

MOSTYN STREET CLINIC

NEWSLETTER



Staying Healthy This Winter

It has been a nasty season for Influenza, Covid and RSV (Respiratory Syncytial Virus) with rates higher than last winter.

The best ways to stay healthy and protect your loved ones and community are:

Stay home if you are feeling unwell.

Telehealth/telephone or isolation (stables) appointments are available if you are not well enough to enter the clinic. Please ring reception to discuss these options.

Masks and regular hand washing

Masks are available at reception and can help limit the spread of respiratory viruses, alongside regularly washing/sanitising hands, maintaining respectful distances and coughing/sneezing into tissues or your elbow.

Staying up to date with your immunisations

This is key to reducing the rates and severity of winter illness. Ring and speak with our nurses about what you might be eligible for.

Immunisation Information

COVID 19 Boosters are recommended 6 monthly in over 75s, annually in 65-74s, and as appropriate in under 65's.

Flu vaccines are recommended annually and are free for over 65's and those with chronic medical conditions

RSV vaccines are available to pregnant women, babies under 8 months or up to 24 months if any medical risks. Currently only available privately to other people at costs of around \$300.

Pneumococcal (Pneumonia) Vaccinations are available at 70 or with certain medical conditions

Shingles vaccination are available to over 65s

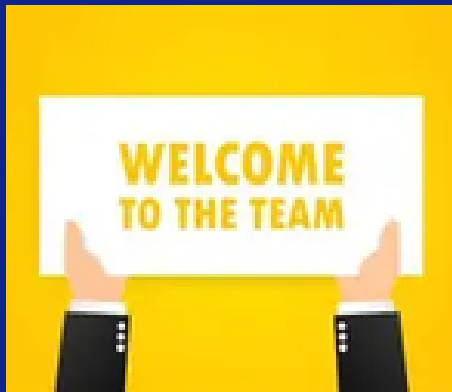
As of July 1st 2025

Medicare has changed how care plans are funded. This means the regular review cycle with the nurses and doctors should now be quicker and easier.

We will be recommending two longer visits with the nurse per year, and then two shorter visits that can be done in the clinic or via telehealth if that's your preference.

A key part of managing chronic conditions is having regular monitoring by nursing/medical staff to provide support and prevent deterioration/hospitalisation.

Have a chat with your doctor about how this updated program can benefit you.



Reception 'A' Team

You may have noticed 2 new friendly faces at our reception desk, please join us in welcoming Ashleigh and Emma to the team.

They join the rest of our brilliant front desk team - Tasma (Team Leader), Kirsty, Georgina and Brigitte.



Why are we asking for ID each time you contact the clinic?

Each time you contact the clinic, our friendly staff will ask you to confirm your identity by requesting your full name, date of birth and address.

Even if you are well known to the team here, it is our responsibility to verify your details each time.

Verifying patient identity is crucial for maintaining your safety and confidentiality. It helps minimise the risk of misidentification and ensures our medical staff have access to the correct health records.

You may prefer not to share personal details verbally in the presence of others; speak to our reception team for alternatives available to you.



Pumpkin and Cashew Soup

Ingredients

- 120g roasted cashews
- 450g butternut pumpkin, diced
- 1 large carrot, diced (140g)
- 2 tsp olive oil
- 1 clove (5g) garlic, minced
- 1 medium-sized (125g) onion, diced
- 1 cup (250ml) stock of your choice (vegetarian/chicken)
- 1 sprig fresh rosemary
- 1/4 tsp ground turmeric
- 1/4 tsp ground cumin
- 1/4 tsp cracked black pepper
- Salt to taste
- 1 stalk coriander leaves, for garnish (optional)
- Dollop of sour cream to serve (optional)

Method

1. Heat oil in a large pot over medium heat. Add in garlic and onion and sauté until soft
2. Add all the ingredients (except cashews, coriander and sour cream) to the pot.
3. Let simmer for 15-20 minutes. Add salt to taste and stir occasionally.
4. Once pumpkin and carrots are cooked, remove from heat and set aside to cool.
5. Blend cashews in a blender until a smooth paste is formed.
6. Add soup to the blender with blended cashews and puree until smooth.
7. Return the soup to the pot and stir over low heat for another 10 minutes.
8. If the soup is too thick, add some water to achieve your desired consistency.
9. Add coriander and sour cream if desired and serve in your favourite bowl with crusty bread alongside.

Serves 4



Huge Thanks!

A massive thank you from the team here to Cherie at Goldfields Quilters for the wonderful quilt she created for our reception space.

We love it for it's attention to detail and the lovely colours that match in with our signage.

Make sure you admire it when you next check in for your appointment!

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