

# Ropata Community News

## Welcome

A warm welcome to the August edition of Ropata Community News. I hope you are keeping well.

Recently, the decision was made to merge Ropata Community PHO with Karori PHO to form a new organisation - Cosine Primary Care Network. This new organisation is designed to save both the Hutt Valley and Capital & Coast District Health Boards some back-office running costs.

Under this arrangement, the medical centres from both former PHOs will work closer together, sharing ideas, initiatives and innovative thinking, but will retain their own separate identities. There will be no change to the services you receive from your GP or nurse at Ropata Medical Centre. You will remain enrolled as a patient at Ropata Medical Centre and the service you receive will be as good as ever. To ensure this happens, we will be establishing a Community Advisory Committee to make sure the Board will hear any opinions or suggestions you may have.

Make sure to wrap up warmly during the winter chill, and remember to get your flu vaccination, if you haven't done so already!



**Max Shierlaw**

*Chairman, Ropata Community PHO*

## We have a winner!

You could be next.

**In the last edition of Ropata Community News, we sent out a call for members who were interested in receiving this newsletter by email – and quite a few of you answered.**

**Elizabeth Josephson signed up to our email newsletter and was the lucky winner of the \$50 grocery voucher.**

**If you want to have a chance to be the lucky one next time, talk to our receptionist about registering for email and you will be in to win.**

## Screening could save your life!



### **Cervical Cancer**

Cervical cancer is one of the most preventable cancers in women, because the chances of developing it can be reduced by up to 90 percent if you have a simple cervical smear test every three years.

All women aged between 20 and 70 years should have a regular smear test because cervical cancer can develop at any time during a woman's life.

At Ropata Medical Centre, we take part in the National Cervical Screening Programme, which aims to reduce the number of women who get cervical cancer. The programme sends you a reminder letter if your test is overdue and is regularly reviewed to ensure the programme is working well to protect women.

The test is simple and painless, and it only takes a few minutes to administer. You'll get the results back in about three weeks.

If you haven't had a cervical test or you think you might be overdue for one, please call us today on 920 0800 to book an appointment. It could save your life.

### **Breast Cancer**

Early detection is the key to fighting breast cancer, and a mammogram is the best tool for early detection. Mammograms can detect signs of cancer as small as a grain of rice – so small it cannot be felt by self-examination.

If you are aged between 45 and 69, government-funded BreastScreen Aotearoa will provide you with free, regular mammograms. In some instances free screening is available if you are outside of that age bracket and are referred by your GP.

A mammogram only takes a few minutes and most women do not feel any discomfort. Please contact us at Ropata Medical Centre on 920 0800 to book an appointment for a mammogram and help us stop Kiwi women dying from breast cancer.

## Closure of rooms at Waterloo

Due to a recent shortage of nurses, our rooms at Trafalgar Square in Waterloo have been closed and last month we made the tough decision to close them permanently. The reality was that the rooms at Waterloo weren't able to offer our patients the full range of services we would like to and there was little space to expand.

The positive outcome of this decision is that we can now concentrate more of our energy and resources at the High Street medical rooms, which have been better equipped to offer a wider range of services.

If you were a patient of Waterloo, you have no reason to worry. You can still easily see your usual GP at High Street, where the increased capacity means there's more than enough room for you.

## Partnering our PHO

Ropata PHO is set to combine with Karori PHO in early 2011 to form a new organisation - Cosine Primary Care Network. By doing this we are able to save costs in back-room functioning, which will allow us to focus more of our budget on patient care.

Karori PHO makes an ideal partner for us because we already work closely together in sharing resources and have the same philosophy when it comes to providing the best possible health care.

This merger will not affect the current high levels of care that we offer at Ropata – in fact, we will be working hard with the staff at Karori to find opportunities that can enhance and improve our services.

To ensure any feedback or submissions you may have will be communicated to the board of Cosine Primary Care Network, a Community Advisory Committee will be set up closer to the time. We will keep you updated.

## NEW FACES: NEW NURSES!

*At the beginning of June, we were delighted to welcome an intake of five new nurses to the Ropata Medical Centre team. These highly qualified and experienced nurses are a friendly bunch, and we want to give you a chance to get to know them better.*



**Erica Wallis**

You might recognise Erica Wallis from around Ropata, because she's been working with us here as a casual staff member. We are pleased to say that Erica is now one of our full-time Practice Nurses, with a broad range of experience. Most recently, Erica has been working with the school immunisation team, and she must be doing a great job because children still like it here!



**Anne Marie Rofe**

Joining us four days a week in the new position of Nurse Administrator is Anne Marie Rofe. As the first Nurse Administrator we've had at Ropata, it's Anne Marie's job to provide the nursing team with administrative support, allowing them to focus more on patients.

Anne Marie is an Enrolled Nurse with many years' experience and is a great asset to our team.



**Nidhi Singh**

Practice Nurse Nidhi Singh is one of our new full-timers at Ropata. Nidhi joins us fresh from the medical ward at Hutt Hospital. She has a background in intensive care units, surgical procedures, outpatients and community nursing – and she's been a captain in the army! Nidhi is a lovely person to have around.



**Joanne Smith**

Joining the Wellness Team four days a week is Joanne Smith, whose last role was as an Army Wellness Nurse at Trentham Military Camp. With 23 years' post-basic nursing experience and four years as a commissioned nursing officer in the British Army, Joanne certainly knows her stuff.