

# Ropata Community News



## Welcome!

Welcome to our second edition of Ropata Community News. We hope you found our first issue useful and we'd love to hear what you thought of it. Feel free to let us know.

It's been a busy year at Ropata Medical Centre and we're looking forward to a well deserved break over the Christmas period. Our opening hours will change slightly over this period and we have listed them on the right hand side of this page.

I'd like to take this opportunity to wish you all a safe and happy Christmas. Remember to keep everything in moderation while you celebrate the holidays and drive safely if you are travelling.

Christmas greetings,

**Max Shierlaw**  
Chairman, Ropata Community PHO

### REMEMBER TO SLIP, SLOP, SLAP & WRAP

Summer is here and it's a great time to get outside and enjoy the sunshine.

Don't forget to slip, slop, slap and wrap yourself and your family to avoid getting sunburnt this summer.



## Introducing Dr Kim Hurst, our new Associate GP

**We are excited to introduce you to our new Associate GP, Dr Kim Hurst, who has just arrived on our shores from England.**

Kim studied Medicine at the University of Birmingham and joined the Royal Air Force to complete her GP training, which took her to places like South Africa, Kosovo, Morocco and Kenya. Although Kim hasn't been to New Zealand before, she loves the outdoors and is excited about the opportunity to settle down here.

Speaking of the outdoors, Kim is currently the reigning Great Britain National Masters Cycling Cross Country champion and can't wait to explore what New Zealand has to offer.

"I am used to travelling a lot and can't wait to start exploring," says Kim. "I have travelled a lot with sport and have raced (cycling and mountain biking) all over Europe, South Africa and Australia and I'm looking forward to getting stuck into endurance racing in NZ."

Kim is clearly very focused on anything she sets her mind to, and her passion for health care is no exception.

"I am a strong believer in empowering my patients and always try to explain things in terms that they understand so they can have a say in their medical management," says Kim. "I enjoy all aspects of primary care and being a family doctor. I love the variety and diversity associated with the job and believe that it is a particularly privileged position to work in the community."

Welcome to our team Kim. We look forward to working with you and experiencing your enthusiasm for life!



## Our Christmas Opening Hours

24 Dec 2009	High Street closes at 6.00 pm Waterloo closes at 12.30 pm and remains closed until 11 January
25 Dec 2009	Closed
26 Dec 2009	Closed
27 Dec 2009	Open 8.30 am to 4.30 pm
28 Dec 2009	Closed
29 Dec 2009	Open 7.00 am to 10.00 pm
30 Dec 2009	Open 7.00 am to 10.00 pm
31 Dec 2009	Open 7.00 am to 6.00 pm
1 Jan 2010	Closed
2 Jan 2010	Open 8.00 am to 6.00 pm
3 Jan 2010	Open 8.30 am to 4.30 pm
4 Jan 2010	Closed
5 Jan 2010	Open 7.00 am to 10.00 pm

# Care Plus

Care Plus is a free programme for people who have an ongoing (chronic) medical condition, severe short-term (acute) medical or mental health needs, or a terminal illness.

If you have visited your doctor or After Hours Medical Centre more than six times in the last six months, have been admitted to hospital in the last twelve months but did not require surgery, have two or more chronic conditions or a terminal condition, or are on a waiting list for elective surgery, you may be eligible to join the Care Plus programme.

If you would like to find out more about Care Plus and whether it is right for you, talk to your doctor next time you visit, or contact our Wellness Team.

## Healthy Christmas Roast

Roast chicken or turkey is always a favourite for Christmas dinner, but it can also be full of fat if cooked in certain ways.

Here are some tips on how to cut down the fat on your Christmas roast, without losing the great flavour:

- Use oven bags to keep chicken or turkey moist without added fat. Drain juice and save for gravy (remove fat first).
- Increase flavour with garlic, fresh herbs, lemon or stuffing.
- Remove skin before serving – most of the fat is found under the skin.
- Cook lots of vegetables. Leave skin on where possible, spray or brush with oil and cook separately from the chicken or turkey.
- Make gravy the low-fat way. Juices that collect in an oven bag can have up to 100g fat. If the juices are used as they are to make gravy, that's an extra 10-25g of mostly saturated fat per serve. Drain off the fat and use the healthy part of the juices to make your gravy. If you need more liquid, add stock or vegetable cooking water.
- Make sure your roast is fully cooked. Chicken or turkey that has not been cooked properly can put you at risk of food poisoning. Here's how to check your roast is cooked:
  - the meat should be steaming hot all the way through
  - when you cut into the thickest part of the meat, none of the meat should be pink
  - if juices run out when you pierce the turkey, or when you press the thigh, they should be clear.



## MEET THE TEAM: RAWIRI EVANS

**Rawiri Evans plays an important role as the Māori representative on the Ropata Community PHO Board.**



"I was asked to join the board by my iwi – Te Ati Awa – back in 2005, to work towards providing the best access to health care for Māori in the Hutt Valley," says Rawiri. "I'm passionate about health, not only for Māori, but for all people, and see it as a privilege to be part of the governance team of the PHO."

Rawiri has worked in the health sector for more than 28 years, mainly in the areas of mental health and addiction. He is currently working at the Ministry of Health as a Senior Policy Analyst in the Māori Population Health Team and he's seen as a bit of an icon in the industry.

"The role of Primary Health Care is to provide access to early intervention with the aim of keeping people out of hospital," says Rawiri. "I believe working with the whole whānau and providing a holistic approach for their health and wellbeing is the best way to do this. A whānau who stays well together has a much better future ahead of them."

When Rawiri isn't working hard for the health of people in his community, you'll often find him at the Wainuiomata Bowls Club, where he has been playing for four years. You won't be surprised to hear that he's the Vice President of the club and also Chairperson of the Hutt Valley Youth Trust (VIBE).

"It's a balancing act, but I love it," says Rawiri. "It keeps me in touch with my community and it's great seeing people take on new challenges and doing well. We recently signed up a couple of new players at the Bowls Club and one of them has done so well she's ended up representing Wellington after just eight months on the green!"

### Be well with our Wellbeing Programme

Life can be tough sometimes, and talking to someone about how you are feeling is very important for your physical, cultural and spiritual wellbeing.

We have recently set up a Wellbeing programme at Ropata Community PHO. It's been designed to help you work through any issues you may have and give you the tools to get back on top of things.

All services are provided right here at the medical centre, including access to a clinical psychologist on site, so you don't have to worry about having to go somewhere unfamiliar.

If you feel you could benefit from taking part, you can refer yourself into the Wellbeing programme, or you can discuss a referral with your GP or practice nurse.

For more information, give us a call on 920 0800 and ask to speak to our Wellness Nurse, Kay.