

# MOSTYN STREET CLINIC

## WORKING TOGETHER TO CARE FOR YOU

Winter 2023

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## KEEPING YOURSELF SAFE OVER WINTER

Firstly the Covid numbers are picking up and there are plenty of local cases. Bendigo has high case numbers too. If you are more than 6 months from your last booster or Covid infection, over 65, aboriginal and over 50, immunosuppressed and over 18, then it is recommended that you get your COVID booster asap. Otherwise you can consider having a booster and you are welcome to come and discuss the risks and benefits with a GP.

The flu season is also upon us and you can book to have your flu vaccine here.

It is safe to have it at the same time of the Covid booster.

We also have pneumonia and shingles vaccines for the 70+ year olds.

## HEALTH ASSESSMENTS

Are a great way to get a really thorough check up. Like a roadworthy for your body! There is no out of pocket fee.

It consists of a long appointment with our nurse who will cover your general health and immunisations and make sure that you are up to date with all your check-ups and tests. This can help identify any developing health issues, the nurses will also check your feet and blood pressure. They can check if any other referrals or supports may be useful for you.

Your GP will also review and examine you as well at the same time.

## WELCOME TO OUR NEW REGISTRARS FOR 2023



**Dr Holly Grimalkin**  
MBBS (Hons), Bsc

Holly and her wife have lived in the region for 14 years, and she has been practicing medicine since 2019. She is training with the Australian College of Rural and Remote Medicine (ACRRM) with an interest in Emergency Medicine and providing compassionate, accessible health care.

**Dr Robbie Mann**  
BMBS, BHMSc (Hons), BSc



Robbie has moved to the area to commence his training with us. He has spent the last 4 years working in Women's Health, and is passionate about Sexual Health and providing equitable care. Robbie is a proud member of the LGBTQIA + community and advocates for queer representation in the community.

## TEMPORARY FAREWELL



Our wonderful nurse Bridget, is about to have her 2nd child. We wish her, her partner and daughter all the happiness, joy and health on this occasion. We look forward to meeting the little one and you returning when you are ready.

## NEW NURSE AND RECEPTIONISTS

We have a new nurse Brooke, who will be filling in for Bridget while she is on maternity leave. Brooke brings with her a broad range of nursing experience which will enhance our care giving. It is exciting to have two new full time receptionists. Tasma commenced in March and Brigette in May. We have a very competent team who are wanting to provide the best possible care to our patients.



## ZERO TOLERANCE POLICY



Unfortunately living with Covid has resulted in high stress levels for people and our reception staff have had to experience abusive behaviour too often. AND SO WE ARE INTRODUCING...

Mostyn Street Zero Tolerance approach towards any abuse to our staff. We are aware that health issues can cause stress but shouting, swearing, aggressive actions and name calling will not be tolerated.

We reserve the right to terminate any inappropriate call or ask you to leave the premises. This may impact your ability to make future appointments.

Our staff are here to provide you with help and support and will treat you with courtesy and respect. In return, we ask that you do the same to us.

## FEEES

We introduced mixed billing at the clinic in September 2022. This means that if you are over 16 and under 85, on a pension or health care card, there is an out of pocket fee. This will continue until we review before November 2023. Please speak with your doctor if you are experiencing financial difficulty. Some appointments are routinely bulk billed namely quick script appointments, immunisations, care plans and health assessments.

There is also a fee for the dressing room if you have had a dressing change or a procedure. This can range from \$20 to \$50 help with the cost of supplies.

## TRIVIA

1. How did Castlemaine get it's name?
2. What Aboriginal land is Castlemaine on?
3. Which ancient Greek physician is known as the "Father of Medicine"?
4. Halitosis is the technical term for what?
5. What is removed during a cholecystectomy?
6. When is the next leap year?

1. Was named by the chief goldfield commissioner, Captain Wright, in honour of his Irish uncle, Viscount Castlemaine.
2. Dja Dja Wurrung Country (Jar-Jar-Wur-rung)
3. Hippocrates
4. Bad Breath
5. Gall Bladder
6. 2024