



Riverstone Family Medical Practice

December 2024 Update

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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 life's 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 child's usual GP. If you have any concerns about your child, please bring any reports (eg school reports) to the appointment.

Merry Christmas

From all of us to all of 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 Automated repeat prescription service to have your prescription filled.

We encourage all patients to plan their appointments in advance with their doctor to ensure continuity of care. We're here to assist you.



CLINICAL 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:

- Dr Winnie Cheung 8 Jan only, 10 to 20 Jan
- Dr Melody Chiou 20 Dec to 3 Jan, 10 Jan only
- Dr Ayesha Choudhury 20 Dec to 11 Jan
- Dr Michelle Crockett 27 Jan to 1 Feb
- Dr Lize Harrison 24 Dec to 5 Jan
- Dr Melissa Joseph 18 to 28 Jan
- Dr Larry Lam 9 to 16 Dec, 23 to 28 Dec
- Dr Rumi Liyanagamage 13 Dec to 1 Jan
- Dr Sharon Muir 13 to 19 Jan, 24 to 27 Jan
- Dr Jacqueline Phan 7 to 14 Dec, 6 to 18 Jan
- Dr Kiran Shrestha 24 Dec to 1 Jan, 20 to 25 Jan
- Dr Kiran Shrestha 27 Jan to 27 Feb
- Dr Anne Trang 24 Dec to 30 Jan
- Dr Hanaa Wanis 18 Dec to 15 Jan

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