

BESTER McKAY FAMILY DOCTORS LTD

106 DON ST, INVERCARGILL, 9810

TEL 03-218 6325

FAX 03 218 9384

NEWSLETTER - DECEMBER 2019

Kia ora,

2019 has been a challenging year for both the practice team and our patients. Dr Duncan McKay suffered a spinal stroke in May 2019. His unexpected absence has brought home how much he contributed and was valued. We all wish him well in his journey. Our team would like to acknowledge and thank you for your patience while we all adjusted to the changes, and for the kind thoughts and messages for Duncan. This has meant a change for many of you who have had to wait longer for appointments, and have not always been able to see your preferred provider. I am proud and grateful for the teamwork involving medical, nursing and reception members that has got us through a tough year. I am also very grateful for the assistance from Drs Jacqui Walker, Ross Fieldes, Taryn Keith and Andrew Costello, and to Anna Davidson for being able to step into the gap that Duncan left.

A few more changes and challenges lie ahead in 2020. The whole practice team is striving to ensure that we meet your needs and deliver good clinical care, and get back to full steam.

Nga mihi nui,
Robert Bester

DR DUNCAN MCKAY

We are pleased to report that Duncan continues to make progress, albeit slow, but progress nonetheless. It won't be until around April 2020 that a clearer picture will emerge of what type of work he will be able to return to. If he does return after April, it will likely be to significantly reduced hours. He is very grateful for all the good wishes, and has enjoyed seeing many of you in Invercargill since his return.

ANNA DAVIDSON

Anna impressed us when she did locum relief for one of our doctors in 2018. We were pleased that she joined our team in June as a Nurse Practitioner and she has enabled us to continue providing a quality service. She has now permanently joined our team.

Anna was born and raised in rural Southland, before graduating as a registered nurse in 2004. She went on to work in rural primary health based in Tapanui for 3 years before travelling. She spent 5 years working in General Practice, based in London. On returning home she continued to work in primary care while completing her Clinical Masters of Nursing and became registered as a Nurse Practitioner in 2018.

She is Mum to a boisterous 4yr old and enjoys getting outdoors on her days off.

DR PAULA TURLEY

Paula is returning to the mission field at Tansen Hospital in Nepal in March 2020 through Serving in Mission (SIM). SIM is a Christian organisation that sends New Zealanders to make a difference around the world in areas of community development, public health, education, faith initiatives and poverty alleviation. Although we will be sad to see her go, we admire the work that she will continue to do in the Nepal and wish her well. We have hugely appreciated having her in the practice and for helping the smooth running during a challenging time.

We are in active conversation with prospective doctors to fill the big gap that Paula will leave. We are confident of having a stable team moving forward in 2020.

RECEPTION NEWS

Lynn Pearson will be leaving us after 12 months. We are grateful for the work she has done, and in particular her pleasant manner. We wish her well in her future, wherever that may take her.

CHRISTMAS / NEW YEAR

We will be closed on the statutory holiday and weekends, and open on all the other days, albeit with reduced staff numbers.

We wish everyone a peaceful and pleasant Christmas. We hope you are able to find time to relax. For those who continue to work, we thank you for your contribution to keeping services running over the Christmas period.

This time of the year brings many expectations, such as of family time, gifts, food, holidays and enjoyment. For many people these expectations are challenging. The *Five Ways to Wellbeing* are a great way to help maintain your mental wellbeing if you find this a stressful and/or lonely time of year.

Connect - with the people around you, including family, friends, colleagues and neighbours. Relationships form the cornerstone of life and are worth investing time in developing them.

Give - do something nice for a friend or stranger. It feels good to give and everybody has something to offer.

Take notice - be aware of the world around you and how you feel about it. Appreciate the beauty in our world and remark on the unusual - this helps you appreciate what matters to you.

Keep learning - try something new or rediscover old interests, set a challenge that you will enjoy achieving. Learning new things makes us more confident.

Be active - exercise makes you feel good, whether pulling up a few weeds, or working up a sweat. Do what you can, enjoy what you do, be active and move your mood.

<https://www.mentalhealth.org.nz/home/ways-to-wellbeing>

BESTER McKAY FAMILY DOCTORS LTD

106 DON ST, INVERCARGILL, 9810

TEL 03-218 6325

FAX 03 218 9384

NEWSLETTER - DECEMBER 2019

SMEAR TAKERS

For women who prefer a female smear taker, we now have several options including Anna Davidson, Paula Turley, and our practice nurse Jodi McNaughton McNaughton who is available on a Thursday and Friday.