, your GP won't mind and you will leave feeling that you have achieved what you set out to do, although keep in mind you may not get through it all in one appointment!
- * If you are new to the practice bring with you a list of current medications and scrub up on your medical history including that of your family if possible, especially for conditions that could be inherited.
- * We all know how frustrating it can be if you have to wait for any appointment past the scheduled time, with this in mind our GPs and nurses always try to keep to appointment times but there are occasions where situations arise that are out of their control. You can help things run smoothly too by arriving on time.
- * During your appointment, ask your GP to clarify anything you find confusing, sometimes stating in your own words and asking, "Is this correct?" can help you remember what you've been told or even jot down a quick note.
- * Remember your GP has heard and seen it all before so there is no need to be embarrassed, in fact the more information you can provide about what is going on for you with regards to your health the better.
- * When you leave the consult room know what is next. Do you need any follow up appointments or tests?



We are here!

We hope you have all been able to spend some time doing what you enjoy during this Festive Season, whether that is time together with friends and family, time away on holidays or day trips in our beautiful state. It is a time of year when we typically over indulge and then decide we are going to commit to some new health goals—aren't we strange creatures!?

If you have indeed set yourself a goal to improve your health this year whether it involves modifying an unhealthy behaviour or starting a new exercise program or both, your GP can support you in your endeavours.

Feel free to make an appointment with your GP to chat about your goals anytime.



Local Services

The Adelaide Hills Council usually runs events and programs at their libraries and community centres throughout the year. As with many community gatherings they have had to adapt and change with the current SA Health guidelines to keep everyone safe.

They have evolved to have some online sessions on demand, with other sessions able to go ahead depending on their venue.

It is worth having a look at the Adelaide Hills Council website www.ahc.sa.gov.au to see what upcoming events are planned, whether it is an information session or local market. The website is also a valuable resource to find out about services provided to residents.

Adelaide Hills residents know that at this time of year, now the weather is finally warming up, snakes become more prevalent and this upcoming Snake Awareness Information Session may be of interest to some.

Snake Awareness Information Session

Build your knowledge about snake behaviour and keeping yourself safe

When: 19/01/2021

Where: Aldgate Oval Hall, Churinga Road Aldgate

Time(s): 10:00am - 11:00am

Please note that this information was correct at the time of printing and that it would be worth checking the website or calling AHC on 8408 0400 to confirm that this session is going ahead.

Contact Details

If you have had a change of details (phone number, address, next of kin or even a new medicare card) could you please notify our receptionists when you check in?

It is important for us to be able to contact you should the doctor require follow up appointments or to discuss results with you., thank you for your help with this.