



Adelaide
Northern Division
of General Practice Ltd

MEDIA RELEASE

Wednesday 16th December 2009

Stay healthy this Christmas/ Division Closure/Important Health Contacts over Christmas

Residents living in the north are encouraged to take care of themselves and their loved ones as people's wellbeing is often affected during the Christmas period, says Adelaide Northern Division of General Practice CEO Barbara Magin.

"There are a few things to consider to ensure you have a great Christmas period. The best way to enjoy your Christmas is by being healthy and not over indulging with food, alcohol or smoking," said Ms Magin.

Medication mishaps have a tendency to happen during Christmas as a result of routine changes, families travelling and forgetting to get their prescription filled. Social isolation can also be problematic for some people at this time of year.

"Patients on regular medication need to make sure they maintain their regimen. Carers travelling should consider alternative arrangements for their cared-for person. Having someone to check up and make sure they're ok with their medication is a good idea," said Ms Magin.

As with every summer, elderly people are more susceptible to heat related illnesses and need to take care while in the sun to avoid sun/heat stroke or possible death.

"Each year the severity of our summer weather is being felt more by everyone, and can have deadly consequences for senior members of our community. We're anticipating a hot summer," said Ms Magin.

During Christmas people who are already socially isolated can be further affected by their situation which for some can lead to further segregation and mental health issues.

"Christmas is a great time to reconnect with family and friends, especially those who have had it tough this year and may have disconnected from their support network for whatever reason. Reconnecting is as easy as asking someone how they are and reaching out with friendly support," Ms Magin.

The Adelaide Northern Division of General Practice encourages people to find out what their local general practices opening hours are during Christmas, and work out alternate medical arrangements if they are needed.

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Division closure over Christmas and important contacts follow on the next page.



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Adelaide Northern Division of General Practice

1st Floor, 13 Elizabeth Way | PO Box 421 Elizabeth SA 5112

T 08 8252 9444 | F 08 8252 9433 | www.andgp.org.au | ABN 12 061 979 048

Delivering local health solutions through general practice

Division Closure Over the Holiday Period;

Adelaide Northern Division of General Practice will close for the holiday period on 22 December 2009 and will reopen on 6 January 2010.

In case of emergency, please refer to the list of important contacts below

Important Contacts;

Mental Health ACIS (adults over 18 years) Ph: 131 465

CAMHS: (young people under 18) Ph: 8252 0133 (Office hours 9 to 5pm)

Lifeline Ph: 131 114

Kid's Helpline Ph: 1800 551 800

Parent Helpline Ph: 1300 364 100

General Australian Childhood Immunisation Register 1800 653 809

Centrelink 131 021

Commonwealth Respite & Carelink Centre 1800 059 059

Medicare 132 011 Medicare PBS 1800 020 613

RDNS 1300 364 264

Translating & Interpreting Services 131 450

Youth Healthline 1300 131 719

Media enquiries:

**ANDGP CEO,
Barbara Magin 0412 728 307.**

As this will likely be our final media release for the year, we wish you and your family a very safe Christmas and a Happy New Year.