

The health update

Edition 3, Winter 2018



Grand
Pacific
Health
Centre – Nowra



Shell Cove
FAMILY HEALTH

WELCOME!

The health update is back to keep all of our patients and carers up to date with the latest news and events from our Nowra and Shell Cove clinics.

This edition offers some helpful tips to 'beat the winter blues' from recipes, to ideas for keeping active and being mindful of your mental health during the darker winter days.

Both of our clinics have continued to grow through the addition of staff and this month we welcomed psychologists Kelly Cole and Lauren MacNamara into the GPH family.

Don't forget it's not too late for a flu shot so roll up your sleeve and book an appointment today.

Warm regards,
Dale Wakefield
Business Manager Clinics
Grand Pacific Health

Staff Profile

Charise Morris



Position: Practice Manager

Clinic: Grand Pacific Health Centre - Nowra

Favourite food: Fresh cherries and Jarlsberg cheese

Favourite pastime: Reading, favourite authors: Patricia Briggs and Anne Bishop.



Winter Recipe – Thanks to GPH Dietitians

Zucchini & Corn Fritters

⌚ 30 min - 👤 6 serves

Ingredients

½ cup milk

2 eggs

1 cup wholemeal self-raising flour

420g canned corn kernels

420g canned butter beans

2 large zucchini

½ cup grated cheese

¼ cup grated parmesan cheese

5 tbs chopped herbs (e.g. chives, parsley or mixed herbs)

1 tsp lemon zest

Method

1. Whisk milk and eggs, gradually add flour and whisk until smooth
2. Grate zucchini, squeeze excess moisture and add to mix with remaining ingredients
3. Spoon into non-stick frypan and cook for 3 minutes per side or until golden

Tips to Get Through the Flu Season - Thanks to Dr Fiona Conlon

The 2017 Influenza season in Australia was one of the worst on record. Here are some simple tips to protect yourself and help stop the spread of the virus this year:

- Use elbows instead of hands when coughing or sneezing
- Sterilise commonly touched objects and surfaces like light switches, door/fridge handles and remote controls
- Get a flu vaccine annually

Remember that older people, Indigenous Australians, those with chronic health conditions, children under 5 and pregnant women who are most at risk of contracting the flu, are eligible for a free jab.



What's in season?
FRUIT: Apples, grapefruit, kiwifruit, mandarin, oranges, papaya, pears
VEGGIES: Avocado, turnip, broccoli, celery, pumpkin

Tips to Boost your Mood through the Gloomy Weather

Thanks to psychologist Kelly Cole

- ✓ **Maintaining a normal sleep routine:** Getting up at the same time every morning even if it is cold
- ✓ **Activities (indoors and outdoors)**
 - Sitting in sunlight for at least 10 minutes a day
 - Engaging in regular gentle exercise (walking)
 - Staying connected with friends or family and participating in fun activities

- Clearing clutter and airing out your space
- Using mindfulness to activate your 5 senses
- ✓ **Nutrition intake**
 - Eating seasonal fruit and veggies
 - Drinking plenty of water
 - Avoiding excess consumption of caffeine, sugary foods or alcohol

And if this is a concern for you, please speak to your GP to arrange a referral.

Our Clinical Psychology services at Grand Pacific Health Centre - Nowra and Shell Cove Family Health are here to support you.



Childhood Immunisation Schedule adjustment

From 1 July 2018, changes to early childhood vaccinations are:

- **Pneumococcal:** offered to 12-month-old children (instead of 6-month-old ones)
- **Meningococcal** (protects against 4 types A, C, W. Y): offered to 12-month-old children
- **Haemophilus influenza** (type B): offered to 18-month-old children



More information available at:

<https://beta.health.gov.au/news-and-events/news/changes-to-the-childhood-immunisation-schedule-start-1-july-2018>

Beating the Winter Blues and Staying Active Ideas

Thanks to Exercise Physiologist Jessica Bricklebank

- It doesn't matter what the weather's doing outside, start with 10 minutes on a treadmill or exercise bike at home and gradually build up. If you don't have either, try some step ups or walking/jogging on the spot instead.
- Try some lounge room exercises in front of your favourite TV show: Heel raises, triceps dips, squats, lunges, bicep curls (find something heavy to lift), push-ups, chair sit to stands
- Join a group exercise class or find a friend to exercise with. It's much easier to go for a walk if you have someone to talk to
- Don't wait until you've watched TV to then try and exercise. Do something straight after putting the kids to bed or straight after the evening chores. You'll feel better for it and it can even help you sleep better at night.