

June 2019

Welcome to our Winter newsletter, we hope you enjoyed the summer months we have had this year and you remain as healthy as possible as we embark into the colder months ahead.

Here at Helios we work hard to meet the needs of the community. We continue to identify ways to evolve and modernise our approach to patient wellness without losing sight of the traditional General Practice that our patient's value.

Our approach is supported by a highly experienced clinical team who are committed to providing the best treatment to our patients.

HELIOS TEAM NEWS: A WARM WELCOME TO DR EDD WRIGHT

In January we were delighted to have Dr Edd Wright join our team, Dr Wright made the move to New Zealand with his family and has quickly become an invaluable member of Helios.

Dr Wright grew up in the UK and trained at Bart's and the London Medical School. Having been a Bristol based GP for seven years, he decided to move to Christchurch for a number of reasons, including the opportunity to enjoy the outdoors and to be closer to his partner's side of the family. He enjoys being a GP due to the variety, but also the continuity of care it allows.

Dr Edd Wright's hours- Monday, Tuesday, Thursday, Friday 8:30am – 5:30pm



Anita Roy Chaudhuri – Registered Nutritionist (associate) BHSc, PGDip Human Nutrition, Dip Phyt.



Our Nutritionist Anita is passionate about inspiring, educating and guiding clients towards healthy eating and enhanced health and wellbeing. She enjoys helping people find their own motivation to make empowered dietary choices. Anita can work with people who need nutritional advice for a range of health and lifestyle conditions. As a Nutritionist, Anita can provide advice on changing your diet to help manage conditions including heart disease, pre diabetes, diabetes, cancer, food allergies, food intolerances, Irritable bowel syndrome and women's health.

Her aim is to help clients make sense of the abundance of nutrition information out there and turn it into practical advice that works long-term. A strong emphasis is placed on whole real unprocessed foods.



Anita is available for appointments at Helios on alternate Mondays and bookings can be made at the reception. For further info please contact: Anita: 027 284 0096/ anita@eatright-nutrition.co.nz Website: eatright-nutrition.co.nz

Consultations with NZ Registered Nutritionist are often covered by private health insurance.

COLD AND FLU SEASON

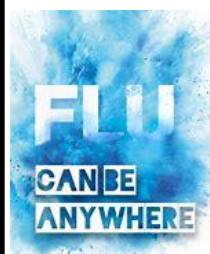


During the colder months it is important to ensure your immune system has the ability to ward off those nasty viral infections.

To assist you Helios has a number of Weleda cough and cold remedies.

For more information about remedies please contact the practice or visit www.weledapharmacy.co.nz

WELEDA



Around one in four New Zealanders are infected with influenza each year. Many people won't feel sick at all, but can still pass it on to others.. Contact with the influenza virus is almost unavoidable, and while contact does not necessarily mean infection, it does mean that you are never far from the possibility of catching influenza.

It is still important for those who have been immunised as well as those who have not to reduce the risk of spreading influenza:

- Cover your mouth and nose when you sneeze or cough.
- Wash and dry your hands often.
- Stay away from others if you are sick.

Content courtesy of: www.fightflu.co.nz

B4 School Checks

The B4 school check is free for every 4 year old child in New Zealand and is the last Well Child check.

Before your child moves onto the next milestone and starts school we recommend that they have their B4 School check.

In order for our nurses to be able to have enough time to follow up it is best to book in soon after your child's 4th birthday. **To book in for your child's B4 School Check, please contact us on 03 332 5702.**




What happens at the B4 School Check: As the parent/ guardian of the child you will be asked to complete a questionnaire, we also ask that if your child attends a preschool/ kindergarten or Kohanga reo that the contact teacher there also completes a questionnaire.

You and your child will have a 45 minute appointment with the nurse where you can discuss any concerns you may have and the nurse will also talk with you about your child's health and development. If any concerns are raised then the nurse can then help you to organize a referral to another service for further assessment.

For further information on the B4 School check please visit www.health.govt.nz/b4schoolcheck

NEED TO TALK?



**free call or text
any time**

1737 is a free and confidential service that connects people with a trained mental health and addictions professional. Available 24/7 by text or phone.

**More information is available by
visiting www.1737.org.nz**

**MANAGE
MY
HEALTH**

**Our new patient online booking service is
now up and running**

This service is available for our enrolled patients, it is free and easy to sign up. Simply visit our website www.helios.co.nz and click on "make an appointment."

Please contact is on 03 3325 702 if you require further information.