

Newsletter

Uraidla Family Practice
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December News

Our Lynn is Retiring

It is a very sad time in the practice because Lynn has decided it is time to call it a day. She is retiring and her last day will be Wednesday the 11th December.

Lynn was already working in the practice when it became Uraidla Family Practice way back in 2001. She is a much loved member of the practice team. We all adore her and we know that many of you do as well. Her bubbly personality is such that the day just lifts when she turns up for work.

Long before emojis were invented, Lynn would always attach a smiley face to any messages she sent. She loves the babies, the oldies and everyone in between and knows almost all of the patients who come through the door by their first name. Her favorite tasks have always been to hold the babies while mum sees the doctor and to give the little ones their stickers.

I work away in in my office and listen to her interaction with the patients, her empathy, her friendliness and I know that we are all really going to miss her. We reluctantly wish her well in her retirement.



Christmas Hours

Uraidla Family Practice will be open as usual throughout the Festive Season with the exception of the Public Holidays as below.

Closed:

Wednesday 25th December
Thursday 26th December
Wednesday 1st January



While the Practice will be open, some of our Doctors will be on leave at different times, please keep in mind that it may not be possible to see your regular Doctor during this period.

Thank you for your understanding.

Doctors and staff would like to take this opportunity to wish all of our patients a Merry Christmas and a Happy and Healthy 2020.

Summer Safety

Although its hard to imagine with the cool start to summer we've had this year looking after yourself in summer comes with some extra considerations.

The Cancer Council recommends that we always protect our skin when UV levels are 3 (moderate) and above. in the following ways:

- **Slip on clothing that covers your shoulders, arms and legs.** Choose shirts with collars, high necks and sleeves and trousers or longer shorts and skirts that come below the knees.
- **Slop on SPF30+ or higher broad-spectrum water-resistant sunscreen.** Apply generously 20 minutes before going outside and re-apply every 2 hours. Never rely on sunscreen alone.
- **Slap on a broad-brimmed hat** that protects your face, ears and neck. Broad-brimmed, bucket and legionnaire style hats provide good protection. Baseball caps are not recommended, as they do not protect the ears, cheeks or neck.
- **Seek shade whenever you can** especially when UV levels are highest between 10am and 2pm (11am and 3pm during daylight saving).
- **Slide on sunglasses that meet Australian Standard AS1067** and that fit your face well.

Many Australians suffer mild to serious heat-related stress and illness every year., beat the heat by staying hydrated, staying cool and please look out for elderly family and friends.

Also remember to protect yourself from annoying insects that can really take the gloss off your outdoors summer fun.



Reminder from previous newsletters

If any of the following details have changed for you:

- Residential address
- Postal address
- Phone number
- Email address
- Next of kin or emergency contact details



Please let us know when you call to make an appointment or when you check in with us on arrival.

We occasionally need to contact you via phone to change an appointment and via email or letter to send a reminder. It is also important to have an alternative contact name and number in case of emergency.

We appreciate your assistance.