



Riverstone Family Medical Practice

December 2023 Update



Seasons Greetings from the RFMP Team

Christmas

While Christmas can be a happy family time for many people, it can also be stressful or sad for others. Some families have difficulty getting along and getting together can open old wounds and conflicts. Alcohol can play a role in some problems.

Plan ahead:

- Avoid excessive alcohol consumption
- Think of ways to minimise risks of family conflict e.g. only attend for a short time, sit away from people you find difficult to get along with.
- If you are alone there are many services and charities who run Christmas lunch functions.
- Consider volunteering at a Christmas charity event.

If you are in distress please reach out.

- Lifeline: 13 11 14
- Suicide Call Back Service: 1300 659 467
- Kids Helpline: 1800 55 1800
- Mens Helpline: 1300 78 99 78
- Domestic Violence Helpline: 1800 737 732



RFMP Gets a Facelift!

If you haven't visited our Practice recently you will be amazed at the transformation. A brand new colour scheme which adds life and colour. Make sure you stop by when next in the area!



Have You Registered for MyMedicare?

To find out more about the benefits of MyMedicare, click [here!](#)

To find out how to register for MyMedicare, click [here!](#)

Child Health Check

We recommend an annual check for all children to monitor their growth and development. This will be done at each routine childhood vaccination but should also be done even when a vaccination is not due.

By regularly monitoring your child's growth and development we can identify any issues early and intervene to improve outcomes. This will also give your child the opportunity to develop a relationship with their nurse and GP so that they will have a trusted adult to go to when they need advice, especially in their teenage years when they may not want to discuss some issues with parents.



Childhood Vaccinations

If your child is due for a routine childhood vaccination please call the practice to make an appointment. Your child will be booked to see our nurse first for to check their growth and have the vaccination. They will then see their GP to have their development check and physical examination.

Please ensure that you bring your blue book and complete the questions in the age check.



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

- Dr Melody Chiou 22 Dec to 12 Jan
- Dr Michelle Crockett 5 Dec to 11 Dec, 27 to 29 Dec, 11 Jan
- Dr Hannah Galvin 15 Dec & 22 Dec only
- Dr Aarti Ganapathi 27 Nov to 11 Dec
- Dr Melissa Joseph 23 Dec only, 28 to 29 Dec, 20 Jan only
- Dr Rumi Liyanagamage 10 Dec to 18 Dec
- Dr Alison Ting 13 Jan only, 29 Jan to 4 Feb
- Dr Anne Trang 28 Dec to 1 Feb
- Dr Bradley Verma 19 Jan only, 23 Jan to 2 Feb
- Dr Hanaa Wanis 11 Dec to 17 Dec, 27 Dec & 29 Dec only

The Practice will be Closed on the following days:

Christmas Day - Monday, 25 December, 2023

Boxing Day - Tuesday, 26 December, 2023

New Years Day - Monday, 1 January, 2024

Australia Day - Friday, 26 January, 2024

Appointments can be booked online by visiting [Online Bookings](#)



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)

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