

**STAFF PROFILE**

**MEET DR BRITTA BEASLEY**

My family and I recently relocated to South Taranaki from the Inland Northwest of America. I was born and raised in New Mexico, a state in the desert southwest of America. I did my medical training at the University of New Mexico before moving to Idaho for my graduate medical training. My training is in Family Medicine and prior to coming to New Zealand I worked in a medical teaching program where I saw patients of all ages, both in the office and in the hospital, including delivering babies. Luckily my broad training has prepared me well for the challenge of GP practice here in South Taranaki.



My partner and two sons have made this transition with me and so far we are really loving all the beaches and tracks to explore here in South Taranaki. My older son is fully embracing kiwi traditions, such as not wearing shoes, and is trying hard to figure out the rules of rugby. Professionally, I am excited to be a small part of a forward-thinking energetic team here in Hāwera and am hopeful we can deliver a future of high quality care for the very deserving community here in South Taranaki.

**OUR OPENING HOURS OVER THE HOLIDAY PERIOD**

**Saturday 24 December** ..... CLOSED

**Sunday 25 December** ..... CLOSED

**Monday 26 December** ..... CLOSED

**Tuesday 27 December** ..... CLOSED

**Wednesday 28 December** .... 8am-4pm Urgent clinic

**Thursday 29 December** ..... 8am-4pm Urgent clinic

**Friday 30 December**..... 8am-4pm Urgent clinic

**Saturday 31 December** ..... CLOSED

**Sunday 1 January** ..... CLOSED

**Monday 2 January** ..... CLOSED

**Tuesday 3 January** ..... CLOSED

**Wednesday 4 January** ..... 8am-4pm Urgent clinic

**Thursday 5 January** ..... 8am-4pm Urgent clinic

**Friday 6 January** ..... 8am-4pm Urgent clinic

**Saturday 7 January** ..... CLOSED

**Sunday 8 January** ..... CLOSED

**THINKING AHEAD TO THE 'SILLY SEASON'...**

The holiday season is coming up fast. This time of year tends to be extra busy, so it's a good idea to look ahead at your medications and other health needs.

- Will you need a repeat script or routine appointment in December/January?
- Do you have an ACC Certificate that will need to be renewed over the holiday period?

Get in early to save yourself any stress, and possibly save money too - routine repeat scripts booked through the MyIndici app are only \$5!



## BEHIND THE SCENES

### ■ SUSTAINABILITY

The Hāwera Hospital volunteer Green Committee has created an awesome new initiative to help reduce the use of disposable cups. Every Monday - Wednesday are now "Bring your own cup to work" days for all staff Hāwera Hospital wide, and STRHGP staff are embracing this change for a more sustainable future. Reusing your own cups and water bottles at work and at home is a great habit to get into for the health of our planet.

### ■ WHAT IS IT LIKE WORKING ON RECEPTION?

In two words –rewarding and challenging! Our amazing reception and phone staff work hard to remain calm, professional, and supportive of both patient and staff needs. Sometimes that can be difficult. For example, we may not be able to provide exactly what a person requests, due to staff availability or other reasons. If this happens to you, please remember to treat our valued reception team with kindness and respect.

### ■ GETTING IN TOUCH AFTERHOURS

Our standard phone hours are from 8-4pm, Monday to Friday.

If you need health assistance outside of our working hours, please phone our usual number (06 278 1383). You will be transferred to our afterhours service, Whakarongorau Aotearoa/NZ Telehealth Services, who will be able to help.

### ■ PATIENT EXPERIENCE SURVEY

After a visit to our Practice you may receive an email or text message inviting you to take part in a patient experience survey about your recent experience with us.

By taking part in the survey, you are helping to improve the care you and your whānau receive, as well as care and access to health services in local communities across New Zealand.

Taking part in the survey is voluntary and anonymous.

Please ensure the contact details we have for you are up to date. This can be done by contacting STRHGP reception via email [strhgp@tdhb.org.nz](mailto:strhgp@tdhb.org.nz) or phone 06 278 1383

### ■ MYINDICI ACCESS FOR YOUNG PEOPLE

As children grow into young adults, they may take more of a personal interest in their own health needs. At a time that is right for them, having personal MyIndici access can be a better option than shared access under a parent or guardian. Personal MyIndici access may enable young people to improve their health by providing easy access to their health information and a way to communicate electronically with The Practice.

Every individual and every whānau are different, so what is best for each person will be a unique decision. As a general guide, as youths near 16 years of age, we encourage clinician and whānau discussions about whether it is best to have shared MyIndici access under their parents or a separate personal MyIndici account.

Christmas is a time of joy, love and laughter.  
But, it can also be a time of stress, drama and tears.

Setting realistic expectations, will help us enjoy Christmas for what it is, not what we wish it could be.

Here are Top 10 Tips from our friends at 'Just a Thought' for having yourself a stress-less Christmas...



## - 10 tips for a - STRESS-LESS KIRIHIMETE

### KEEP IT REAL

List all the things that are most important to you about Christmas. Then feel free to ditch the traditions that don't make the list!

### GO EASY ON THE GIFTS

Play 'secret santa' or opt for family rather than individual gifts this year! Keep gifts simple to make shopping easier & more affordable!

### SOFTEN EXPECTATIONS

Expectation is the mother of disappointment. Christmas may be a little different this year. Choose acceptance over expectation.

### TEAMWORK MAKES THE DREAMWORK

Get everyone involved to help pull off an awesome day.

### AVOID THE 'C' WORD

Take a day off talking about Covid! Brush up on your jokes & exercise your laughing gear or get to know a family member better!

### PLAN IN DOWN TIME

Reconnecting with whānau? Awesome!! Plan in some quiet days too to recharge your batteries so you can enjoy your social time even more!

### A PERFECT DAY DOESN'T HAVE TO BE PERFECT

Plan to give yourself breathing space on the day & leading up to it. No one cares if the windows aren't clean!

### GET OUT OF THE KITCHEN

Don't want to spend all day in the kitchen? Then don't! Plan a BBQ, pre-prepared meal or have a picnic on the beach instead!

### DON'T OVERDO IT

Be true to you and say 'no' to things if it becomes too stressful.

### AVOID THE BOXING DAY SALES

Shop online from your deck chair instead!

[justathought.co.nz](http://justathought.co.nz)

**NEED HELP?**

For many, Christmas can be a time of stress sadness and loneliness. If you need to talk to someone, the following free helplines operate 24/7:

**DEPRESSION HELPLINE: 0800 111 757**

**SAMARITANS: 0800 726 666**

**LIFELINE: 0800 543 354**

**YOUTHLINE: 0800 376 633 or text 234**

**NEED TO TALK? Call or text 1737**

South Taranaki Rural Health | The Practice at Hāwera Hospital  
06 278 1383 or 0800 225 571 | [STRHGP@tdhb.org.nz](mailto:STRHGP@tdhb.org.nz)