

# ONEWA DOCTORS SEPTEMBER NEWSLETTER

To our valued patients

Our September newsletter has information on mental health awareness week, vaccination reminders, skin checks and COVID-19. We hope you are all keeping well and safe during this time.



## MENTAL HEALTH AWARENESS WEEK 21<sup>st</sup> Sept – 27<sup>th</sup> September

Mental Health Awareness Week (MHAW), run each year by the Mental Health Foundation is on this month and it's more timely than ever.

This year's theme is Reimagine Wellbeing Together – He Tirohanga Anamata. The week is a chance for us all to build on the things we've been doing to look after ourselves, and to reimagine wellbeing together – during Covid-19 and beyond.

1 in 5 people in NZ will face mental health challenges this year alone and 1 in 2 will face mental health challenges in their lifetime. It has been an exceptionally tough year for the team of five million with the added challenge of COVID-19. This has meant that for many in NZ, it is especially hard to see hope and to find purpose and a way through. The good news is most of us will find the right support to get through. Please call a friend, call or text 1737 (free mental health support) or make an appointment with us at Onewa Doctor's if you have any Mental Health concerns at all.

For more information on Mental Health Awareness Week or to donate, please visit: <https://www.mhaw.nz/>



## Important vaccination reminders

### **SHINGLES VACCINATION**

Everyone aged over 65 is eligible for a free dose of the shingles vaccine Zostavax until December 2020. Shingles is caused by reactivation of the same virus responsible for the chickenpox (varicella-zoster) and causes a painful rash which can lead to chronic nerve pain and possibly vision problems. It is more common in older adults and we would encourage you to take this opportunity to vaccinate against it to reduce your risk in getting the shingles and the long term complications it can cause.

### **INFLUENZA VACCINATION:**

We still have flu vaccinations in stock here at Onewa Doctors. Although we are nearing the end of this cold weather, we would still encourage you to receive the flu vaccination if you haven't already. The flu can be around all year long and getting this year's dose will cover you for this particular strain for the future. People aged 65 and over, pregnant women, people with certain chronic conditions and young children with a history of severe respiratory illness are at greatest risk of serious illness from influenza. The Flu vaccine will not protect against COVID but it provides protection against influenza, to keep us as healthy as possible.

### **MEASLES, MUMPS & RUBELLA (MMR) VACCINATIONS**

MMR vaccination protects us against these diseases which can have serious complications. We saw in 2019 how they can appear and spread through our communities quickly. If you are aged 15-29 years and have not had two doses of the MMR vaccination documented, we encourage you to call us to discuss your status. If you are under 50, and unsure of your status, please call us to discuss.

### **CHILDHOOD IMMUNISATIONS**

There have been new changes to the childhood vaccination schedule. Please note that from 1 October 2020, immunisation for MMR will be given at 12 months and 15 months (rather than 15 months and 4 years previously).

NOTE: Please book an appointment with the nurse for the vaccination. No walk-ins allowed so we can monitor the number of patients coming in and to ensure physical distancing.

## SKIN CHECKS

It is important to do a self-check of your skin every three months and see us at Onewa Doctors if you notice a new skin lesion or a mole/ freckle that has changed. If you are fair skinned, work or spend a lot of time outdoors, have a lot of moles or a family history of skin cancer, talk to the GP about whether you need to have regular skin checks at the surgery

With the warmer weather just around the corner, please remember to be sun smart by wearing a hat, sunscreen and cover up when possible in the outdoors.



Protect yourself in five ways from skin cancer



## COVID-19

If you have been advised to get a COVID 19 test, **please don't come to the surgery** but instead call or go to the testing centres below:

Location	Centre Name, Address and Opening Hours	Referral Process
<b>NORTH</b>	<b>NORTHCOTE COMMUNITY TESTING CENTRE</b> 16-18 College Road, Northcote. Corner of College Road and Kilham Avenue. Entrance via College Rd Open 8am – 6pm	Walk-ins accepted
<b>WEST</b>	<b>HEALTH NEW LYNN</b> Level 1 Carpark, Totara Health Services, McCrae Way, New Lynn Open 8am – 4pm	Walk-ins accepted
<b>WEST</b>	Whanau House, Waipareira Trust Henderson 6-8 Pioneer Street, Henderson, Auckland Open 8am – 4pm	Walk-ins accepted
<b>CENTRAL</b>	<b>WESTERN SPRINGS COMMUNITY TESTING CENTRE</b> 956 Great North Road, Western Springs Open 8am – 6pm	Walk-ins accepted
<b>CENTRAL</b>	<b>WHITE CROSS ST LUKES ACCIDENT &amp; URGENT MEDICAL</b> 52 Saint Lukes Road, St Lukes Open 8am – 4pm	Walk-ins accepted

For further information on COVID-19, please refer to <https://covid19.govt.nz/>

Thank you for your continued support, stay safe, from Onewa Doctors.