

The health update

Edition 2, March 2018



You may have seen Shell Cove Family Health and Grand Pacific Health Centre Nowra promoted in your area over the past few weeks as we have lots of good news to tell. First of all, we are welcoming new full-time doctors to our Clinics this year, which means more capacity for you and your family. I would like to introduce Dr Paul Hitchen, Dr Andrew O'Brien and Dr Emma Schimann at SCFH and at GPHCN; Dr Christina Herceg, Dr Mina Nafari, Dr Tiffany Knight, Dr Clare Nowak and Dr Kelly Mitchell has returned. I am also pleased to announce that as part of the upgrade to our online booking system, new patients can now book online as well as existing patients at both clinics! Simply visit: <http://www.gphnowra.org.au/online-booking/>

Or <http://www.scfh.org.au/gp-online-booking-shellharbour/>

To start booking today!

Warm regards,

Dale Wakefield

Business Manager Clinics

Grand Pacific Health



Active Kids Rebate

The Active Kids Rebate is a new initiative of the NSW Government, which came into effect on the 1st of January this year. Basically, it's a \$100 voucher for each child enrolled in school (ages 4.5-18), including home-school, to help offset the cost of sporting club fees. Each provider/club must be registered for their participants to be able to claim.

To find out more information on the scheme and how to claim it visit:

<https://sport.nsw.gov.au/sectordevelopment/activekids>

Staff profile

Elise Jeffcott

Position: Medical Receptionist

Clinic: Shell Cove

Favourite food: Mangoes

Favourite pastime: Beach walks and lake swims

Healthy Mind

Keeping your mind healthy helps with keeping physically healthy and enjoying life to its fullest.

If you are struggling with your thoughts, emotions or behaviour, discuss it with your General Practitioner who can refer you as needed to the Clinical Psychologist at Grand Pacific Health Nowra or Shell Cove Family Health.

With a referral letter and Mental Health Care Plan from your General Practitioner, you can initially have up to 6 psychological therapy sessions bulk billed at GPHCN or SCFH.

If you are finding stress building up in 2018, you can also consider enrolling for the free online "Coping with Stress" course at This Way Up (thiswayup.org.au).



Grand Pacific Health offers a range of Mental Health programs find out more at www.gph.org.au

Looking for healthy school lunch box ideas?

The NSW Government's Healthy Kid's website has some nutritious and easy recipes at: <https://www.healthykids.nsw.gov.au/recipes/celery,-ham-and-egg-roll-ups.aspx>

NSW Children – Free Influenza Vaccine

From April 2018 all NSW children aged from six months to under five years of age will be offered free influenza shots. Parents can access the free flu shot from their usual immunisation provider: their GP, Aboriginal Medical Service, community health centre or local council.

The flu shot will reduce your child's risk of influenza (flu), minimise the spread of flu and protect vulnerable groups including babies too young to receive the vaccine, those medically at risk and those with weakened immune systems.

More information: <http://www.health.nsw.gov.au/immunisation/Pages/kids-flu-shot.aspx>

Call GPH- Centre Nowra on 44 482 255 to find out more or Shell Cove Family Health on 42 208 800

Mental Health Care Plans

A mental health care plan is a plan for people with a mental health disorder that has been diagnosed by a doctor. If you have mental health issues, your doctor can write out this plan.

It identifies what type of health care you need, and spells out what you and your doctor have agreed you are aiming to achieve. It also may refer you to local mental health services.

You can get a Mental health care plan by visiting your doctor who will assess whether you have a mental disorder and whether you will benefit from a mental health treatment plan.

If you have a mental health care plan, you will be entitled to [Medicare](#) rebates for up to 10 individual or 10 group appointments with some [allied mental health services](#) in a year.

After the first 6 appointments, you need to see your doctor again for a mental health plan review and another referral.

The Mental Health Care Plan is part of the [Better Access to Psychiatrists, Psychologists and General Practitioners through the Medicare Benefits Schedule \(Better Access\)](#) initiative. This initiative aims to improve outcomes for people with a clinically-diagnosed mental disorder.



Speak to your Shell Cove Family Health or Grand Pacific Health Centre Nowra GP to find out more