



October 2026

### **EXCITING NEWS – We are Growing!**

We are excited to share that building alterations will be starting 28 September! Over the next three months, we'll be adding two new consultation rooms and an additional administration room to our building. As our practice continues to grow, these extra spaces will help us continue providing the excellent service and care our patients know and value. During the building work, you may occasionally notice that the car park in front of the building is restricted. We kindly ask that you **allow an extra 5 mins for your appointment**, as you may need to park on the roadside if our car parks are being used by other patients. We really appreciate your patience and understanding while we make these exciting improvements. We look forward to welcoming you into our expanded space! ☺



 **HAYFEVER** is an allergic reaction to triggers like pollen, pets or dust mites, causing symptoms like runny nose, sneezing and itchy eyes. To manage symptoms, and avoid triggers, use saline nasal rinses, take over the counter or prescription medications like antihistamines or nasal sprays.

### **Self-Care**

- ❖ **reduce exposure**, stay indoors when pollen counts are high.
- ❖ **Clean regularly**, vacuum and dust with damp cloth to remove allergens.
- ❖ **Manage pets**, wipe your pets coat with a damp cloth after they have been outside to remove pollen, it's best to keep pets out of bedrooms.
- ❖ **Avoid drying clothes outside**, dry inside to prevent pollen from sticking to them.
- ❖ **Use nasal saline rinses or sprays** to help clear the nasal passage.

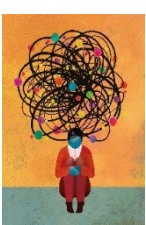


 **Medications:** Antihistamines available as tablets or sprays for fast relief (some cause drowsiness). Nasal decongestant sprays. Eye Drops. Speak with pharmacist or book to see doctor if over the counter medicines are not providing relief.

### **VIRAL ILLNESS IN COMMUNITY**

Influenza A and RSV outbreaks is doing the rounds in our community; we kindly ask that anyone experiencing flu like symptoms wear a mask if asked to enter the practice. Masks are available at the entrance. Please stay at home if you are unwell, rest and fluids, hand hygiene and cover coughs and sneezes. Reminder that we also can become short staffed in these situations and will do our best to accommodate all our patients when the demand is increased. Thank you for your support. ☺

 **CERVICAL SCREENING CLINICS** – Be reassured we continue to run a robust recall system for our patients. Regular cervical screening (**smear tests or self-tests**) is one of the best ways to detect early changes that could lead to cervical cancer. Early detection means early treatment – and better outcomes. We have Clinics running weekly, these are led by our experienced practice nurses in a private, comfortable setting (funding available if you meet criteria).



 **ADHD – New Diagnosis – Medication Start** – We can offer an ADHD new medication start/review 30-minute consultation with selected doctors for patients that are 18+, have had a specialist ADHD assessment done and have a report confirming the diagnosis. These appointments are \$200+ for the consultation only. Additional service charges may apply. Please book in through the receptionist staff.