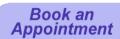


Riverstone Family Medical Practice

December 2024 Update















What Do GPs Offer Children?

Children often have illnesses that need to be assessed and managed by GPs. However, your child should also see their GP when they are well for health checks. A health check includes assessment of growth and development, diet, activity, mental health & relationships, sleep, behaviour, hearing and vision as well as any concerns that you may have.

We recommend that these check-ups occur with vaccinations at 6 weeks, 6 months, 12 months and 18 months then yearly from age 2. These check-ups also help children form relationships with health providers so that they know that doctors and nurses are there to help them with lifes problems. This can become very important in teenage years as they are trying to establish independence from their parents and may experiment in behaviours that put them at risk. Having an established relationship with their health provider may give them a trusted adult to turn to for advice.



When you book your child for a vaccination and check-up, please ensure that you tell our receptionists so that a nurse appointment can be booked as well. Please complete the questions in your blue book prior to attending for your appointment and bring the blue book to your appointment. Always keep this blue book in a safe place for future reference.

If your child has missed a check-up the school holidays are an ideal time to book in. Please ensure that you see your childs usual GP. If you have any concerns about your child, please bring any reports (eg school reports) to the appointment.



From all of us to all of you

ensure continuity of care. We're here to assist you.

We would like to wish you and your families a Merry Christmas and a safe and Happy New Year. During this period, please don't hesitate to contact us at the practice number if you need an urgent appointment - we will do our best to accommodate you at the earliest possible time.

Remember to fill your prescriptions before heading off on your holidays. If you're unable

to secure an appointment at a convenient time, you can use the Automed repeat

prescription service to have your prescription filled. We encourage all patients to plan their appointments in advance with their doctor to



Tip of the Month

Travelling in 2025?

- Dont forget to consider vaccinations.
- When travelling to most third world countries extra vaccinations are recommended, such as hepatitis and typhoid. This includes popular destinations such as Fiji, Bali and Phuket.
- Book at least 6 weeks before your trip and bring your itinerary. Dr Kirby Campbell-Wood has a special interest in travel medicine.



Doctor's Leave

The following doctors will be on leave over the next two months:

The Practice will be closed on Christmas Day, 25 Dec, Boxing Day, 26 Dec New Years Day, 1 Jan, and Australia Day, 27 Jan

➤ Dr Hanaa Wanis 18 Dec to 15 Jan

On Christmas Eve, 24 Dec, we will be open from 8am to 1pm.





Practice Hours: Monday to Friday 8am to 6pm, Saturdays 8am to 1pm

For After Hours Care we recommend the national Home Doctor Service for home visits, contact on 13 74 25 (13 SICK)