

NEWSLETTER

Get ahead of COVID-19 and flu this upcoming winter season



Winter is the peak season for the spread of common respiratory infections like COVID-19 and flu. This can be a dangerous time especially for the elderly, medically complex or those in aged care. There are new variants and strains of COVID-19 and flu that continue to circulate.

Get a free COVID-19 vaccine every:

- 6 months if you are aged 75 years or older
- 12 months if you are aged 65 to 74 years

It is recommended to get a flu vaccine every 12 months. It is government funded for ages 6 months to 5 years, over 65s and any age group with eligible medical conditions such as diabetes and COPD. The current vaccine doesn't include the most recent super K variant, but the vaccine will still likely reduce severity and illness.

You can get both the COVID-19 and flu vaccines at the same time, so you don't need multiple appointments. Regular vaccinations are the best defence to combat new strains and protect against severe illness.

Book your vaccinations in today, stock available from April.

Policy reminder – zero tolerance for abusive behaviours



Mostyn Street Clinic is committed to providing a safe and respectful environment for our staff and patients.

We kindly request that all patients treat our staff with respect. Abusive behavior, including shouting, swearing, or threats, will not be tolerated. In such instances, we may need to end the appointment or ask you to leave the premises, which could affect your ability to book future appointments.

Reception area



You may have noticed that the perspex screens at reception have come down. Since we removing them, the space feels warmer and much more welcoming, and the acoustics have also improved noticeably. It's now much easier for us to hear you clearly - and for you to feel heard in return.

On-the-day or emergency appointments

Each day we keep a number of on-the-day and emergency appointments available for people who need urgent care. These spots are set aside specifically for concerns that can't wait for a routine appointment, so you can be seen by a doctor as soon as possible.

To book one of these appointments, please call reception from 9am and as early as you can, as they do fill quickly. You can also check availability and book through the HotDoc online booking system, which many patients find convenient.



Focus on 45–49 Health Checks

At Mostyn Street Clinic, we're committed to supporting your health at every stage of life. If you're aged 45–49, you may be eligible for a one-off health assessment with one of our nurses or doctors. This appointment is bulk billed and explores health risk factors, family history, and lifestyle medicine. Early intervention in this age group can help prevent or reduce the impact of chronic disease and support long-term wellbeing.

If you'd like to take part, please speak with reception to book your assessment. We'll also arrange a brief phone call beforehand to arrange a blood test to check cholesterol, diabetes risk, and general health. The assessment takes about an hour and provides time to discuss any lifestyle questions with the nurse and doctor.

If you're aged 40–49 and have an increased risk of diabetes - such as a history of gestational diabetes, a close relative with diabetes, or previous elevated blood sugar - you may also be eligible for a targeted health assessment every three years. Our friendly practice nurses are available to discuss this with you; just give us a call.

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